You’re invited!
The Changing Climate of Agriculture
February 21-22, 2009, Granville, Ohio

OEFFA’s 30th Anniversary Conference is almost here and the excitement is growing! In addition to our amazing line-up of keynote speakers, Melinda Hemmelgarn and Fred Kirschenmann, we are especially thrilled to bring you over 50 workshops led by local and national presenters that will educate and inspire.

Check out the full workshop listings that begin on page 15 of this issue.

If you haven’t registered yet, there is still time – visit www.oeffa.org for online registration, or give us a call at (614) 421-2022.
Hello OEFFA,

In my last letter I wrote about what a good year 2008 was for growers and consumers of local sustainably grown organic food and what a large roll OEFFA played in that.

After the fall newsletter came out and I reread those words, I began to think about a number of OEFFA-like groups (some in neighboring states) that no longer exist and what a loss that was for the people in those regions, their states, and for the whole country.

I thought about one of our farm’s bigger customers who has a practice of donating 1% of their total income back to the community they live in, and OEFFA receives a large percentage of that gift. It did not take long for the light bulb to go off and for me to realize that if one of our customers could be so generous to an organization that is near and dear to my heart and has a large impact on the viability of our farm that we should be willing to do the same.

This winter we decided to donate 1% of the income from our farm to OEFFA and consider it an investment in our future.

I would encourage other growers to consider giving whatever percentage you can afford and for members to consider a yearly donation. While you are thinking over this opportunity, think about all of the ways OEFFA has had an impact on your life and then consider what it would be like if OEFFA was not there.

OEFFA has had an impact on your life and then consider what it would be like if OEFFA was not there.

On December 31st OEFFA lost a dear friend and ardent supporter. Pat Roehling passed away after a long battle with a variety of medical problems. I first met Pat and her husband Harv around 25 years ago at my very first OEFFA conference and since then I have had the privilege of working with Pat on the Board and at the OEFFA conference. Back in the days before OEFFA had any employees, Pat would work countless hours organizing the registrations for the conference beforehand and spending most of the conference at the registration table making sure all went well.

But the thing I remember the most is my yearly hug from a wonderful friend. Our organization has been blessed to have received Pat’s dedication, and three years ago, in honor of all her work, OEFFA presented her with our annual stewardship award. We will all miss seeing her at our events in the future, but what I will miss most are her hugs.

- Mike Laughlin

Pat Roehling — In Memoriam

Happy 30th, OEFFAI

Please visit my OEFFA conference exhibitor’s booth.

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- 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 (family farm), $50 (nonprofit), $100 (business), $1000 (individual lifetime). Subscription only is $20/yr.
- Editorial and advertising correspondence may be sent directly to OEFFA office or newsletter@oeffa.org. Unsolicited manuscripts welcome. Membership information is available on the OEFFA website at www.oeffa.org or from the 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 Inc. is recognized as a nonprofit organization by the Internal Revenue Service, and donations to OEFFA are deductible as a charitable contribution to the fullest extent of the law.

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

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Next deadline March 15, 2009
Throughout the past year, 15 OEFFA farmers utilized the OEFFA Apprentice Program by listing themselves as host farms on the OEFFA website. Eight of these 15 host farms hired apprentices through the program. The good news is that these eight apprentices now have solid experience in organic farming and are better prepared to continue their careers in the agriculture and food industry. The bad news is that 54 other apprentice candidates were not placed on organic farms in Ohio. Although some of these individuals may have found employment on farms outside of Ohio, it is likely that some of them were unsuccessful in securing the valuable experience that a farm internship provides. With the help of OEFFA farmers, a higher proportion of apprentice candidates can be placed in 2009.

Listing your farm as a host farm is not difficult. OEFFA members can fill out an on-line application that is comprised of approximately 20 questions. Your answers to these questions make up your profile that is posted on the web page. Host farmers then gain access to the apprentice candidates listing and can begin contacting promising apprentice candidates. Once a host farm’s profile is on the website, registered apprentice candidates can read it.

Apprentice candidates can apply to the program by filling out an application on the OEFFA website. When the completed application is submitted, it is posted so that all registered host farmers can read it.

Enterprising apprentice candidates can then begin contacting potential host farms for more information and to ultimately arrange placement.

If participants would prefer written forms, hard copies of host farm and apprentice applications are available from the OEFFA office. OEFFA staff are eager to assist any host farmer or apprentice candidate who is interested in registering for this program.

The journey to a career in agriculture production has many different starting points. Some individuals are fortunate enough to grow up on a farm, learning the occupation daily by observing their parents or grandparents. Some learn the necessary skills through formal education programs. Many future farmers will learn the trade by gaining experience as hired help on established farms. Please consider helping to train the next generation of organic farmers in Ohio.

For more information:
Log on to the OEFFA website www.oeffa.org, and click on "Apprentice Program," or call Mike Anderson at the OEFFA office, (614) 421-2022, to receive print copies of the application materials.
PROPOSED BYLAW CHANGES FOR OEFFA (C-3)

At the 2009 OEFFA Annual Conference’s Business Meeting, the membership will have the opportunity to discuss and vote on several related proposed changes to the bylaws. If accepted, these bylaws would effect the following changes:

1. Terms for Board members would be for two years, not one.
   Rationale: This ensures greater continuity of efforts. With two years time, a new board member has sufficient time to come onto the Board, learn how it all works, and can commit to a particular project knowing that they will continue on the Board long enough to see the project through, or at least make a significant contribution to it.

2. All Board terms would be set to begin with the first Board meeting following the annual conference, including those of Chapter representatives.
   Rationale: Currently Chapters elect representatives to the Board on an uncoordinated schedule. That means new Board members can appear at any time during the year. The Board would operate more effectively if the same cohort can be assured of sitting together for a full year. Having all new Board members begin at the same time also allows for greater efficiency in orienting them. This also means our Board composition stays the same throughout a fiscal year. It is cumbersome in preparing various reports that ask us to list our Board to track and then explain unsynchronized terms.

3. The Board would elect its own officers, for terms of one year.
   Rationale: The Board members best know their own dynamics and needs. They also know the styles of the potential officers among the current personalities on the Board, and they know the needs of the organization in the coming year. They are in the best position to make decisions about the leadership of the Board. This is common practice on boards of all sorts, including non-profit boards, school boards, and other governmental entities. This change also brings C3 practice in line with the C5 (Certification) Board, which elects its own officers.

4. The number of At-Large representatives would increase to a maximum of eight.
   Rationale: We currently elect three At-Large representatives, along with President, Secretary, and Treasurer. If the Board elects its own officers, then three more At-Large representatives will need to be elected by the membership to maintain the size of the Board.
   An additional two seats allows us to increase the size of the board in order to maintain greater diversity (consumers and producers, growers of different products, members of the business community involved in sustainable agriculture, etc.) on it and sustain a more effective committee structure.
   Note: If passed, the new Board may name two additional At-Large representatives to serve for one year, and those seats would be among those up for election at the 2010 conference business meeting.

5. One half of the At-Large representatives would be elected each year, so their terms would be staggered (only one half the Board could be new at any time).
   Rationale: Staggering the terms ensures more continuity.
   Note: If passed, one-half of current Board members will volunteer to extend their terms to two years in order to begin the stagger.

If you would like to see how the above language would change the bylaws text, please contact the OEFFA office or check the website.

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- Schafer Liquid Fish
  OMRI listed - 100% Soluble
- 5-3-4  2-3-4  3-5-3
- 6-0-4  8-1-1  0-2-9
- 5-3-4 Horticultural (for soil-less potting mixes)
- Blood Meal (non-bovine)
- Soybean Meal
- Corn Gluten
- Bone Meal
- Sul-Po Mag
- Potassium Sulfate
- Rock Phosphate
- Hi Cal & Hi Mag Lime
- Gypsum
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Great Grains for Hearty, Nutritious Winter Fare

Winter is a great time to experiment with dishes featuring hearty whole grains. Stock up on organic whole grains such as wheat berries, quinoa, buckwheat groats, and millet and let the creativity flow. Think of each grain as a little nutrient packet. Loaded with vitamins, minerals, fiber and energy, organic whole grains are also delicious and versatile.

I make wheat berry sprouts nearly every week in the winter. Soak the whole wheat berries in water overnight, drain, and put in your sprouter. A mason jar with a lid with holes punched in it will do. Rinse the berries once or twice a day and put the sprouts in the refrigerator in a plastic bag when the leaf gets 1/4 inch long and the roots about 3/4 of an inch long. They will continue to grow and stay fresh in the refrigerator if kept moist. When I make yeast bread, I grind a large handful of the sprouts in the blender with the warm liquid that the recipe calls for. (If you don’t grind them, the long roots will give your bread a stringy texture.) Your favorite homemade whole grain bread takes on a great fresh flavor with the addition of sprouted wheat grains. Spelt or rye berries could also be sprouted and used the same way for those who have wheat allergies.

The larger whole grains like barley, brown rice and wheat berries take 45 minutes to an hour to cook. Most recipes call for you to cook the grains till tender before adding them to casseroles or salads. Smaller grains like amaranth and quinoa cook very quickly. Try substituting these grains for couscous in recipes. Millet has about the same cooking time as white rice, and can be substituted for it with a great improvement in nutrition. Buckwheat groats cook in a similar amount of time, but have a strong flavor. It’s best to look for dedicated recipes using buckwheat groats, or include a handful in a mixture with other grains, such as in soups or in the whole grain and mushroom casserole below. Buckwheat is credited by some with the ability to help regulate blood sugar levels, so those with diabetic tendencies should make an extra effort to incorporate buckwheat groats in their diet.

The following recipes show that cooked whole grains can be the basis of any course in the meal: main dishes, salads, soups, or desserts.

You can even serve fruity groats and cream or baked Wheat Pudding for a special weekend breakfast on a winter morning.

Whole Grain and Mushroom Casserole

6-8 oz. shiitake, portabella or other fresh mushrooms, cleaned and chopped
1 large onion, chopped
3 cloves chopped garlic
2 tab. olive oil
3 cups cooked brown rice, quinoa, millet, barley or wheat berries, or any combination
2 large eggs
1 cup cottage cheese
1/2 cup sour cream
1/2 tsp. sea salt
1/3 cup freshly grated Parmesan or fontina cheese
1/2 tsp. dried tarragon
1/2 tsp. freshly grated black pepper

In a large skillet over medium-high heat, sauté mushrooms in olive oil, stirring frequently, for 3 minutes. Add onions and sauté another 4 minutes, stirring frequently. Stir in the garlic, cook for another minute and remove from heat. Add cooked rice and/or other grains to the skillet and stir together. In a separate bowl, whisk eggs, cottage cheese, sour cream, tarragon, salt and pepper. Mix well with rice mixture and turn into greased 9 x 11 baking dish. Sprinkle with cheese. Cover casserole with foil and bake for 30 minutes at 350°. Remove foil and bake another 20 minutes till golden around the edges and hot in center.

Combine all ingredients; stir gently to mix. Chill several hours before serving. Serves 6-8.

Curried Buckwheat Salad

3 1/2 cups cooked buckwheat groats, cooled
1 tsp. curry powder
1/2 tsp. ground turmeric
1/2 tsp. ground ginger
1/4 cup vegetable oil
1/4 cup fresh lemon juice
2 tab. finely minced onion
1/2 cup chopped green pepper
1/2 cup sliced almonds, lightly toasted
1/4 cup raisins
1/4 cup chopped fresh parsley or cilantro.

Combine all ingredients; stir gently to mix. Chill several hours before serving. Serves 6-8.
**Quinoa Tahini Salad**

1 cup quinoa  
2 cups water  
1/2 tsp. salt  
1 can garbanzo beans, drained  
1/2 cup fresh cilantro or parsley, chopped  
1/2 red onion, chopped  

Tahini Dressing:  
2 garlic cloves, finely minced  
1/4 cup tahini  
Grated rind of one lemon  
1/4 cup fresh lemon juice  
2 tab. olive oil  
2 tab. hot water  
1/2 tsp. salt

Rinse quinoa in a fine-meshed strainer. Bring water and salt to boil in a medium saucepan. Stir in quinoa, reduce heat, cover and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Drain off any extra water and set aside. Whisk together the garlic, tahini, lemon zest and juice, and olive oil. Add the hot water and salt. Toss the cooked quinoa, beans, cilantro, red onion, and half of the dressing. Taste and add more dressing and salt if desired.

**Creamy Chicken and Barley Soup**

8 chicken thighs, skinned and deboned  
2 tab. vegetable oil  
7 cups chicken broth or bouillon  
1 cup whole pearl barley  
1/2 cup wheat berries  
1 large onion, chopped  
2 bay leaves  
1/2 tsp. pepper  
4 med. carrots, chopped  
1/2 lb. fresh green beans, cut, or 1 small package frozen  
3 celery stalks, chopped  
1 8 oz. pkg. Neufchâtel cheese  
2 tab. cream sherry, opt.  
1/4 cup chopped fresh parsley

Chop chicken into bite-sized pieces. Brown chicken in oil over medium heat in a large Dutch oven. Drain. Add broth, barley, wheat berries, onion and bay leaves and pepper. Simmer 35 minutes. Stir in carrots, green beans and celery. Cook covered, about 15 more minutes, till chicken and grains are tender. Stir in cream cheese and sherry; cook and stir till cheese melts. Add parsley and adjust salt and seasoning to taste.

**Baked Cracked Wheat Pudding**

3 eggs  
1/2 tsp salt  
1/2 cup packed brown sugar  
1 tsp. vanilla  
3 cups milk  
2 cups cooked cracked wheat  
1/2 cup raisins  
1/2 tsp. vanilla  
1/4 tsp. nutmeg  
1 tab. butter

Preheat oven to 325°F. Spray oil in a 2 quart baking dish, set aside.

Beat eggs in medium bowl and add salt, brown sugar and vanilla, stir well. Add the milk and stir until the brown sugar is dissolved. Add the cooked cracked wheat, raisins and vanilla; mix well. Pour mixture into a buttered 2 quart baking dish. Sprinkle with nutmeg and dot with the 1 tab. butter. Bake for 1 hour. Serve plain or with cream for dessert or breakfast. Serves 4-6.

**Curried Millet-Spinach Soup**

1 tab. vegetable oil  
1 cup chopped onion  
2 cloves minced garlic  
2 medium potatoes, scrubbed and diced  
1 large carrot, peeled and coarsely chopped  
1 14-16 oz can of diced tomatoes, undrained  
3/4 cup raw millet, rinsed in a fine sieve  
1 tsp. fresh ginger, grated  
2 tsp. curry powder  
1/2 tsp. garam masala (opt.)  
2 quarts water  
1 10 oz. package frozen chopped spinach, thawed  
2 tab. chopped fresh parsley  
Juice of 1/2 lemon  
Salt and pepper to taste  
Plain low-fat yogurt for topping

Sauté onion and garlic in oil. Add remaining ingredients up to and including the water. Bring to boil, then lower heat and cook for about an hour, or until millet and vegetables are tender. Add spinach, parsley and lemon juice and salt and pepper to taste. Simmer over low heat for about 15 more minutes. Top each serving with a dollop of yogurt.
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OEFFA Board Elections 2009 – 2010

Let your voice be heard! OEFFA members will elect a new Board of Officers at the 2009 business meeting in Granville on Saturday, February 21, 5:15-6:15pm. The meeting will be held on-site at the OEFFA Conference and will be open to OEFFA members at no cost. Attendees are invited to stay for the free contra dance that will immediately follow. The current OEFFA Board has proposed the following slate of officers. Nominations will also be accepted from the floor at the time of the election.

**Darren Malhame  For President**
Darren Malhame is a lawyer by training (having previously been a litigator in Washington, DC) but several years ago decided to return home to Ohio and join his brother and sister-in-law as controlling partner in the Northstar Café restaurants. With his partners, Darren is a great supporter of local farmers, and they put as much local and organic food as possible on their menu. He brings a deep passion for local food system development to the Board, along with business experience and knowledge.

**John Sowder  For Treasurer**
I would like to announce that I am going to run for OEFFA Treasurer. These past few years we have made some significant improvements to OEFFA’s finances, and I look forward to strengthening our position next year. I feel that my past experience as OEFFA’s Treasurer will be useful for us to continue to accomplish our goals, and I am asking for our members’ support and vote at our February membership meeting.

**Mardy Townsend  For Secretary**
Mardy Townsend raises grassfed beef on certified organic hay and pasture in Windsor, OH. Currently there are 30 cows, with the goal of expanding to 50, and selling all the market animals direct in northeast Ohio. Life experience includes working in a rape crisis center, living in Central America for seven years, doing human rights and disaster relief work, and trying to be an agriculture extension agent. She was on the SARE Technical Committee in the mid 1990’s and is starting another term. Mardy has been a member of OEFFA since 1981 and her farm has been certified organic since 1998.

**Trevor Clatterbuck  For Member-at-Large**
Trevor Clatterbuck is the founder of Fresh Fork Market, a virtual farmers’ market connecting local farmers with local customers. Clatterbuck and his business partners started their operations in Cleveland, OH in June, 2008. Today they have over 54 customers working with 40 farms. Clatterbuck and team will continue to build out their technology platform in the years to come to offer a comprehensive suite of logistics and communication toolkits to provide for a more efficient direct market opportunity for small farmers. To learn more, visit www.freshforkmarket.com.

**Charlie H. Frye  For Member-at-Large**
Charlie began his involvement with OEFFA many year ago after spending seven years of his ministry life creating and working the Rural-Urban (Rurban) gardening Project. He honed his skills of consensus-building as he helped folks from a variety of backgrounds learn and teach each other about gardening in rural and urban settings. Charlie knows OEFFA well, having served as President and Vice President of the Board as well as on several committees of the organization. He and his wife, Nancy Hull, live on five acres in Ashland County where they tend a garden and have forty heirloom fruit trees, blueberries and asparagus plants.

**Mike Laughlin  For Member-at-Large**
Along with my wife, Laura, and daughters, we own and operate Northridge Organic Farm in Johnstown. We have been certified organic for 20 years and have raised fresh market vegetables and lamb. I have been an OEFFA member for 25 years and have held many positions including President of the Board. OEFFA and organic agriculture are very important to me and my family. I have enjoyed the opportunity to serve the members. I thank you for your support in the past and look forward to serving you again.
Growing for Market

An excellent book, *The Hoophouse Handbook* is edited by flower farmer Lynn Byczynski. The greatest thing in market farming since the tractor! A hoophouse is a low-cost, low-tech greenhouse structure that is erected right in the field so plants can be grown in the ground, but with some protection from the elements. *The Hoophouse Handbook* provides an essential introduction to hoophouse horticulture. It describes the most profitable crops to grow in a hoophouse, including cut flowers, early and heirloom tomatoes, strawberries, raspberries, and salad greens. It also offers advice on how to buy, site and build a hoophouse. With more than 50 photos and illustrations, this book makes it easy to get started with this profitable farm business. Soft cover, 8+ X 11, 60 pages, $15.00. Free shipping; orders under $25.00 pay $2.50 handling fee.

Conscious Living

*Deep Economy: The Wealth of Communities and the Durable Future.* Contending that “more is not better” for consumers, best-selling author Bill McKibben offers a realistic, if challenging, scenario for a hopeful future. For those who wonder if there isn’t more to life than buying, he provides insight on individual responsibility as well as global awareness. McKibben argues that the world doesn’t have enough natural resources to sustain endless economic expansion and proposes that we should concentrate on creating localized economies and community-scale systems. Bibliography, Dust Cover, Index, Table of Contents, 9.67” x 6.3", 261 pages, $25.00

Crafts

*Beyond the Basics: Gourd Art* by David Macfarlane. A common gourd becomes a thing of beauty in the hands of 25 top artisans who specialize in exploring, expressing, and teaching their handiwork. Magnificent projects shown in illuminating full-color photos and practical skills introduce you to a universe of ways to turn gourds into works of art. Learn to use simple media such as staining, stenciling, carving, and pyrography, which are all clearly explained. Projects include an elaborate teapot with a metallic finish; carved oak and maple leaf bowls; Path to Harmony, gourd with mother of pearl, abalone, and turquoise inlay; carved gourd lamps; hand painted and decorated masks; gourd birdhouse with pyrographed Celtic design; lizard and broken pottery designs; and Baby’s New Shoes, with a carved, pyrographed, and painted finish. 8 x 9, 143 page paperback, $12.95. Free shipping; orders under $25.00 pay $2.50 handling fee.

Little Critter: Children

The Mercer Mayer Little Critter Series has long been dear to the hearts of many of us, young and old alike. Each book is full of wonderful color illustrations of the Little Critter characters and their friends. Each Little Critter adventure shares thoughts and feelings with the reader, some of which we experience ourselves, with everything turning out fine in the end. The kids will soon be reading them to you! Titles in this Value-Pak include: *All by Myself; I Was So Mad; Just A Mess; Good for Me and You; Just Go To Bed; I Just Forgot.* Each book is soft cover, 8” X 8”, 22 to 24 pages, with wonderful color illustrations, Discount price: $20.00

Have some books taking up shelf space? Donate them to OEFFA, to be sold at the OEFFA book table at this year’s conference. Drop off your farm and food books in good condition at the OEFFA book table. It’s a win-win situation for all: You get to clear the clutter and make a donation to OEFFA, folks have a chance to buy gently used books at a great price, and OEFFA will raise some more money to keep its good work going!

For more information, contact Renee: renee@oeffa.org, or call the office.
I traveled for several weeks in early fall visiting friends and old haunts and having new adventures. I stopped at farmers’ markets in Omaha, Nebraska and in Ashland and Eugene, Oregon, enjoying the wide variety of organic offerings. I stopped at food co-ops in Ashland and in Moscow, Idaho. While in the Eugene-Springfield area in Oregon, population over 300,000, I learned of the That’s My Farmer partnership.

Hunger is a concern in the area, especially as the numbers of hungry children are increasing. Low wages and high housing costs are two factors affecting the rate of hunger in the communities. A separate aspect of the communities is that urban boundary laws support preservation of farms close to town. Eleven organic CSA and market farms are close to the two cities.

Faith communities joined together several years ago to form and support the That’s My Farmer coordinating council. Fifteen faith communities now send one, two, or several representatives to the partnership. One goal is to connect local, organic food with a broad spectrum of residents. Other goals include creating educational opportunities to illustrate the relationship buying local, organic food has with the economic and physical health of the cities as well as wise energy use, land use, and the creation of a cleaner world for all. Strategies include introducing people to the individual CSA farms with farmer events and talks and written farmer descriptions of the farms, philosophies, and specialties; supporting CSA memberships in part by providing CSA distribution space; encouraging education on food production and distribution by forming study or reading groups; encouraging donations to the Low-income Fund which supports those unable to afford sufficient amounts of food; supporting membership in the Lane County Food Coalition; and selling That’s My Farmer Bucks.

In April a Farmer Event is held so people can meet the farmers; learn about their specialties and programs, and begin to establish or deepen connections to local farmers and farms. Often mayors and/or other officials attend. There is a discussion of farmer concerns. Singing follows, and door prizes given by the farmers are handed out. The event generates enthusiasm and inspires growing numbers of participants each year.

That’s My Farmer Bucks is another way to show farmers the area supports their work to produce organic, healthy, local food. Farmer Bucks are used the same way cash is at CSA farms or at any of the ten weekly farm markets. A booklet of 10 costs $20 and can be purchased from any That’s My Farmer representative. At the time of purchase, each one is stamped with the name of the faith community represented by the coordinating council member selling them. Then they are ready to use! Each can be used to purchase $2.00 worth of food. They are not coupons, not discounts, and not a federal program. Individuals buy them to support 11 local organic farms at the beginning of the season, to increase their own focus on buying at Farmers Markets or farms, to get to know CSA farmers and their specialties before buying a CSA share, to give as gifts, and to support the Low-income Fund.

Early in the year, farmers request a specific dollar amount of Farmer Bucks to use at the farm or the market to support their low-income customers. Often long-term relationships are built between farmers and buyers. Farmers know their customers best and know their needs well enough to anticipate them over a season.

Farmer Bucks are good from April through December. No refunds are given for Bucks not used for produce purchases. Money remaining from unused Bucks is put into the Low-Income Fund for the next year. Farmers can themselves turn in the Farmer Bucks they’ve received in return for food purchases at any time but usually do so at the end of the season.

(continued on next page)
Farmer Bucks were started in 2005 when $7,700 in Bucks were bought. This amount increased in 2006 to $8,600 and in 2007 to $10,700. Requests for Low-Income Funds increased from $5,300 in 2005 to $10,500 in 2007. The reduction in funds to carry over to the next year is a concern to the council.

That’s My Farmer supports and encourages local organic farmers and farmers’ markets while supporting individual CSA purchases and helping all in the community have access to good food.

Most of us share concerns for local, organic food, for the hunger in our communities, for justice in meeting the needs of farmers and eaters. That’s My Farmer seems to me to be one way of addressing these issues. I know we will continue to think about these issues, generate ideas, and work together for solutions for all.

Ohio Green Living
www.ohiogreenliving.org

Save the Date!
3rd Annual
Ohio Green Living Labor Day Fayre
September 7, 2009

Areas of interest include:
Renewable energy options
Local and healthy food
Wellness and natural healing
Alternative construction methods
Sustainable transportation
Reducing our consuming culture
Building community

Sign up and Join today for FREE!
Making Sense of the National Organic Program (NOP) Regulations

A series where OEFFA staff answers frequently asked questions about NOP regulations, and offers suggestions for working within the regulations. We hope this column will be helpful to our organic producers & consumers.

By Lexie Stoia Pierce (OEFFA Certification) and Mike Anderson (OEFFA Education)

This issue's topic: LABELS ON ORGANIC PRODUCTS

The NOP program is essentially a marketing program. Unless the consumer knows the grower or processor of a certified organic product, the label on the product is key to informed purchasing. The fact that there are multiple organic labels can be puzzling to the consumer. All growers and processors must be certified organic to use the organic labels outlined in this article (see exceptions below). Other types of certification exist, as well as non-standardized labeling, requiring detailed reading by the curious consumer. More information about organic labeling can be found in the NOP Standards § 205.301-205.311.

1) 100% ORGANIC

A product that is 100% certified organic (excluding water and salt). This means it could not contain nonagricultural (non-certifiable) ingredients such as baking soda or pectin, or be processed with a non-organic. This would mean that an apple washed in a 3% chlorine solution could be labeled “Organic,” but not “100% Organic.” Generally speaking, the “100% Organic” label is used in processed products, although many processors choose to use the “Organic” label rather than “100% Organic,” even if the product is 100% organic (milk for instance). All 100% organic products must have the name of the certification agency on their labels, and may use the USDA and/or certification agency logo.

Labeling example: 100% Certified Organic Trail Mix (Certified Organic Peanuts, Certified Organic Raisins, Certified Organic Cranberries, Certified Organic Sunflower Seeds, Salt)

2) ORGANIC

A product that contains no less than 95% organically produced raw or agricultural products (excluding water and salt). The remaining ingredients may be:

a) an NOP listed nonagricultural substance (like ascorbic acid);  
b) one of the few listed non-organically produced agricultural products (mostly natural colors and other ingredients unavailable as organic), or  
c) ingredients not commercially available inorganic form (as determined by the certification agency).

In other words, a salad mix containing organic lettuce mixed with non-organic carrots could not be labeled as “Organic,” but an organic juice that uses non-organic beet juice extract color could since the color is on the NOP allowed list [see b) above]. All organic products must have the name of the certification agency on their labels, and may use the USDA and/or certification agency logo.

Labeling example: Organic Soup Mix (Certified Organic Great Northern Beans, Certified Organic Dehydrated Carrots, Certified Organic Thyme, Certified Organic Rosemary, Turkish Bay Leaves)

3) MADE WITH ORGANIC INGREDIENTS

A product with at least 70% organically produced ingredients. The remaining agricultural ingredients must not be produced using sewage sludge, ionizing radiation, or genetic modification. A product may be labeled generally (e.g., made with organic grains) or specifically (e.g., made with organic barley). A processor may choose this label if they feel that using certain
available organic ingredients would be cost prohibitive. The product must list the certification agency for the product, and may use that agency’s logo. However, a USDA logo may not be displayed.

**Labeling example:** Tortilla Chips Made with Organic Corn (Certified Organic Corn, Safflower Oil, Lime, and Salt)

4) **OTHER LABELS WITH THE WORD "ORGANIC"**

Farmers and processor who gross less than $5,000 income from organic products are exempt from certification under the NOP, but must follow the standards to use the term “Organic” They cannot use the description “Certified Organic.” Also, any processor may use certified organic ingredients in their product (listed as such in the ingredients section) without certification as long as they are not advertising the product as “Organic” or using the USDA logo.

Under the NOP, cosmetics, body care products, dietary supplements, and other non-food products are not specifically addressed. One may find the term organic used loosely (and incorrectly) on such products. When in doubt, look for the name of the product’s certification agency on the label. You may always contact the agency to obtain a copy of the grower or processor’s organic certificate, which is public record.

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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**Examples of the USDA Organic Logo and the OEFFA Certification Logo**
Upcoming Events

February 13
Ohio Forage and Grasslands Council: Annual Meeting
The focus of the conference is "Quality Forage for Animals: Economics and Production." Ohio Department of Agriculture, 9:00am-3:30pm, 8995 E. Main St., Reynoldsburg, Ohio. Call 740-545-6349 for more information.

February 21
Beech Creek Botanical Garden & Nature Preserve: 9th Annual Garden Symposium
Lectures, Presentations and Exhibits, 8:30am - 4pm at R. G. Drage Career Center, 6805 Richville Dr. SW, Massillion, OH. Registration: 330-868-6329, info@bcbgarden.org, www.bcbgarden.org.

Grant Writing: Connecting with Community Resources
Learn the fundamentals of grant writing in this informative, one-day workshop. Please register by Friday; February 20. At the Russell-Cooper House, 114 East Gambier St., Mt. Vernon, OH 43040, 9am-4pm, 740-368-5979, ext. 112, traci.aquara@oh.usda.gov, www.heartofohiorcd.org.

Marketing Your Small Business: Micro-Tourism in Rural Ohio
Annie and Jay Warmke of Blue Rock Station will be teaching this all day workshop on how to market your tourist-based business by creating a no-hassle simple no cost marketing plan. For more information please contact Annie Warmke at (740) 674-4300 or email her at annie@bluerockstation.com.

March 12
Opening Doors to Success: Small Farm Conference & Trade Show
Are you a small farm landowner wondering what to do with your acreage? You are invited to attend a very exciting and new event for small farm enthusiasts in Ohio. This intensive conference will give you the opportunity to choose from over 40 different seminars taught by Extension professionals and industry leaders on a wide variety of agricultural enterprises. 8:30am - 4:00pm, Wilmington College, Wilmington, OH. http://clinton.osu.edu/crops_livestock/news/2009-small-farm-conference, 800-589-8292 (Ohio only) or 614-292-1868.

March 14
Natural Gardening 101: Square Foot Gardening the Natural Way
Join Annie Warmke of Blue Rock Station and her friends for an early start to making a raised bed garden. This is an opportunity to learn how to garden from the first step – creating the right space. For reservations call (740) 674-4300 or email at annie@bluerockstation.com.

March 21
Wild Fermentation Workshop
Wednesday, March 11 6:30-9:00pm
Lake Metroparks Farmpark Grain Place
8800 Chardon Road, Kirtland, Ohio 44094
Join Sandor Ellix Katz, author of Wild Fermentation and The Revolution Will Not Be Microwaved, for this hands-on workshop. Learn how easy it is to make sauerkraut, pickles and other live-culture ferments in your own kitchen. Highly nutritious and filled with life, fermented foods have a long history and a promising future. Empower yourself to create these delicious and healthful foods!

Attendees will be provided with materials to take home some of our delicious, healing creations from the class. Please bring cutting boards, knives, and graters.
$20 members/ $25 non-members
To register please send your check, along with your name, address, phone number and email, to: OEFFA Workshops, 41 Croswell Road, Columbus OH 43214. Contact Laura with questions at laura@oeffa.org or 614-421-2022.
Saturday, 9:30-11:30am cont.

Growing Sunflowers Organically for Fuel
(Samuel Yoder) Oil seed sunflowers have an oil potential equivalent to rapeseed/canola. From organic growing, cultivating and harvesting through pressing the oil, Samuel Yoder will lead you through the steps so you can grow your own fuel. He will also discuss why sunflower oil is a good fuel choice and describe how to convert your tractor or car to use it.

Organic Dairy Grazing (Steve Miller) After almost 25 years of grazing, Steve Miller has picked up a wealth of knowledge and experience. This session will cover plant species, natural health remedies, rotational systems, low cost milking setups, appropriate housing and more. Bring your questions for an Ask the Expert discussion during the second hour of the presentation.

Getting started with Slow-Growth Poultry
(Ed Chen) What are slow growth poultry, and how do they compare to the Cornish Rock Cross? What are the characteristics of the different breeds, and what benefits are there to raising them? Ed Chen will relate his experiences of raising slow and medium growth poultry breeds as well as Cornish Cross and heritage breeds. Comparisons of viability, temperament, feeding habits, physical conformation, taste, and texture will be discussed. The nature of the chicken will be examined and complementary forms of rearing and housing will be presented.

Food Sleuth: Using Media Literacy to Find Food Truth
(Melinda Hemmelgarn) Media "diets" feed us illusions of "green" and "good" food choices. Media literacy provides us with a set of critical thinking tools to navigate media messages, identify empty promises and become better informed "food citizens." Join keynoter Melinda Hemmelgarn to explore trends in media & food marketing; learn how to question, deconstruct, analyze, & create media messages to counter-balance media's influence; and find & disseminate "food truth."

CSA Planning
(Joan Richmond & Kristie Fisher) Community Supported Agriculture (CSA) farms offer a lot of opportunity for produce farmers through their subscription-based model but can require more planning than other types of farms. Join Kristie Fisher and Joan Richmond for a presentation on planning for your own CSA. From seeds to transplant calendars, crop varieties to delivery schedules, marketing to season extension tips they will guide you through their process for success.

Saturday, 9:30-10:25am

Organic Certification for New and Old Producers
(Janie Marr Werum) Find out the how-tos of organic certification directly from Janie Marr Werum, OEFFA Certification Program Director. This workshop will feature a discussion of the organic certification process, the required forms, and the various types of certification (OEFFA, OCIA, NOP). Bring your questions and concerns for the OEFFA Certification staff to address.

Growing Apples Organically
(Charles A. Fritsch) Crisp and tasty high quality apples can be grown while meeting organic standards even in Ohio if one starts with disease resistant varieties. Charlie Fritsch would know since he has developed and managed an apple orchard in central Ohio for 14 years and now follows organic practices. He will present strategies for managing insects and fungal diseases as well as horticultural concerns for both commercial and backyard orcharding.

Modified Relay Intercropping
(Steven Prochaska) A Modified Relay Intercropping system involves the production of two different crops, with different growth and development requirements, in one growing season. Steven Prochaska will describe his system of interplanting soybeans into wheat in this workshop session. In addition to allowing the harvesting of two crops in the same year, the MRI system can increase farm income while hedging production risk and protecting the environment at the same time.

Plants for Health
(Dr. Suzette Hamilton) In this workshop, Dr. Suzette Hamilton will overview healthy eating concepts with the most commonly grown herbs, flowering plants and vegetables. Current research on the use of herbs as medicine will be discussed. Herbal supplement interactions with prescription drug interactions will also be explored.

10:35-11:30am

Intro to Biodynamics
(Jeff Poppen) Known as the Barefoot Farmer, Jeff Poppen has been growing five acres of vegetables for 25 years and has still found time to write a book and create a farming series for the Nashville PBS affiliate. He uses biodynamic farming techniques because of the emphasis on creating a farm that is a whole system using things like compost, cover crops and manure. Learn about the biodynamic way of growing-razing food that is as healthy and nutritious as possible. (This session is offered twice.)
Saturday, 10:35-11:30am cont.

Building a Plastic Bottle Greenhouse (Annie & Jay Warmke) Join Annie & Jay Warmke of Blue Rock Station to learn how to create your own little greenhouse from materials that are usually considered waste. With a few tires, some plastic bottles and wire you can create an inexpensive attractive space to raise your plants. They will discuss how this simple building can become a year-round source of food and enjoyment.

Forming an OEFFA Chapter for Grain Producers (Ed Snively, Marty Warnecke, & David Bell) Networking has always been fundamental to the success of all farmers, especially sustainable and organic growers. Join Ed Snively, Marty Warnecke and David Bell to discuss a grain producers chapter of OEFFA. Formerly OCIA Chapter 1, this group is open to all OEFFA members interested in supporting sustainable grain production, processing and marketing.

Cancer: Dodging with Diet (Dr. Suzette Hamilton) This session is an overview on the immune system with a focus on diet and nutrition and how to make healthy choices in eating. Led by Dr. Suzette Hamilton, various substances considered as carcinogens will be reviewed as well as the many foods and vitamins that prevent cancer. Special attention will be given to foods that prevent breast and prostate cancer.

1:45-3:45pm

Organic Seed Starting Basics: Indoor, Outdoor, and Containers (Gregory Bertoni & Marianne Potter) Gregory Bertoni and Marianne Potter have over 50 years of home garden practice between them and have been growing quality organic seedlings for their business, "A Good Start," since 2003. In the first hour of this session, they will discuss and demonstrate seed starting for home gardeners. Topics will include direct sowing in the garden vs. transplanting and starting healthy seedlings indoors. In the second hour they will focus on gardening in containers, including plant variety, container selection, and growing tips.

Vet Tips for the Small Farmer (Annemarie & Samuel Yoder) How can you become more comfortable handling various common medical problems when a veterinarian is unavailable? Through case presentations, this session will explore care for pigs, sheep, goats, horses and cattle. Drs. Annemarie and Samuel Yoder will cover reproduction and obstetrics as well as common medical and surgical problems.

1:45-2:40pm

Weed Control in Organic Vegetables (John Kempf) Like many other battles, a key to overcoming weeds is knowing your enemy. John Kempf takes a systems approach to weed management focusing on soil conditions to determine why weeds grow in certain soils. In addition to how you can alter your soils to discourage weeds, techniques like fallow fields, cover cropping and mechanical cultivation will be discussed.

Saturday, 1:45-2:40pm cont.

Extending the Growing Season: Building Your Own Greenhouse (Gini Coover) Gini Coover, author of the Natural Greenhouse, has been developing natural greenhouses for more than 25 years. In this workshop she will discuss greenhouse designs and materials, as well as help you to determine which size, type and location might be right for your greenhouse. Cost effective heating, cooling and watering systems will be discussed as well as building workspaces into your design.

Utilization of Cover Crops in Organic Systems (Alan Sundermeier) Cover crops play a central role in organic farm management. In this session, Alan Sundermeier will tell you how to match your cover crop species selection to your cropping system. Nutrient cycling, agronomic management of cover crops, and resource materials will also be covered.

Soda Pop and Sauerkraut! (Geoffrey Tolle) This is a hands-on workshop on preparing naturally fermented soda pop and sauerkraut. In an age of growing nutritional awareness and environmental sustainability, fermentation is a top contender for producing healthy food that stores with minimal energy. Geoffrey Tolle will take you through the basic steps of fermentation and teach you the reasons for creating these healthy foods. If you want to take some home with you, bring a bottle of fruit juice and some vegetables that you want to ferment.

Water Balance Analysis & Ecological Design of Water Resources (Jean Loria) Water cycles operate on all scales and on all sites and are subject to the same forces of nature as the global hydrologic cycle. Using natural water cycles as a model, Permaculture Designer Jean Loria will take you through the process of accounting for input and output of water resources onto and from home, garden, landscape, or farm. She’ll expand the notion of raingarden to holistic ecological design that includes capture, channeling, diversion, retention and detention of natural precipitation.

Marketing to the Restaurant Industry – The 3 P’s: Product, Presentation, and Pricing (Trevor Clatterbuck & Bob Gavlak) Trevor Clatterbuck and Bob Gavlak work with 50 restaurants through Fresh Fork Market, an innovative supply chain solution connecting local farms to local restaurants, so they know a thing or two about selling to the restaurant industry. They will discuss products restaurants are looking for, as well as sizing, prices, packaging, presentation, and more. Further, they will cover the steps necessary to finding restaurants that match your abilities and how to grow and “harvest” that relationship.

Deconstructing the Energy Crisis (Fred Kirschenmann) The popular media tells us that what we need to do to prepare for the future is transition from "Mid-east oil" to ethanol, wind, solar, and geo-thermal. But the real transition we need to make will be one that takes us from a stored, concentrated energy past, to a current, dispersed energy future. In this session, keynote speaker Fred Kirschenmann will explore what that means for our food and agriculture system.
Saturday, 1:45-2:40pm cont.

Snowville Creamery: A Model for Local Milk
(Warren Taylor) Snowville Creamery is Warren Taylor’s on-farm dairy processing facility. In this workshop, you can learn about his premium, fresh milk – from processing and packaging to marketing and distributing a short shelf-life product. Hear how he has been able to connect with customers as well as earn the privilege of working with retailers and incorporate his lessons to create your own success story.

Saturday, 2:50-3:45pm

Intro to Biodynamics
(Jeff Poppen) Known as the Barefoot Farmer, Jeff Poppen has been growing five acres of vegetables for 25 years and has still found time to write a book and create a farming series for the Nashville PBS affiliate. He uses biodynamic farming techniques because of the emphasis on creating a farm that is a whole system using things like compost, cover crops and manure. Learn about the biodynamic way of growing-raising food that is as healthy and nutritious as possible. (This session is offered twice.)

Extending the Growing Season: Producing Early Vegetables in a Natural Greenhouse
(Gini Coover) Gini Coover, author of The Natural Greenhouse, will share her experience growing early vegetables. From temperature and space requirements to selecting appropriate varieties, Gini has a lot to share from her many years in the greenhouse. She will cover soil preparation, planting, watering, fertilizing and pest & disease control.

Ask the Experts:
Weed and Pest Management in Organic Grain Crops
(Mike Brodman & Ken Rider) Organic grains must be carefully managed to reduce weed and pest pressures. Veteran grain producers Mike Brodman and Ken Rider will describe their farming operations and the practices that they have employed to manage weeds and insect pests in their crops. This workshop will provide participants an opportunity to ask questions of experienced organic grain producers and get real world, practical answers.

What’s in Store?
(Marilou Suszko) This is the time of year when folks really miss the variety of locally produced foods that we have in summer. But with some recipes and tips from Farms and Foods of Ohio author Marilou Suszko, the winter kitchen can be filled with robust flavors even while eating in season. Come to spice up your own menus or to teach your customers how to keep the “local” fires burning with recipes and ideas that use local ingredients that can be stored throughout the winter months.

Traveling the Web 2.0 World
(Debra Eschmeyer) How do we communicate for social change? What makes messages stick so people feel compelled to action? From fundraising to framing, plant a seed in the minds of your target audience with ideas from Debra Eschmeyer, the Marketing & Media Manager of the National Farm to School Network. This workshop will provide practical guidance about how to navigate web based communities and use these media tools for social activism. Beginners and advanced users welcome as we travel the newly paved social roads of the web.

Saturday, 2:50-3:45pm cont.

How to Become an Organic Inspector
(Janie Marr Werum) Have you ever thought about working for OEFFA Certification? Organic inspectors are third party independent verifiers that help to enforce the National Organic Program. From crops to livestock to processing facilities, all certified farms and operations are visited by an inspector. Led by Janie Marr Werum, Certification Program Director, this session will give you the information you need to know to decide whether organic inspection could be right for you.

No Gas, No Smoke!: Electrify Your Chores
(Tom Rapini) Electricity is one of our cleanest ways of moving energy around, especially when made from sun or wind. Tom Rapini will show you how to convert many of your fossil fuel powered tasks to electric power. Learn how electric vehicles work and how you can use them instead of trucks or tractors. Find out how to make a portable electric source so you can run your corded tools in the back-40. Participants will do lots of hands on with electric tools as well as the batteries, inverters and charges needed to make them work anywhere.

The Legalities Behind Herdshares
(Gary Cox) Herdshares are becoming more and more popular across the nation as individuals realize the benefits of consuming raw milk and raw dairy products. Learn more about what a herdshare is, how it works, why it is necessary, and how to create & implement one. The seminar will be presented by Gary Cox, an OEFFA member and an attorney who has helped dozens of dairy farmers across the United States create, implement and defend dairy herdshares.

The Changing Climate of Agriculture
February 21-22, 2009, Granville, Ohio

Workshop Schedule
Sunday February 22, 2009

9:30-11:30am

Ecological Pasture Management for Sustainable Livestock Production
(Lee Rinehart) Join Lee Rinehart, ATTRA Livestock Specialist, for this comprehensive look at pasture systems. The session will cover species selection including perennial grasses, legumes, and annuals; pasture fertility; grazing systems, and forage harvest management. Included will be a discussion of organic and grass-based production systems, including detail on the new livestock grazing standards in the National Organic Program Regulations.

(continued on the next page)
Ask the Expert: Biodynamics
(Jeff Poppen) Known as the Barefoot Farmer, Jeff Poppen has been growing five acres of vegetables for 25 years and has still found time to write a book and create a farming series for the Nashville PBS affiliate. His goal is to grow the highest quality farm products possible, while enjoyably developing an economically viable, aesthetically pleasing and humus-rich farm which remains relatively independent regarding its own feed and fertilizer needs. Don’t miss this opportunity to bring your questions and discuss biodynamics with such a seasoned and well-regarded grower.

Health and the Soil-Plant-Animal Connection
(Jerry Brunetti) Plants produce countless molecular substances that are nutritional and medicinal for both livestock and people. Jerry Brunetti will lead this session to connect the dots from soils to plant metabolites to livestock. He will show how ultimately we are the beneficiaries of nutrient dense and better flavored egg, meat and dairy products from mineralized, biologically active soils.

Natural Horse and Hoof Care
(Dr. Aidan McFall) Want to enhance the health and longevity of your horses? Inspired by the vitality, conditioning and hoof quality of wild horses, Dr. Aidan McFall and the Association for the Advancement of Natural Horse Care Practices have been working to apply natural and appropriate care principals to domestic equines. This session will cover natural habitat design (“Paddock Paradise”), natural hoof trimming, horse care and diet, preservation of natural movement and low stress horse-human interactions.

Food Safety: Are You Proactive in Your Approach to Growing, Preparing and Marketing Your Produce?
(Hal Kneen) What precautions are you taking to minimize possible contamination of your produce with possible pathogens? Join Hal Kneen, Meigs County Extension educator to take a brief look at how the choices you make everyday can ensure the safety of your customers. Practices like preparing your land, growing, harvesting, packing and marketing your produce will all be examined to make sure the produce that reaches the kitchen shelf is contaminant free.

Ask the Expert: Horse Care
(Dr. Aidan McFall) Bring your questions, concerns and ideas about horse care to this interactive session with Dr. Aidan McFall. An active member of the Association for the Advancement of Natural Horse Care Practices, Dr. McFall is dedicated to principles of natural horse care modeled on wild populations. Ultimately she would like to see the creation of holistic equine care provider educational programs and further documentation and study of wild and natural equine behavior, diet, habitat and hoof form.

Building a Diverse Collaborative to Develop and Support Localized, Direct Market Production of Staple Foods
(Brandon Jaeger & Michelle Ajamian) How can we create a robust and sustainable system that supports agriculture and food security while bypassing the large-scale, conventional commodity model for production of staple seed crops, such as beans, grains, pseudocereals, and oils? Brandon Jaeger and Michelle Ajamian have been working with businesses, government, OSU Extension, and nonprofits in Appalachian Ohio to answer this question through their work on appropriate infrastructure, open market channels, public awareness, and policy. They will discuss the scope and experience of the original project, how it has expanded, and future plans of the collaborative.

Building Green on the Farm: From Small Projects to Big
(Heather Walters) Join Heather for a session on the options available for lowering the impact of building and construction. Her work at Doty and Miller Architects has made her an expert on alternative materials, energy technologies, site issues and other building opportunities. Incorporating examples from several farms, a wide scale of projects will be discussed, all demonstrating how you can demonstrate a broader environmental mission on your own land.

Anarcho-democracy and the Ecological Revolution
(Samuel Yoder) Are you tired of feeling helpless in the face of environmental degradation? Join others who are struggling to restore our democratic principles without the continued destruction of the planet. Samuel Yoder will lead this session which takes a look back into history to gain some lessons for today to transform our world tomorrow.

Lifestyle as Product: Building a Marketing Strategy for Tourism
(Annie & Jay Warmke) Jay and Annie Warmke, owners and operators of Blue Rock Station, have developed an effective no-nonsense marketing strategy that has enabled them to bring thousands of paying visitors to their farm. Their sustainable way of life IS the attraction. Whether you are already conducting some form of tourism, or just want to explore how this would work for your farm, this workshop will give you some great pointers on how to market what you’re already doing with little or no expense.

Soil Health and Our Sustainable Future
(Fred Kirschenmann) For most of the industrial era we have been able to substitute oil for soil, and we have had surplus fresh water available allowing us to ignore the soil’s water absorption and retention capacity. We have also been able to produce surplus food in one part of the world to provide food in other parts of the world. Join keynote speaker Fred Kirschenmann to envision a new agriculture that is truly sustainable.

Producing, Processing, and Marketing Your Grain for Livestock Feed
(Ed Snively) Ed Snively is a certified organic producer of grains and livestock who has his own on-farm seed-to-feed operation. Not only does he have lots of experience growing high quality grain, he also processes and mixes what he grows for livestock. Use his tips to expand, improve or start your own operation.
Sunday, 10:35-11:30 cont.

Ask the Experts: Women in Agriculture
(Leslie Markworth & Sharon Sachs) Everyone is an expert in this discussion-based session facilitated by Leslie Markworth of POWA (Promoting Ohio Women in Agriculture) and Sharon Sachs. They will explore together the strengths and developmental needs of women in agriculture as well as the existing services for farming females. Many Ohio groups have committed to serve women farmers and this will be a great opportunity to come together to craft the message of what we need as a powerful voice in Ohio.

How to Be More Popular...at Farmers' Market
(Beth Knorr & Debbie Fox) How can you display your products in a way that draws people in and makes them want to buy? In this session, Beth Knorr and Debbie Fox will discuss how to make your stand shine. We will look at a couple of examples of farms who are taking steps in these directions and discuss ways to bring sustainability into all areas of your own small business.

1:30-2:30pm

Green - Beyond Field and Pasture:
Integrating Sustainability into Your Mission
(Heather Walters) How do you integrate sustainability into your farm, outside of the actual activities of farming? Join Heather Walters to explore the “Triple Bottom Line” of sustainability, bio-mimicry, and your carbon footprint. We will look at how small choices can have big impacts, from choosing recycled office products to purchasing farm vehicles to cleaning buildings and maintaining grounds. Participants will look at a couple of examples of farms who are taking steps in these directions and discuss ways to bring sustainability into all areas of your own small business.

Neon-Cropping:
Perennial Agriculture for a Permaculture Society
(Geoffrey Tolle) How do we create a permanent agriculture? Geoffrey Tolle will examine the food plants of the past and present and how they can be integrated into perennial agriculture systems. Such systems increase the diversity of food types while fitting the food production to the local environment rather than fitting the local environment to the food production.

Organic Blackberry and Raspberry Production and Marketing
(Jackie LeBerth & Mike Neeley) In this workshop, Jackie LeBerth and Mike Neeley of Bramble Creek Farms will cover everything from the planning process that precedes the establishment of a bramble planting to the pruning of mature plants. Expect to learn about fertility, planting and on-going management, including options for insects, weeds and disease. This session will also cover marketing challenges and opportunities for raspberry and blackberry producers. This workshop is literally “on the ground” so expect to have old myths dispelled and new ones discovered!

Conservation Programs and the 2008 Farm Bill
(Mike Anderson) Organic agriculture appears to be one of the big winners in the 2008 Farm Bill, with mandatory and authorized funding for organic interests totaling more than $100 million. The conservation value of organic production is now institutionalized. Learn from Mike Anderson of OEFFA Education how farmers can work with state agencies to continue to improve the natural resource conservation practices that the organic farm plan requires.

Parasite Management in Sheep:
Genetic and Grazing Strategies
(Kathy Bielek & Jeff McCutcheon) Sheep can be a valuable tool in a diversified, sustainable system, but parasites present a management challenge. Kathy Bielek will share the experiences and progress she has made over the last five years in identifying and selecting sheep that are genetically resistant to parasites. Jeff McCutcheon will discuss grazing strategies and other management methods any shepherd can use to combat parasites.

Butter Making and Beyond
(Lisa Dillman) Nothing matches the taste, quality and fun of making your own butter. Lisa Dillman, writer of the local food website, Restaurant Widow, will show you how in this session, covering both regular butter and cultured butter. You’ll also see how easy it is to make creme fraiche, a delicacy similar to nutty sour cream that is a great complement to both sweet and savory dishes.

Raising Free Range Kids
(Nick & Alayne Leone) Raising open-minded kids in a culture as commercialized and disconnected as ours can be a challenge. How can we encourage their imaginations and sense of wonder while still keeping them from becoming simply “consumers”? Nick and Alayne Leone will lead a roundtable discussion on ways to keep our children open and thoughtful about the choices they make and the people, foods, and other possibilities that enter their lives. We’ll share what has and hasn’t worked for our families and discuss resources that can make the job easier. Come share your parenting experience or just listen and collect ideas to try at home.

Record Keeping for Organic Certification
(David Benchoff) David Benchoff has been certified organic by OEFFA since 2003 and has developed a record-keeping system that can enable you to better manage your farm and better prepare for your farm inspection. He will discuss planting records, harvest records, field maps, sales records, and more. His well-organized, manageable, and user-friendly system can help you improve your own record keeping, and put a smile on the face of your organic inspector.

Homemade Electricity - Ingredients: Sun and Wind
(Tom Rapini) Tom Rapini’s farm is a net-metering solar and wind producer and he has built an electric car for his wife’s work commute. In this workshop, he will briefly cover the ecology, politics, costs, and realities of making your own electricity, as well as give you the chance to be hands on with some of the components. Besides being a clean, zero-carbon energy source, wind and solar systems are easily “scaled” to allow starting small and growing to meet nearly any size need.
Return Service Requested

Wild Fermentation Workshop - March 11, 2009 - Details on page 14
Pre-Conference Workshop with Jerry Brunetti - February 20, 2009
30th Annual OEFFA Conference - February 21-22, 2009

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.

For Sale - Certified organic elephant garlic cloves for planting. $5.00 per pound plus S&H. Five pounds minimum order. German extra-hardy garlic. $10.00 per pound plus S&H. Order now for fall planting. Rich Tomsu (740) 696-1301. anntomsu@frognet.net.

Help Wanted: Seasonal pasture-based dairy operators seek career-oriented help. The successful candidate is calm tempered with a good sense of humor. Must be physically fit, love animals, have stamina and drive. Good pay with the opportunity for advancement. Housing provided. Contact Bill Dix and Stacey Hall at stendy22@yahoo.com or call 740-593-8469.

Williams Tool System Cultivator For Sale - This is a spring tine rake cultivator. Originally purchased from Market Farm Implement five years ago. Described as "the only cultivator you will ever need." Includes: 60" rake, gauge wheels, track sweeps, 7" and 11" side knives. For more information see: www.marketfarm.com. Excellent condition. Asking $2,000 (new price is over $2800, plus transportation). contact Kevin Eigel, Just This Farm (near Columbus) 614-805-5776 or kevineigel@gmail.com.


Wanted to Buy - Four certified organic Holstein first calf heifers with long teats for hand milking. Preferably easy milkers. Contact John Schwartz, 6950 Road 207, DeGraff, OH., 43318.

Farming Opportunity - Owner of a 120 acre Shelby county farm is looking for a qualified person to eventually operate this farm sustainably. For more information, call (937) 526-3348.

Job Opportunity - Job opportunity working on a Certified Organic Farm in Johnstown Ohio. Looking for two workers one beginning early May one beginning early June both will end in September. Salary will be based on experience. Call Mike Laughlin, Northridge Organic Farm, (740) 967-4462.

For Sale - Certified Organic red clover seed. Spray Farm. Rex Spray. (740) 397-4207.