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# Good, Healthy Food *makes good healthy people*

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I knew the milk from my herd of happy grass fed cows was good stuff. I knew we had some of the lowest bacterial counts in the state. I knew how much the cows were fussed over, and I knew the grass they were contentedly eating was high quality.

What I didn't know was just how special that milk was to some people.

I started a small grass fed dairy in NH several years ago. Only a little more than



Photograph by Carol Lake

an hour from Boston, we often had folks travel from the big city to purchase our raw milk. Oh how we loved on those cows! Out on 30 acres of field with pastured poultry following them, they were mostly mixed old fashioned breeds - milking shorthorn and Jersey crosses, an Ayrshire from Lincoln Geiger's biodynamic Four Corners Farm, a brown Swiss with HUGE telephone pole legs, and my favorite, a Normande cross with big black eye patches - the kids named her, appropriately enough, Panda Bear. We knew their itchy spots, their naughty habits, their personal quirks. Most of all we knew they were happy, and the quality of the milk reflected that.

I wish I had known more about soil fertility and livestock health. Check out Ben Grosscup's article about the NOFA/Mass Winter Seminar with holistic veterinarian Dr. Paul Detloff. That's a treasure trove of information, and audio recordings as well.

I thought we were just making good milk, though I know now it could have been even better. Turns out we were improving people's health. One day, a frail woman

who had traveled from Boston with her partner let me in on a secret. "You know", she said, as she picked up 2 half gallon mason jars of fresh milk from the fridge, each blessed with a hefty amount of cream on the top, "I haven't been able to sit for too long in the car, my rheumatoid arthritis has just been too painful and it just ached when I would sit still for long. But the more I drank this milk, the better I felt. And here I am today". I was, of course, thrilled to hear that this simple, good food had made such a difference in her life. Curious as to how folks from Boston found our farm, they both replied in unison, "Your farm is listed on the Weston A. Price Foundation's website". I had no idea! After her story, I started asking all my customers \*why\* they bought the milk, particularly if they came a goodly distance.

The answer I got varied from "this is what I had as a kid", to "I want to support local farms" to "I want my children to connect to where they get their food". But the most interesting reasons to me were these - "It makes me feel better", and "I don't ache so much when I drink this" or "My eczema has cleared up completely". Wow! Quite an elixir!

I had read Sally Fallon's book, "Nourishing Traditions" and really enjoyed its basic premise. Good, healthy food makes good healthy people. Funny how the simpler something is, the more our culture seems to distort it. But I guess I never really realized the full impact that kind of diet can have on folks. To hear how the simple act of drinking something real, alive and full of good fats had made such a difference to people who were very sick was revelatory.

Sally Fallon is, for the second time, a NOFA Summer Conference Keynote speaker. I don't know about you, but I'm looking forward to learning more about good food for healthy people. Enjoy our February newsletter, and let us know what you think!

*Carol*

# Thank You to Our Supporting & Renewing Members!!

## Supporting and Renewing Members

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## *Bulk Order Pick Up Information!*

Thank you to all of those who participated in the 2010 Spring Bulk Order. The first pick-up (useful things, fertilizers, mineral amendments, Fedco cover crop seeds, animal nutrition) is scheduled for Saturday, March 13 at the following locations in Massachusetts:

Barre: Many Hands Organic Farm, 411 Sheldon Rd.  
Belchertown: New England Small Farm Institute, 275 Jackson St.  
Dalton: Holiday Farm, 100 Holiday Cottage Rd.  
East Freetown: Jonathan Sprouts Organics  
170 Middleboro Rd.  
Ipswich: Appleton Farms, 219 County Rd.  
Lincoln: Drumlin Farm, 208 South Great Rd.

Directions & site map available online, [click here](#).

Please contact Cathleen O'Keefe, [bulkorder@nofamass.org](mailto:bulkorder@nofamass.org), (413) 584-6786, with any questions about your order.



*Photo by Carol Lake*

# Let Us Be Joyful

Executive Director's Report  
By Julie Rawson

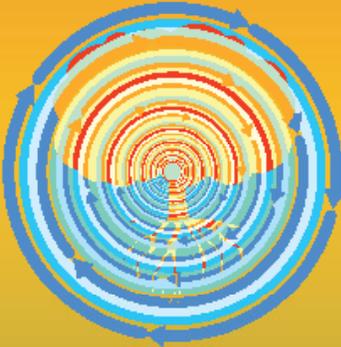
Oh I don't know why so much. Maybe it is that conversation that I just had with my addled mom – she all excited about the ice cream social she is heading to and the puppies that live in her very enlightened nursing home in Pinedale, WY. Maybe it is the fantastic seminar that 55 of us shared together last week with Paul Detloff. Some of us really lucky ones hung out with him from Monday night through Thursday morning – the trip culminating in a tour for stray currents on our farm. Paul reminded me of my dad - the small town dairy vet in Illinois where I grew up. And he left all of us with real answers to how to raise organic ruminants on a grass-fed diet. Or maybe it was today's check, the second check for \$5,000 that has mysteriously come our way in the past month – the anonymous donors stating the desire to

support our work of promoting organic and small farms in New England. Then, of course, there is the rising light in the sky. Here it is 5:30 pm and I can still see light – the end of this week we will be seeding our 10,000 onions and the new farming year begins. For family, for community, for purpose in life – yes, let us be joyful.



*Julie*

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**Thomas Jefferson to George Washington, 1787**

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# 23rd Annual NOFA/Mass WINTER CONFERENCE Draws Record-Breaking Crowd!

By Jassy Bratko

Almost 900 people, including 60 exhibitors, attended the 23rd NOFA/Mass Annual Winter Conference on January 16th at the Technical High School in Worcester, Ma. Participants could choose from 50 workshops throughout the day and 150 people attended Joel Salatin's seminar "Introducing Livestock to Your Farm". Joel also presented the keynote speech "Food From Farms For Families".

Joel said that if today's supermarkets only stocked food that was available before 1900 they would be virtually empty. Many people today actually eat very little "food" but rather manufactured commodities. He commented on the importance of scale in our farming systems: The importance of keeping farms to a scale where we respect the "pigness of a pig", where we don't need government regulations to ensure food safety because this is ensured every time the customer visits the farm. He reminded us that while preserving our farms is

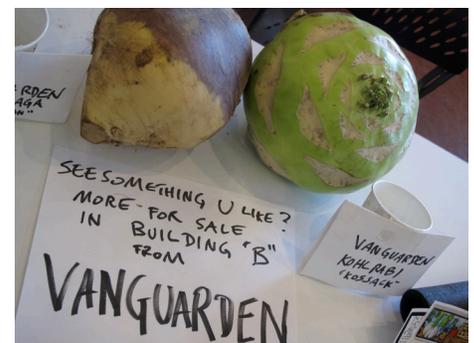
necessary we have to encourage the best and brightest of our youth to become tomorrow's farmers. While we are producing good food we have to restore food to its rightful place in our lives; to prioritize making wholesome meals rather than purchasing it from a vending machine or heating a box in a microwave. Even though hundreds of people attended the conference, Joel reminded us that many more people were eating in fast food restaurants and that good, wholesome organic food is still only a small percentage of what is produced today. There is much work to be done.

Leaving the keynote speech most people moved to the cafeteria to share some great food provided by the huge potluck lunch that is always a highlight of the Winter Conference. They visited with friends, browsed the many and varied exhibit tables and chose their afternoon workshops. Hopefully everyone ended the day inspired, energized and with new knowledge for their farms, gardens, schools or homes.

Save the date for next year's conference! January 15th, 2011!

*(Remember to take pictures of your farm this winter and watch for an invitation to have it featured on the front of the 2011 Winter Conference Program Book and win a free conference registration!)*

photos by Elizabeth Coe



# Marvelous Maple Syrup

By Carol Lake

Norma and Bill Coli run Blue Heron Farm, one of the only certified organic maple farms in the Massachusetts.

Why did they choose to go organic? “We are supportive of the concept of avoiding toxins, and giving people choices to avoid pesticides,” said Bill, who also runs the Integrated Pest Management programs at UMass. “We felt it was a possible niche marketing opportunity for us, and that’s certainly proven to be the case, particularly in our mail order business.”

“I tell people that most syrup produced IS organic, but not certified,” Bill added. “Chemical defoamers are the biggest difference really.” So what’s different about the organic maple sugaring process? According to Bill, there are no synthetic materials used in the sugar lot, and no pesticides or synthetic fertilizers are used on the trees. There are also no chemical defoamers to keep the sap from boiling over, and only approved cleaners are used.

Bill also manages the sugar lot with an eye geared less towards production and more toward the health of the trees. “We limit the number of taps per tree,” said Bill, who literally wrote the standards on tapping sugar maples many years ago for the State of Massachusetts.

Bill went on to explain how they use “health spouts” - smaller diameter spouts the size of a pencil rather than your finger. “They make a smaller hole in the tree and the tree can seal it off much more quickly,” said Bill. He places one tap for an approximately 10 - 12” diameter tree, two for a 12 - 18” tree, and 3 taps for a tree over 18” in diameter. A really big tree can be as high as 4, but Bill thinks those big shade maples you see in folks’ backyards with 6 or 8 taps are excessive as each tap hole is a wound, and it’s just that much more for the tree to deal with if you overtap.



What about equipment? “In our case,” said Bill, “we use stainless lead free equipment, though that’s not specified in the organic guidelines. Our storage drums are stainless, not galvanized.” Lead can be a problem in syrup, Bill said, with lead based solder, turnplate (mix of tin and lead) can leach into the sap.

Bill just completed the Massachusetts Farm Bureau’s “Maple Syrup BMPs: A Handbook of Best Management Practices for Massachusetts Mapl Syrup Farms” <http://www.mfbf.net/MassachusettsBMP->

*“I tell people that most syrup produced IS organic, but not certified,” Bill adds. “Chemical defoamers are the biggest difference really.”*

[Guides/tabid/254/Default.aspx](http://www.mfbf.net/Guides/tabid/254/Default.aspx).

Sugaring for over thirty years, Bill and his wife currently make 600 to 800 gallons of syrup a season. Their main markets are restaurants, farm stands, local stores and mail order, but the majority of their sales is to Hannaford Brothers and Big Y gro-

cery stores. The couple was the first in Massachusetts to have UPC scannable labels, and it has made all the difference in their ability to market product. “Nearly 30 years ago we decided to put these UPC scannable labels on, and that’s really what enabled us to get into the large supermarkets,” Bill said. “The stores have been very dependable, and even allow us Direct Store Delivery. There’s been a great demand recently because of all the locally grown interest. We make a delivery about once a week to a route of several stores, it keeps us busy!”

Now in their late 60’s, Bill and his wife have reluctantly decided to try and sell their beloved farm. “My wife and I are trying to find someone to buy the business and take it to the next step. We’ve developed the Blue Heron Farm brand, and though it does very well in sales, there’s plenty of room for expansion

Sitting on 140 acres, more or less, in the Northwest corner of Massachusetts, 10 miles south of the VT border, and near the NY border, the Franklin County hill-top farm is well diversified. Other than the maple operation, Norma breeds and trains Fjord horses, and the couple runs a popular farm vacation rental business off the property as well. There’s also a small Boer meat goat operation, 3500 bales of hay to put up each year, and a high bush blueberry crop.

“Our son isn’t interested in taking over the business, and we’d hate to see all the marketing and products we’ve developed go by the wayside, especially the sugaring operation.” Built up from the dirt floor of an old sugar house in 1986, Blue Heron Farm maple syrup is a turn key business and can easily grow into an even larger operation. Currently, the couple uses vacuum assisted tubing, a modern set up, and only one hired hand.

Interested in learning more? Contact Bill or Norma at [info@blueheronfarm.com](mailto:info@blueheronfarm.com)

# Mmmmm, Cooking With Maple Syrup!



By Leslie Cerier, *The Organic Gourmet*

Mmmmm, maple syrup! From cookies and cakes to waffles, fruit crisps, and pies, maple syrup is my favorite sweetener for cooking and baking. And, indulging in eating local maple syrup is not only good for the planet; it is very tasty. You can replace 1 cup of sugar in a recipe with 1/2-3/4 cup maple syrup minus 1/4 cup of liquid ingredients. I love to use maple syrup in recipes with dark chocolate, nuts, berries, (pasture-raised) butter, a wide selection of oils and whole grain flours.

Here are a couple of recipes from my latest cookbook, *Going Wild in the Kitchen* (Square One Publishers 2005). Both *Going Wild in the Kitchen* and my upcoming cookbook, *Gluten-Free Recipes for the Conscious Cook* (July 2010) have plenty of recipes with maple syrup, and weave together cooking and baking from our local harvest; eating with the seasons for our health and vitality. For more great recipes using maple syrup, please go to [www.lesliecerier.com](http://www.lesliecerier.com).

## Dark Chocolate Cake

Loved by vegans and non-vegans alike, this rich chocolate cake is the one I usually make for birthdays. Serve it plain, topped with chocolate mousse, or drizzled with hot fudge. Yield: 8 servings

- 1 3/4 cups whole wheat pastry flour
- 1 tablespoon baking powder
- 1/4 teaspoon sea salt
- 2 1/2 tablespoons flaxseeds
- 1 1/4 cup apple juice
- 1/4 cup melted coconut oil or butter

mixing bowl and set aside.

3. Place the flaxseeds in a blender and grind to a powder. Add the juice, oil, maple syrup, and vanilla, and blend well.
4. Melt the chocolate in a double boiler or in a skillet over low flame stirring constantly.
5. Add the melted chocolate and flaxseed mixture to the flour mixture and stir well to form a smooth batter.
6. Pour the batter into the cake pan and bake 40 minutes, or until a toothpick inserted in the center comes out clean.
7. Let the cake cool 30 minutes before removing from the pan. Serve plain or frosted.

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# PR & Marketing Made *Easy*

by Carol Lake

## Five Steps to Starting a Marketing and Public Relations Strategy for Your Farm

I've started this column to help NOFA/Mass members and newsletter readers learn about two very basic, yet incredibly important building blocks to a successful farm. Marketing and public relations.

I know that marketing and public relations are, to many farmers, the very LAST things you want to think about. You've got real farming to do, after all! Sheep to tend, cows to milk, seeds to plant, crops to weed, and fruit to pick - add whatever you'd like to the list! I know, because I've farmed too. And I know that something sort of vague, like marketing and pr can be, is not your top priority. And yet - it should be at the top of the to do list.

Is your goal to sell everything you grow? You can grow ten thousand dollars worth of organic asparagus, but unless you have a market for it, it will just rot in the field.

So, you have a great product. How do people find out about it?

### First things first. Create a Marketing Strategy

Like good journalism, a good marketing strategy starts with good questions. Ask yourself these five things.

**What is your product?** This one might seem very basic, but you need to have a real grasp on what you offer and what makes it so fabulous that Mrs. Smith will buy yours instead of somebody else's.

**Who buys your product?** Where do they live? Why do they buy what you make or grow? Some basic demographic information is very helpful.

**Where can you sell your product?** Farmers markets? CSA's? Wholesale? U pick? Restaurant sales?

**What tools do you currently use to drive sales?** Road signs? Apparel? Advertisements? Press releases? Farm tours?

**How much product do you want or need to sell?** Do you want to break even or make a profit?

We'll get in to more nuts and bolts of assembling and implementing a good marketing and PR strategy in future columns. For right now though, start thinking about the answers to these questions, and remember when you have a passion and a connection to what you are doing it really shows!



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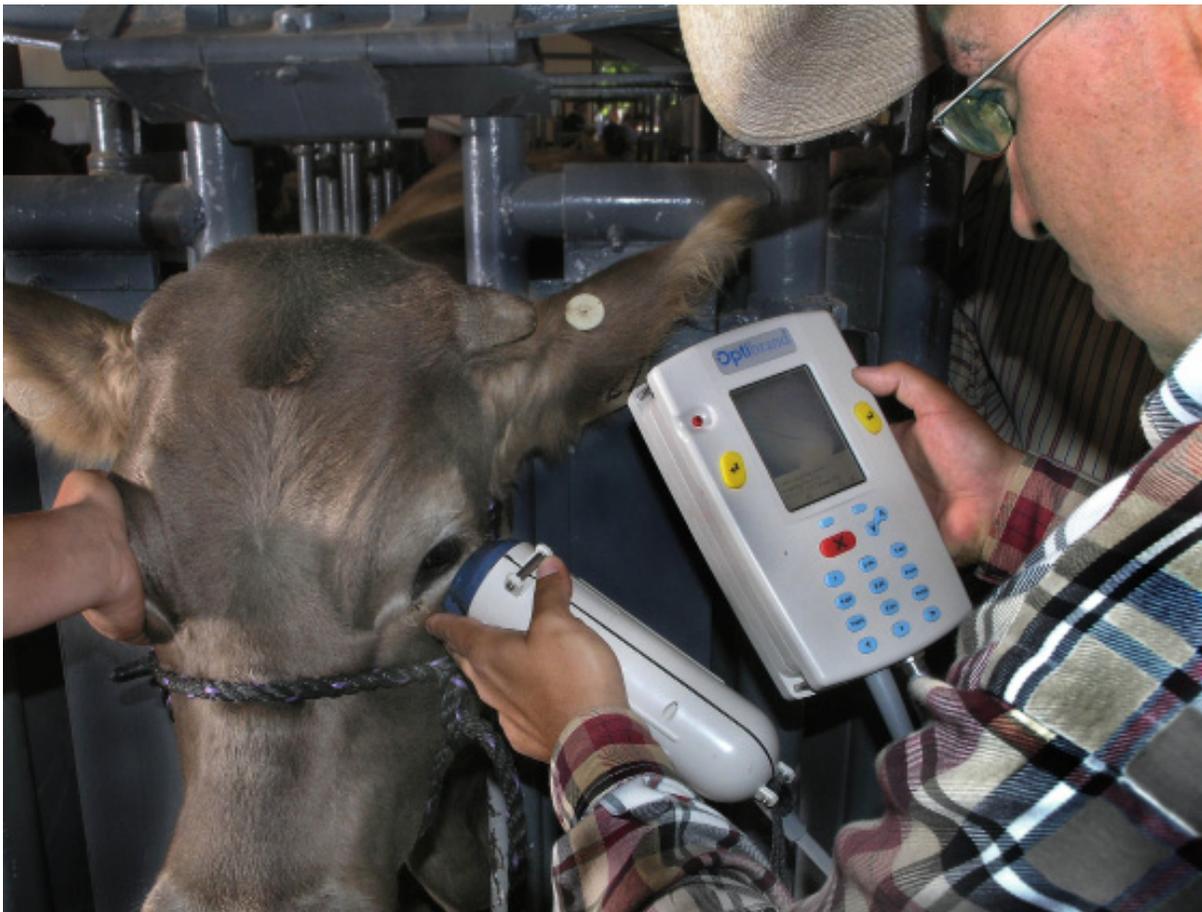
# NAIS Program Scrapped!

by Jack Kittredge

In what can only be called another stunning victory for democracy (reminiscent of the 1998 public defeat of the first NOP proposal which allowed organic to include GMOs, Irradiation and Sewage Sludge), Agriculture Secretary Tom Vilsack on February 5 announced that the NAIS program was to be withdrawn!

For those who have been out of touch with farming issues for a few years, NAIS stands for the National Animal Identification System. It was arguably the most hated USDA program of the past 5 years. As originally proposed, it called for every premise where even a single livestock animal is held (farm, backyard, veterinarian office, fair-ground and slaughterhouse) to be given a unique seven-

a 15-digit number — preferably via a Radio Frequency Identification Device (RFID), often called a chip, which would enable identification from a distance. An exception would be made for animals raised as a group for their entire life cycle and never separated (such as birds or hogs in confinement settings), which could be assigned a group or lot number. Last, it required that the movements of any animal leaving the home premises be reported to the national database within 48 hours. Although the USDA modified the original proposal under scathing public opposition, it quietly paid states to enforce the harsh provisions, and there are prosecutions in Michigan and Wisconsin, as I write these words, of farmers who refused to comply.



digit number and registered in a national database, along with its Global Positioning System coordinates and the name, phone number and address of the owner. It further proposed that every livestock animal (including cows, horses, llamas, pigs, sheep, goats, ducks, geese, turkeys and chickens) be individually registered and tagged with

That such a draconian and ridiculous program would take more than 4 years to kill is itself a testament to the cynical forces arrayed behind it. The idea was originally dreamed up by a group called the National Institute of Animal Agriculture (NIAA). The NIAA, it turns out, is a private organization whose membership reads like a who's who

of agribusiness: Cargill, Monsanto, the National Livestock Producers Association, the National Pork Producers Council, the National Renderers Association, and veterinary medicine companies such as Pfizer and Schering Plough. Other members of the NIAA are manufacturers of animal ID and tracking systems, such as Cattle-Traq, Digital Angel, Animal-ID and National Band and Tag. The interests of these manufacturers in such a program are pretty clear. No one knows exactly how many animals would be affected by NAIS, but starting with the nation's 63 million hogs, 97 million cows, almost 300 million laying hens and the annual slaughter of about 9 billion chickens for meat, the market is potentially vast.

### **Animal ID Wouldn't Prevent Disease**

The USDA's stated goal of NAIS was "to be able to identify all animals and premises that have had contact with a foreign or domestic animal disease of concern within 48 hours after discovery." Yet the program was silent on how that information would be used to prevent or control disease outbreaks. In previous animal health programs that have required animal identification — such as brucellosis vaccination for cattle or culling for scrapie eradication among sheep — the program was targeted to a specific species of animal and a particular disease. The animal identification was needed and specifically tailored to indicate which cattle had been vaccinated or which sheep had been scrapie-free and for how long.

NAIS, however, was a one-size-fits-all program targeting many species of animals. It is difficult to see how it could have useful against any specific disease. Among poultry, avian influenza is the most obvious disease threat. Yet it spreads so rapidly in confinement chicken facilities that an entire building — hundreds of thousands of birds — can be infected very quickly. It requires a much shorter response time than 48 hours. In the case of a disease with a long incubation period, such as bovine spongiform encephalopathy (or mad cow disease), animal tracking may identify cows that shared the same premises years ago. But control of the disease requires culling affected animals, and the only way to determine if an animal is affected is a lab test of brain tissue after death. It would be far easier and cheaper to simply test every cow upon slaughter, before releasing the beef into the food supply. Nor would mandatory livestock ID do anything to help control food-borne diseases. Cases of E. coli contamination, for instance, are associated with poor sanitation at meat processing plants, after the animal is dead and its identification is moot.

### **Real Purpose to Avoid Cleaning up CAFOs**

Many analysts have concluded that the NAIS was designed to deceive large foreign buyers of our meat products into believing that the US was doing something about domestic animal health problems without really forcing corporate agriculture to clean up the disgraceful conditions at factory confinement farms.

### **Grass Roots Organizing Beats Washington**

Groups of farmers, ranchers, and livestock owners throughout the country mobilized to fight NAIS. In 2006 and 2007 NOFA/Mass itself conducted a series of meetings around the state from Great Barrington to Hamilton, from Bourne to Rowe, debating the program with proponents from the Massachusetts Department of Agricultural Resources and bringing out hundreds of people to testify their strong opposition.

The USDA in 2009 organized a similar series of events around the country, "Listening Sessions" to hear from the grass roots how to "improve" NAIS. Well they got an earful! At 14 sessions from Jasper, Florida to Pasco, Washington, and from Albuquerque, New Mexico to Storrs, CT as many as 400 people turned out to some sessions, took off a day from work, and traveled in some cases several hundred miles to voice their fierce determination that NAIS should not be "improved", but killed. Close to 90% of attendees, in tearful, heartfelt statements, told how animals were central to their farms, homes and families, and how NAIS would force many of them to give up their animals. Author, poet, and septuagenarian Wendell Berry castigated the USDA for having armed police at a farmer gathering and vowed to go to jail before registering his farm with the NAIS.

In his brief remarks terminating NAIS, Secretary Vilsack said the agency would start over in trying to devise a livestock tracing program that could win widespread support from the industry. It would be left to the states, he said, to devise many aspects of a new system, including requirements for identifying livestock.

New federal rules will be developed but USDA officials said they would apply only to animals being moved in interstate commerce, such as cattle raised in one state being transported to a slaughterhouse in another state. It could take two years or more to create new federal rules, they said, and it was not clear how far the government would go to restrict the movement of livestock between states if the animals did not meet basic traceability standards.

While no opponents of NAIS are confident that this war is over, there is no questions that we have won an important battle that many, four years ago, predicted would be impossible. Kudos all around to the many farmers and livestock raisers who took time out of their busy lives to participate in this victory. It is heartening to know that, when united, the common people can still win in America.

# Just Sharin'

Thoughts on  
Homesteading

By Sharon Gensler



Well, another glorious day in paradise. Sun, blue sky, cold and crisp with the sound of a chainsaw in the air. I'd really like some of that snow that fell to the south of us but seeing the ground is almost bare, it's a good day for woods work. I'd like to say it was me out there felling and bucking our cord wood, but alas that is one job I've had to hire out. After one major (not my doing) and one minor chainsaw accident, I've decided to leave it to the experts. The major one almost took off my leg and I still don't understand why I waited for the next incident, which was my fault, to hang up the saw. If you plan to use a chainsaw my advice is to get lessons from someone who has a lot of experience in all aspects of the tool/job. Safety first.

We burn about 2 -3 cords per year in our cook stove which gives us heat, cooking, baking, and hot water in the cold months. After many years of struggling with frozen tarps and wet wood we were relieved to get around to building the woodshed about 10 years ago. It's great having 3 years worth of wood under cover and easily accessible. After our woodsman friend Larry fells and cuts the trees to length, there's still plenty to do ( in case you thought I was turning into a sloth)

We'll be out hauling brush and piling it to make habitat for creatures who will probably then tunnel into the garden. We'll throw the chunks into piles where they can partially dry until we split them into the desired sizes. It's good to keep as much of it off the ground as possible to deter the microbes from doing their job and composting it. The sooner it can be split the better, for the same reason, the bark holds in moisture and after splitting the wood will dry much faster and thus make it less hospitable for wood eaters.

Splitting is another really enjoyable winter job. Again, get some pointers from someone who knows how. We want everyone to keep their fingers and toes. The simplest way is using a splitting maul. You can also buy, borrow or rent log splitters which help out if you have really big or gnarly chunks that are difficult to do by hand. A few years ago we did a group purchase of an electric splitter. Shared by 5 households the cost was worth owning rather than renting plus it's a community builder.

After splitting the best scenario is to haul it to it's final drying/storage destination. For us that's now the long awaited wood-

shed. If the snow holds off and the ground is frozen we could do that soon. Highly unlikely as it has never happened yet. So come summer or fall, after the wet areas in our field dry out, we'll haul it in by pickup. Next is the unloading and stacking. I've solved the extra work of unloading by hand by investing in the best tool going-- The Load Handler. It is a heavy duty tarp attached to a roller that attaches to the tailgate and you can crank a load of wood, manure, compost etc off the truck in seconds.

Stacking cord wood is a skill and well worth learning correctly. Brings back the memory of my first 5 cords stacked for a landlord that tumbled a week later and of course had to be redone or I would have been evicted!. If you plan to leave your pile uncovered, then stack with the bark side up. This will help prevent rain and snow from penetrating the wood. If you use a shed, or cover adequately, then stack with the bark down thus allowing moisture to rise up and out.

Speaking of community building, hauling, splitting and stacking parties are the best. A good excuse to invite friends over, make a big meal from your garden and work and relax together. Don't forget the kids, they love to be involved and it sure beats watching TV. They love riding in the truck, carrying a small chunk of wood, and the anticipation of learning to split and stack when they are old enough.

Like with any good wine or cheese, aged cord wood is the best. When the wood is fully dry, you reap more benefits. It will have more BTU's thus giving you hotter fires for heat and safety. When burned, wet wood causes more creosote to be released and deposited in your stove and chimney. ~~Creosote can cause fires.~~ It also is a carcinogen and you don't want to breath it. Plus environmentally dry wood burns cleaner and there are less emissions in general.

So, when you are chilly get out there and create some body heat cutting, splitting, hauling and stacking your own cord wood. Then you'll be able to sit by that wood stove and enjoy the best heat in the world, especially knowing that you helped thin your woodlot, you created beneficial habitat for wildlife, you got great exercise and you were heated more than once by that same piece of wood.





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# A Prescription for Agriculture



## *Report Back: NOFA/Mass Winter Seminar with Dr. Paul Dettloff*

By Ben Grosscup

On February 2 and 3, 2010, Dr. Paul Dettloff – staff veterinarian for the Organic Valley Cooperative – lectured for two full days on the link between soil health and animal health, effective organic methods for treating animals when they get sick, techniques for predicting the quality and quantity of a cow’s milk through observation of the hair, and means of mitigating the negative effects of stray currents on herd health. Over 50 people participated in the two-day seminar.

I had the pleasure of spending two and a half days with the man and got to know a bit about his prescription for agriculture in the United States as well as his daily work routine. Whenever he was not delivering the seminar or telling stories of adventures like his recent elk hunt, which yielded some wonderful jerky that he brought to share, he was talking by cell phone with farmers seeking advice on

various problems with their animals. Dr. Dettloff is employed 60% time by Organic Valley to provide educational and technical assistance for the roughly 1,400 organic dairy farms throughout the country that constitute the cooperative. The regular calls indicated that at least a good number of the farmers were making use of the services that the cooperative provides to them. Listening to Dr. Dettloff direct farmers to administer a wide variety of organically-approved products and diagnosing problems over the phone made for quite interesting conversation, considering I could only hear half of it.

Dr. Dettloff’s prescription for agriculture came through in the content of the seminar. He emphasized the need to put ruminants on a high forage diet of highly mineralized plants. He also advised the use of small grains like wheat, barley, and oats as an alternative to corn. To meet the challenge of providing sufficient forage of optimal quality during the winter, Dettloff said that pastures need to be put on

a soil fertility program, including applications of minerals and humates. Foliar sprays on pastures too can help bring up nutritional quality. Guiding farmers through programs

*“When the biological system is working properly on the farm, the quality and yield of forage increases and the presence of diseases decreases.”*

*Dr. Paul Dettloff*

like this is a big part of what Dettloff does for members of the Organic Valley Cooperative.

Dr. Dettloff was somewhat of a latecomer to organic practices. He was trained in the 1960s at the University of Minnesota and spent 35 years of his life as a large animal vet in Western Wisconsin, but he says he didn't see his first organic cow until 1988. He told one story of how a colleague who was also a large animal vet expressed anxiety and disappointment when Dr. Dettloff began working with one farmer to help him convert his herd to organic. This veterinary colleague had a \$12,000 per year account servicing the herd of the farmer who was starting to turn organic,

and he anticipated many fewer sick animals and fewer calls as the herd transitioned. For Dettloff, the reason for the lower vet bills is straightforward: When you address soil fertility deficiencies and feed ruminants the highly mineralized forage, which our pastures are capable of growing given the right amendments and management, the animals have an appropriate pH in their rumen, do not get acidosis, and remain much healthier than cows in a typical conventional herd where nutrient-poor feed is the norm.

Going organic has been seen at times as an impractical challenge, because the tools of synthetic chemicals and fertilizers, genetically engineered crops, and many veterinary antibiotics and pharmaceuticals are not allowed. Farmers, discerning consumers, and food activists who are concerned about the use of these tools have something to celebrate in the dispersion of farming techniques that remediate soil mineral deficiencies and that equip farmers with

organically approved veterinary tools. As practical knowledge becomes more sophisticated and widely known, the prospect of going organic becomes increasingly practical.

Another challenge of going organic is the limited amount of land available for pasturing livestock. At the level of the national and global food system, these challenges are unlikely to be met fully outside of major changes in land use policy. But at the level of an individual farming operation, much can be done more quickly.

Dr. Dettloff shared his anecdotal observation that the amount of foliar spraying on pastures done by his clients seems to be directly proportional to how expensive the land is. Increased fertility management is already being used to address the practical problem of limited land. When the biological system is working properly on the farm, the quality and yield of forage increases and the presence of



diseases decreases.

The entire two days of the seminar was recorded. The full collection of audio files and the power point slide show that was presented at the seminar are posted online by NOFA/Mass for free download. There are 11 MP3 files, totaling 13.6 hours of audio. Each MP3 file name notes what slides in the power point presentation correspond with it. There are 5 Power Point files also posted, each of them noting the slide numbers contained. All these files are available to the public at this link: <http://www.box.net/shared/v3behrp6yb>

# NOFA News Bits

## Outreach News Feb 2010

I've staffed the NOFA table at 2 Winter Fares this past month. Both were extremely well attended. Much produce and goods were purchased from local farmers and vendors, and folks had an enjoyable time. I had the opportunity to talk with many hundreds of people who really care about their food, local agriculture, and good health. And it's hard to believe most of them had never heard of NOFA, our programs and good works. It was a good reminder that we in the "NOFA know" have much more work to do educating our friends and neighbors. So team, a word of encouragement, it's important to talk about these things. You can request from me any literature or support that you might need to help you in this endeavor.

Along those same lines, I attended a showing and discussion of "Food, Inc." sponsored by our local Agriculture Commission. It's a great forum to use to talk about topics near and dear to NOFA hearts. I'd like to suggest that you urge your local library or Ag Comm. to do likewise. Call me for supporting literature, go to [www.foodinmovie.com](http://www.foodinmovie.com) for a pdf of discussion points, enjoy a great movie and do good work at the same time.

Here's a Big THANK YOU to some of your fellow nofaites who have recently volunteered to help:

Valerie Walton-- setting up a volunteer training potluck in the NE area -watch for an invitation!

Mary de Blois -- Maynard Energy Fair March 6 12-4

Renee Portanova -- Cambridge Science Fair May 1 12-4

Jean-Claude Bourrut-- Wake Up The Earth Jamaica Plain May 1

Events that still need coverage (all or any part of an event)

Maple Magic Natick Community Organic Farm March 6 8-3

North Quabbin Green Fair March 20 10-5

Master Gardener's Symposiums

March 14 S. Deerfield 9-2

March 27 Holyoke 9-2

April 10 Lee

April 17 Cape Cod

Greenfield Green Fair April 17

Earth Day Festivities

Massasoit Com Col

U Mass

Holyoke CC

April 8 Agriculture Day at the State House

April 23 Earth Day Ecotarium Worcester 10-4

OTHERS???

\*\*\* Coming soon-- watch for a new volunteer opportunity page on our website\*\*\*

-Sharon Gensler  
Outreach Coordinator  
[outreach@nofamass.org](mailto:outreach@nofamass.org), (978) 544- 6347

## Members Housekeeping Issues:

We need your help! This newsletter has gone Electronic. Please supply NOFA with your current email address, so we can keep you up to date with NOFA News. If you do not have a current email address and wish to have the Newsletter mailed please contact Christine Rainville at [membership@nofamass.org](mailto:membership@nofamass.org) or (978) 464-5189.

## Gift Membership:

Did you know that gift memberships are available from NOFA/Mass? What a terrific way to show someone special that you care about them and support local & organic agriculture. Gift Memberships are great for any occasion! For more information contact Christine Rainville at [membership@nofamass.org](mailto:membership@nofamass.org) or (978) 464-5189.

## NOFA/Mass Organic Food Guide To Be Released This Spring

Looking for organic eggs? Or a store that sells organic clothing? Starting this spring, you'll be able to take your search to our new, online Organic Food Guide (OFG). The statewide directory of organic and sustainable farms and businesses will be searchable by product and location, among other things. If you have questions about the OFG or would like your farm or business listed, please contact Michal Lumsden at [foodguide@nofamass.org](mailto:foodguide@nofamass.org). Thanks!



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# NOFA Summer Conference

Save the Date! NOFA Summer Conference August 13-15, 2010



Save the date for the 36th Annual NOFA Summer Conference, August 13-15 at UMass/Amherst, MA. For more information check [www.nofasummerconference.org](http://www.nofasummerconference.org). Registration materials will be available in April 2010.



Follow our Summer Conference PR intern, Marika Whitson, as she keeps us up to date on twitter: [twitter.com/NOFAsc](https://twitter.com/NOFAsc) and on Facebook <http://www.facebook.com/reqs.php#!/pages/NOFAsc/304721565317> as she updates us on the SC progress. Marika is a homeschooled high school student.

NOFA Summer Conference Registration information is nearly ready and will be available on the website at [www.nofasummerconference.org](http://www.nofasummerconference.org) in mid-April. If you are eager to spread the good news, posters and post cards will be ready shortly, contact [info@nofamass.org](mailto:info@nofamass.org), or (978) 355-2853 for copies. Lots more information is already available on the website, including specifics about advertising, sponsorships, exhibits, and food donations. Again, the website address is [www.nofasummerconference.org](http://www.nofasummerconference.org)

We work hard to keep the cost of attending the Summer Conference as low as possible. To that end, we've decided to keep the registration costs the same as last year, along with dorm housing. However, we did decide to raise the tenting fee, up \$1 from last year, and the children's meals will increase by \$1 at lunch, adults will increase by \$1/meal, due to increases in our expenses at UMass. As in years past, our popular Farming Education Fund and Work Exchange offer ways to save money on registration.

Our workshop selection process is now closed, thank you to one all! We have 200 fabulous workshops, and a concurrent children's and teen's conference. All this information will also be up on the website by mid-April.



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# Congratulations to NOFA's Newest Organic Land Care Professionals!

By Kathy Litchfield

Seventy professional landscapers from Massachusetts and beyond joined over 500 professionals accredited by the Northeast Organic Farming Association (NOFA)'s Organic Land Care Program, during the 9th annual NOFA 5-day Accreditation Course in Organic Land Care. The course was held January 13, 14, 15, 19 and 20, 2010 at the Parker River National Wildlife Refuge in Newburyport.

All of the newly accredited NOFA Organic Land Care Professionals (AOL-CPs) will be listed in the NOFA AOLCP Online Searchable Database at [www.organiclandcare.net](http://www.organiclandcare.net), and published in the annual NOFA Guide to Organic Land Care (15,000 distributed free throughout the Northeast annually). To find a NOFA accredited organic landscaper, visit [www.organiclandcare.net](http://www.organiclandcare.net) and click on "AOL-CP Search."

Among the benefits of NOFA Accreditation are networking with hundreds of other organic landscape professionals practicing OLC according to the NOFA Standards for Organic Land Care, discounts on OLC Program educational events and workshops; publicity and marketing support; use of the NOFA Accredited Professionals logo on marketing materials; and access to NOFA staff for referrals, teaching/speaking opportunities and transitional assistance.

The 9th annual NOFA 5-day Accreditation Course in Organic Land Care drew a total of 74 students, including 10 from Maine, recruited through a partnership with the Maine Organic Farmers and Gardeners Association (MOFGA) and 11 from New Hampshire, thanks to help from NOFA NH and the New Hampshire Landscape Association.

The Parker River National Wildlife Refuge was a wonderful location for the course, as a sustainably constructed "green" and LEED certified building with a state-of-the-art theater and multi-purpose classroom. The refuge was established in 1942 to provide feeding, resting and nesting habitat for migratory birds, and is of special significance to waterfowl and shorebirds.

This five-day, (accreditation optional) intensive course is designed to provide professionals with the education needed for an understanding of organic land care from design to maintenance. The curriculum is based on Standards for Organic Land Care: Practices for Design and Maintenance of Ecological Landscapes, written by NOFA's Organic Land Care Committee. These Standards, first published in 2001, are

the first of their kind in the country.

Students always praise course faculty as the major strength of the NOFA 5-day accreditation course. Special thanks go to Michael Nadeau, Donald Bishop, Heather Crawford, John Howell, Ann McGovern, Paul Wagner, Bill Duesing, Chip Osborne, Nancy DuBrule-Clemente, Rose Hiskes, Dr. Kimberly Stoner, Marion Larson, Dr. Cheryl Smith, Amy Vickers, Charles Katuska and Frank Crandall.

Intensive hour- to two-hour long classes are held in: Principles and Procedures; Site Analysis, Design, and Maintenance; Rain Gardens/Storm Water Infiltration; Soil Health; the Soil Foodweb; Fertilizer and Soil Amendments; Composting; Lawns; Lawn Alternatives; Planting and Plant Care; Wetlands; Water Conservation & Management; Pest Man-



agement; Wildlife Management; Disease Control; Mulches; Invasive Plants; Client Relations and Running a Business.

Four hands-on case studies are also included in the course and provide the opportunity for students to apply what they've learned to a practical and diverse residential setting.



*NOFA's Newest Organic Land Care Professionals*

Breaking up the intensive sessions with locally sourced and organic deliciousness was Karen Masterson, of her new Nourish Restaurant in Lexington, MA. Savory stir fries over brown rice with organic salad greens, chicken-, falafel- and salmon-filled sandwich wraps and homemade vegetarian chili were among Masterson's masterpieces.

At the end of the course, students are able to incorporate methods and materials that respect natural ecology and the long-term health of the environment into the care of their own landscapes or ones that they manage. "This has been an excellent educational experience and I am grateful to have been a part of it," said one student. "Thank you so much, I look forward to implementing these practices and educating others. Truly inspirational!"

Another student, who said she feels ready to practice organic land care as a result of the course, remarked, "I feel that I will be able to guide consumers much more helpfully in their quest to do no harm to our natural world. Thank you!"

Over 1,000 land care professionals from 20 states have taken NOFA's course in the last nine years. These professionals include landscapers from large and small firms, landscape architects, garden center employees, municipal groundskeepers and property managers. Small business owners, entrepreneurs, homeowners, land trust and conservation organization staff and many others have also found the course extremely valuable.

The 10th annual NOFA 5-day Accreditation Course in Organic Land Care will be held in January 2011. For more

information or to receive registration brochures, contact Kathy Litchfield, NOFA/Mass Organic Land Care Course Coordinator, at (413) 773-3830, [kathy@nofamass.org](mailto:kathy@nofamass.org) or visit [www.organiclandcare.net](http://www.organiclandcare.net) to register online.

***Special Thanks to Course Volunteers!***

Javier Gil, J.Gil Organic Landscaping, Newburyport, MA  
Dawn Pavone, Birdhouse Garden Center, Boxborough, MA  
Andi Ross, Its Natures Way, Newbury, MA  
Pam Newcombe, PJC & Co. Ecological Land Care, Inc., Rowley, MA  
Susan Quateman, Susan Quateman Landscape Design, Wenham, MA  
Ann Uppington, Byfield, MA  
Justin Spurr, Natures's Way Land Care LLC, Georgetown, MA

***Thanks to our Generous Donors!***

Pierce Bros. Coffee Roasters, Greenfield, MA  
Equal Exchange (teas & spiced hot cocoa), West Bridgewater, MA  
Late July Organic Snacks, Barnstable, MA  
Mansfield Paper Co., West Springfield, MA  
Carry-Out Café, Newburyport, MA

***Thanks to our Caterer Extraordinaire!***

Karen Masterson, Nourish Restaurant, Lexington, MA

Special thanks also to Jan, Graham, Nancy, Sarah, Bob & Mary at the Parker River National Wildlife Refuge in Newburyport, MA!



# Community News & Events

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## FARMER MICROLOAN INCREASED TO \$15,000

We are pleased to announce that the Strolling of the Heifers Microloan Fund for New England Farmers will be accepting prequalified applications through February 26th, 2010 for loans of \$15,000 or less. Applicants must live in one of the four counties of Western Massachusetts or in Vermont, and must prequalify.

For more information, please go to [www.thecarrotproject.org/farm\\_financing](http://www.thecarrotproject.org/farm_financing) or contact Dorothy Suput at 617-666-9637 or at [dsuput@thecarrotproject.org](mailto:dsuput@thecarrotproject.org).

## Volunteer Designers Wanted

Help "Hope in Bloom" change the landscape for more people with breast cancer by volunteering to design simple 10' x 10' gardens at the homes of breast cancer patients in Massachusetts. Supplies are purchased from wholesale nurseries and installed by volunteer planters. While 75 gardens have been completed since the non-profit began in 2007, there are 125 gardens waiting for funding and design assistance. If you'd like to help, please contact Roberta Hershon at [roberta@hopeinbloom.org](mailto:roberta@hopeinbloom.org). Visit [www.hopeinbloom.org](http://www.hopeinbloom.org) to see photos of some of the gardens and for more information.

## "Kindergarten Initiative" Comes to Worcester - We're Excited!

The Massachusetts Farm to School Project and the Worcester Public Schools are jointly launching the "Kindergarten Initiative," a project that will offer locally grown snacks, nutrition education, and farm visits to hundreds of Worcester's kindergarten pupils. Originally developed by The Food Trust and piloted in the Philadelphia public schools, the Kindergarten Initiative has been shown to effectively promote healthier communities by teaching young children and their parents about fresh food, farms and nutrition.

Building on the strength of a successful "get fresh, get local" emphasis in Worcester's school meals program, the Kindergarten Initiative will align classroom education with healthy food and farm explorations. Anne Cody at the Mass. Farm to School Project, is working closely with key Worcester school administrators, as well as staff of the Seeds of Solidarity Education Center, to ensure this Initiative is ready for its first 300 students in the fall of 2010.

Are you a farmer who would consider selling locally grown products to Worcester for students' snacks? Or, are you located near Worcester and interested in providing farm tours to Kindergarten Initiative students in the fall or the spring? If so, please contact Anne Cody, Project Manager, [mafarmtoschool@gmail.com](mailto:mafarmtoschool@gmail.com) or 413-253-3844.

## Take Action on the Local Farm Products Bill

Thanks to the Massachusetts Public Health Association for keeping us informed about this important legislation.

Remember the proposed Local Farm Products Bill? It amends state purchasing laws to increase opportunities for local farmers to sell to public schools, colleges, and universities by: Creating a mechanism for school districts to use more products from Massachusetts farmers by increasing the maximum no-bid contract amount from \$25,000 to \$50,000 for districts when purchasing directly from local farmers. Adding public colleges and universities to the state's local agriculture purchasing preference statute.

The Local Farm Products Bill has recently been passed by legislative committees and is now before the House Ways & Means Committee. Please contact Charles Murphy, chair of the committee, and ask him to act now on these bills! Chairman Murphy can be reached at 617-722-2990, [Rep.CharlesMurphy@hwm.state.ma.us](mailto:Rep.CharlesMurphy@hwm.state.ma.us) or State House, Room 243, Boston, MA 02133.



**New England FarmWays  
Southern New England Agritourism Business Conference  
Take Your Farm Destination to the Next Level**  
Wednesday, March 3, 2010 Gouveia Vineyards,  
Wallingford, CT

For detailed information and to register, click here: [www.nefarmways.com/index.cfm/fuseaction/home.showpage/page-ID/54/index.htm](http://www.nefarmways.com/index.cfm/fuseaction/home.showpage/page-ID/54/index.htm)

## Maple Magic Day at Natick Community Organic Farm Saturday, March 6, 2010

Natick Community Organic Farm invites the public to celebrate all things maple syrup at its annual Maple Magic Day, on Saturday, March 6, 2010.

Festivities begin with the Farm's annual pancake breakfast in the cafeteria of Memorial School from 8 AM to 11 AM at 107 Eliot St. (Joseph Allinger Dr.), Natick, MA 01760. Breakfast goers are treated to lots of yummy pancakes smothered in NCOF's own maple syrup while listening to the lively music of The Clambake Five (a.k.a The Silver Leaf Jazz Band). Check out the agricultural demonstrations in the foyer and purchase raffle tickets for a chance to win one of many fabulous raffle prizes. Tickets will be sold at the door at \$6 for NCOF members, and \$3 for NCOF child members aged 4 to 8. Tickets are \$8 for nonmembers, and \$4 for nonmember children aged 4 to 8. NCOF memberships may be purchased at the door.

After breakfast, head across the road for more sticky fun from 9 AM to 3 PM at the Natick Community Organic Farm Sugar Shack, which is located at the top of the Farm's driveway at 117 Eliot St. Natick, MA 01760. Take a maple sugaring tour, learn about Native American and Colonial sugaring techniques, and experience how NCOF boils sap into syrup in its wood-fired evaporator. Lunch of hot soups, cider, and homemade bread and bottles of maple syrup will be available for purchase. Maple Sugaring Tours are \$5 per person, or \$4 for people who have first attended the pancake breakfast. This event will be held rain or shine. Please call the Farm to check availability or book a tour at (508) 655-7666. To book a tour for a school group please call (508)907-6019. More information about NCOF's syringing operation can be found at [http://www.natickfarm.org/Pages/Maple\\_Sugaring.html](http://www.natickfarm.org/Pages/Maple_Sugaring.html)

## Organic Beekeeping Practices at Bristol Community College, Fall River, MA

The BCC Beekeeping course is an introduction to the basic principles and practices of natural beekeeping. The course prepares new beekeepers to understand the basics well enough to begin their own beekeeping as a hobby or small enterprise. Topics include biology & lifecycle of honey & supplies, seasonal hive pests, harvesting & marketing. Students will have the opportunity to purchase new hives, equipment, and bees to establish their own hive in the spring. Instructor is Everett Zurlinden. [6 sessions: Feb 22 – April 5, Mondays 6-9 pm] \$64.00 plus manual (\$10.00). Register online at [www.Bristolcc.edu](http://www.Bristolcc.edu), under "Noncredit Course Search", in the Home & Garden listings. Questions? Email [james.corven@bristolcc.edu](mailto:james.corven@bristolcc.edu)



## Loan Program Open to All Massachusetts Farmers

MassDevelopment, along with Strolling of the Heifers and The Carrot Project, announced the MassDevelopment/Strolling of the Heifers Small Farm Loan Program through which eligible Massachusetts farmers can receive amounts ranging from \$3,000 and \$15,000. These funds will help farmers finance capital investments and meet operating costs. MassDevelopment/Strolling of the Heifers Small Farm Loan Program will accept prequalified applications through March 19th, for loans ranging from \$3,000 to \$15,000. These funds will help farmers finance capital investments and meet operating costs. The program is open to farmers throughout Massachusetts. More info at [http://www.thecarrotproject.org/farm\\_financing](http://www.thecarrotproject.org/farm_financing)

## Funds Available for Organic Transition and Practices

The Natural Resources Conservation Service (NRCS) is again offering financial support and technical assistance to organic farmers and farmers transitioning to organic production systems. NRCS has committed \$50 million for the 2010 Organic Initiative available through the Environmental Quality Incentives Program (EQIP) on a nationwide basis.

### The signup period ends on March 12, 2010.

#### Eligible Farmers:

Farmers just beginning or in the process of transitioning to organic production;  
Existing certified organic farmers who want to transition additional acres or animals;  
Existing certified organic farmers who need to adopt additional conservation measures;  
Producers who sell less than \$5,000 in agricultural products and are thus exempt from formal certification are still eligible for Organic Initiative payments.  
Farmers whose 2009 applications to the Organic Initiative were deferred will receive a letter from NRCS outlining their options in 2010.

#### Practices and Payments

Each NRCS State Conservationist will develop a list of practices offered through the initiative to support organic and transitioning farmers. To find out which practices are available in your state, contact your state office.

Farmers will be paid 75% of the cost of implementing the organic practice including income forgone. The payment rate is set at 90% for beginning farmers, limited resource farmers and applicants of historically underserved communities, including American Indians or Alaskan Natives, Asians, Blacks or African Americans, Native Hawaiians or other Pacific Islanders, and Hispanics.

In certain states, transitioning farmers will have the option to apply for funds to develop a "Conservation Activity Plan" to support their transition to organic production. To find out if your state is offering this planning support, contact your state office.

All applications received during this sign up period will be ranked using national and in some cases state level criteria related to how well the proposed contract contributes to conserving soil, water quality and other resource concerns. Farmers who are awarded a contract will then be eligible for technical assistance to assist with implementation of the practices.

For more information, visit the NSAC Organic Initiative page.



## 2010 ELA Conference & Eco-Marketplace

Expanding the Ecological Landscape: Maximize Biological Potential, Minimize Environmental Impact and LOVE IT! with Keynote Speaker Toby Hemenway  
February 25, 2010, MassMutual Center, Springfield, MA

Full brochure and online registration available late December at [www.ecolandscaping.org](http://www.ecolandscaping.org) or call 617-436-5838 (attendees). Exhibitors please contact Trevor Smith at 617-308-7063.

# NOFA/Mass Calendar

The following educational opportunities are presented by the NOFA/Mass Extension Department. The contact for all of these programs is Ben Grosscup, [ben.grosscup@nofamass.org](mailto:ben.grosscup@nofamass.org), or 413-658-5374. Each of these programs has its own registration form. You can download them from the website, or request them from Ben.

## **Throughout 2010: “Nutrient Density Crop Production Course”**

This six part course is presented by director of the Real Food Campaign, Dan Kittredge. The course will teach growers to create a highly functioning soil ecosystem in which the crops that are harvested have a measurably enhanced concentration of nutrients. All workshops take place at Lindentree Farm, Lincoln, MA. Sessions run each day from 9am-5pm.

Remaining dates: Saturday, March 13;

Saturday, April 24, Sunday, June 27; Sunday, August 29;

Sunday, October 31, 2010. . It is still possible to register for the remaining sessions of this course.

Info at: <http://www.nofamass.org/programs/extensionevents/nutrientdensity.php>

NOFA/Mass News  
411 Sheldon Road  
Barre, MA 01005

## **April 10, 2010: Second Annual Statewide Organic Gardening Workshop Day**

April 10, 2010: Second Annual Statewide Organic Gardening Workshop Day

With basic gardening workshops available in every region of the state (Monterey, Chesterfield, Wendell, Winchendon, Barre, South Natick, Mattapan, Newbury, Dartmouth, and Centerville), anyone wanting to plant a garden has a nearby opportunity to learn new techniques. Registration: \$30. NOFA membership discount: \$5. Early registration (by March 27) discount: \$5. Workshop descriptions, and registration from available at: <http://www.nofamass.org/programs/practicalskills/workshopday.php>

## **March to May 2010: Cheese-making Workshop Series**

These 5 separate workshops provide hands-on training on making a wide variety of cheeses on a small scale, using different recipes and cultures. Led by professional cheese-makers and dairy producers, workshops will be held in Gill, MA from 8am-5pm on March 20, April 3, and May 15; in Sterling, MA from 1pm-5pm on May 8; and in Foxboro, MA from 9am-3:30pm. Registration for the workshops ranges from \$80 to \$50, with discounts for NOFA membership, early registration (2 weeks before the workshop), and signing up for two or more workshops.

Info at: <http://www.nofamass.org/programs/practicalskills/cheesemaking.php>

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