Ohio Livestock Care Standards Board Tours State

On March 31, Governor Strickland signed into law implementing legislation, authorizing the creation of the Ohio Livestock Care Standards Board.

After legislators balked at the idea of a fifteen cent per ton tax on animal feed to fund the Board’s operating costs, Senate Bill (SB) 233 was amended to allow the Ohio Department of Agriculture (ODA) to fund the board using private donations, grants, and civil penalties. After OEFFA raised objections about the potential conflict of interest that could result from agricultural interests funding their own oversight, ODA Director Boggs committed to seeking legislative changes which would prohibit the board from accepting donations from the regulated entities. Additionally, as a result of concerns raised by OEFFA, language in the legislation explicitly states, “The Ohio livestock care standards board shall not create a statewide animal identification system.”

Just one week after SB 233 was signed into law, Governor Strickland named his appointments to the Board: state veterinarian Dr. Tony Forshey; Dr. Leon Weaver of the Ohio Livestock Coalition and Ohio Dairy Industry Forum; Jeff Wuebker, President of the Ohio Soybean Association; Dr. Bobby Moser, OSU Dean of the College of Food, Agricultural, and Environmental Sciences; Dr. Jeffrey LeJeune, a professor of food and animal health at OSU; Harold Dates, the President of the SPCA of Cincinnati; Dr. Jerry Lahmers, a feedlot operator in Tuscarawas County; Lisa Hamler-Fugitt, the Executive Director of the Ohio Association of Second Harvest Foodbanks; Robert Cole, a retired USDA official; and Stacey Atherton, co-owner of Shipley Farms in Licking County. Additionally, Bill Moody and Dominic Marchese were named by the Ohio Senate President and Speaker of the House, respectively.

OEFFA, along with our partners, recommended to the Governor a list of qualified individuals who could represent organic farmers, small family farmers, and farmers’ market managers. None of these recommendations were accepted. Instead, the appointments represent a conventional agriculture position and lack a small family farm perspective.

The board held its first meeting in Reynoldsburg in April and a series of six regional “listening sessions” throughout May to solicit public comment.

During its April meeting, the board laid out a tentative timeline which would fast track the development of animal care standards, particularly those dealing with euthanasia and downer animals. This is an apparent attempt to preempt a proposed November ballot measure supported by Ohioans for Humane Farms, which would direct the board to adopt minimum standards regarding confined spaces for Ohio livestock. (As of this date, not enough signatures have been gathered to place the initiative on the ballot.) The aggressive timeline favored by the board would have the full package of animal care standards implemented by the end of the year.

Although the details are still being worked out, the board will also be forming several working committees which will advise the full board about existing livestock care research and species-specific issues.

For more information about the Ohio Livestock Care Standards Board, please contact us at oeffa@oeffa.org or call (614) 421-2022.
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).

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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 September 15, 2010
By Danielle Deemer

Lynne Genter, founder of the Clintonville Farmers’ Market, says she wanted the market to be “more than an errand.” She wanted it to be “an experience,” and anyone who lives in Clintonville knows that is exactly what the market has become.

After reading Francis Lappe’s books, *Diet for a Small Planet* and *Hope’s Edge* and prompted by her 19-year-old daughter to pay attention to where and how food is grown, Lynne joined the Columbus Foodshed Project and a local buyers’ club. This experience began to make Lynne wonder, “Why not ask the farmers to come to me?” She decided to take matters into her own hands.

Lynne founded the Clintonville Farmers’ Market in July 2003. That first season, there were only six farmers, but there was ample community support. High Street shop owners were encouraging, knowing the market would draw in more Saturday customers. Farmers were a harder sell. To recruit them, Lynne promised to “have people there.”

Lynne kept her promise. She canvassed the neighborhood, hung flyers on people’s doors, and did local media promotion. The first season was so successful that it was extended by two additional weeks at the farmers’ requests. Today, the Clintonville Farmers’ Market continues to draw an overflow crowd of vendors and customers alike.

Lynne has also been involved with OEFFA’s Capital Chapter and has attended every conference since 2002. Some of Lynne’s original vendors were OEFFA farmers and Lynne and her husband farm an acre on another OEFFA farmer’s land. Lynne feels that the networks and personal relationships OEFFA has fostered are invaluable.

“Now, seven seasons down the road, I get up on Saturday morning and go down to the market and there are streams of people… They’ve got wagons, dogs, bags. That makes me proud—to see people whose ritual on Saturdays is to stop at the farmers’ market,” she says.

To read the full profile, go to www.oeffa.org.

About the Writer: Daniel Deemer is working on her Ph.D. in Rural Sociology at the Ohio State University. Danielle, through her OEFFA internship, profiled some of the organization’s most accomplished members and their successes, creating OEFFA’s Profile of Success series. Support for this student training project is provided by USDA Grant # 2008-38420-18750 from NIFA.

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**Director’s Letter**

Carol Yolland, Executive Director

I was sitting in a doctor’s waiting room with my 12-year-old son, Daniel, when he suddenly piped up, “I hate atrazine.” I was a bit startled, until I put his statement together with the science magazine he was holding, which described atrazine’s role in the worldwide decline of amphibian populations.

Now, I guess any boy that age would be alarmed by a description of a pesticide that “wreaks havoc with the sex lives of adult male frogs, emasculating three-quarters of them and turning one in 10 into females,” but all of us, of course, need to be concerned about this. I was reminded of the news last summer from the EPA that levels of atrazine exceed federal safety limits for drinking water in watersheds in four states, including Ohio.

Just last month, the President’s Cancer Panel released a comprehensive new report on chemical exposure and environmental risks, providing the following recommendation:

“Exposure to pesticides can be decreased by choosing, to the extent possible, food grown without pesticides or chemical fertilizers and washing conventionally grown produce to remove residues. Similarly, exposure to antibiotics, growth hormones, and toxic run-off from livestock feed lots can be minimized by eating free-range meat raised without these medications if it is available.”

Together, this is a symphony of reason for the importance of organic farming and yet detractors continue to play a discordant note when it comes to organics. The popular refrain we hear most is that “organic agriculture can’t feed the world.”

The truth is that conventional agriculture isn’t doing a very good job of feeding the world right now (and will continue to struggle as oil prices rise). At the same time, the evidence is mounting that organic crops produce the same yields as conventionally grown crops, while using fewer inputs and, moreover, may perform better under drought conditions.

Organic farmers have achieved this largely independent of the billions of federal dollars that have been used to prop up the agrichemical industry.

But perhaps the tide is beginning to turn. The USDA is starting to demonstrate an openness to organic agriculture: allowing EQIP funds to be used for transitioning to organics, forming a new USDA Organic Working Group, and increasing funding for organic research.

Maybe someday, a child will look up from a history book and ask about a time when our country used chemicals like atrazine but then got wiser.
The newly published Pasture Rule will mean significant changes for producers of organic livestock. Operations that are currently certified organic (or will be certified before June 18, 2010) must fully implement the provisions by June 17, 2011. Operations that apply for organic certification after June 17, 2010, must comply prior to certification. The new rule will require that farmers address the following amendments:

(1) Farmers must provide their animals with access to the outdoors all year.

“The continuous total confinement of any animals indoors is prohibited and the continuous total confinement of ruminants in yards, feeding pads and feed lots is prohibited.” Farmers must provide all livestock with access to shade, shelter, exercise area, fresh air, “clean” water and direct sunlight. Temporary confinement of livestock will be permitted for inclement weather, for the protection of soil and water on the farm, when the health or safety of the animal would be jeopardized, for sorting and shipping, for breeding and for youth projects (e.g. 4-H) and for certain “stages of life.” Ruminants may not be denied from actively obtaining feed grazed from pasture during the grazing season except for the conditions as described above.

Additional Documentation:
- Access to outdoors plan demonstrating adequate area (updated annually in OSP Addendum)
- Explanation for temporary confinement, if necessary (OSP Addendum)

(2) Farmers will be required to manage their pastures as a crop by establishing a management plan.

Farmers will be required to document types of pasture, cultural management practices for maintaining pasture fertility, location and size of pastures, grazing system, location of water and fencing, erosion control and wetland protection practices. If farmers have pasture irrigation systems they will be required to irrigate pastures as necessary. The pasture management plan will be incorporated into the OSP.

Additional Documentation (all included in OSP Addendum):
- Pasture plan to ensure adequate feed value including fertility, seeding, and irrigation (if available)
- Description of clean water available
- Description of shade available
- Farm maps must be updated to show fencing, shade and clean water sources

(3) Farmers must provide ruminant animals six months and older with pasture throughout the grazing season.

(4) Farmers must manage pasture to provide ruminant animals with at least 30% of the animal’s Dry Matter Intake (DMI) for the entire grazing season.

A four step process can be used to determine if pastures are providing at least 30% DMI for ruminant animals.

1. Determine Dry Matter Demand: Farmers can either used published reference tables to determine DMI or use a percentage of the animal body weight to estimate DMI;
2. Determine DMI intake from feed sources other than pasture;
3. Determine DMI from pasture; and
4. Calculate the percentage of total DMI from pasture to determine compliance.

Generally accepted estimates of DMI from grain (89%) and dry hay (90%) will be accepted. Farmers feeding grain silage or haylage will need to determine moisture levels and Dry Matter Content for these feeds. Dry matter calculations must be done at least once but it is preferable to do these calculations several (3-4) times throughout the grazing season and average the results. DMI must be recalculated anytime a change in the feed program is made.

Additional Documentation (all included in OSP Addendum):
- Lists of types and classes of ruminants
- Dry Matter demand figures and determination of calculation system
- Record of all feed produced on farm
- Record of all feed purchased
- Calculation of what is 30% dry matter required from pasture
- Records of feed fed (daily feed log)
- Description of planned calculations of DMI (when and how often calculations will be done)

(5) All roughage that is used for the bedding of livestock must be certified organic.

This includes hay, straw, and crop residue or stalks. Sawdust and sand are not considered agricultural products and are not covered by this new policy.

OEFFA Certification has provided farmers with the necessary paperwork to address these changes. If you have questions about the new rule, contact the OEFFA Certification office at (614) 262-2022. OEFFA Certification will have trainings scheduled throughout the summer to assist organic livestock producers.
Injury Prevention: Fatigue During Planting Season
By Kent McGuire

In most work settings, the clock determines the beginning and end of the workday. However, on the farm there are several factors that determine the length of the workday: livestock, weather, soil conditions, and even equipment. The continuous activity, longer hours, and stresses associated with planting season can increase chances of fatigue. As your level of fatigue increases, regard for caution and personal safety can take a backseat. Fatigue can lead to injuries due to slower reaction time, reduced concentration, or even falling asleep on the job.

Some simple ways to avoid the risk of fatigue include:

- Try to get enough sleep. This is your body's time to rest.
- Avoid thinking about work once you have finished for the day. Engage in an activity that will get your mind off of the tasks ahead.
- Set a pace for yourself, and plan out your activities.
- Eat healthy meals and try to maintain your normal eating schedule.
- Stay hydrated. Dehydration can cause fatigue, so drink plenty of water throughout the day.
- Take short breaks throughout the day. Get off of the tractor, and do something to get away from the equipment and revitalize.
- Try to get some exercise after sitting in the tractor over long periods of time. Try some stretching or even a short walk to get your body moving and re-energized.
- Take a moment to watch the wildlife or enjoy nature. This can help get your mind away from work and reduce stress.
- Take advantage of a rain day. Rainy days are usually used for playing catch up, but take a little time out of the day for yourself to rest and re-energize.

Kent McGuire is the Ohio AgrAbility Program Coordinator at The Ohio State University. For more information, contact Kent at (614) 292-0588 or mcguire.225@osu.edu.
In my last installment I attempted to describe what is and what is not a "retail food establishment" ("RFE") and the requirements that apply to a RFE. In this segment, I will explore what constitutes a "potentially hazardous" food. Although you may otherwise be exempt from RFE requirements, you would be subject to them again if you sell a potentially hazardous food. Again, this article focuses on selling food at either a farm market (where a single farmer operates a stand at his own farm) or at a farmers' market (where a bunch of farmers gather together to sell their products).

Remember, the sale of fresh, unprocessed fruits and vegetables at either a farmers' market or at a farm market is exempt from the RFE requirements. Not only can you sell unprocessed fruits and vegetables at those markets, you can also sell "commercially prepackaged food" (like boxed goods, canned goods, etc.) as long as the commercially prepackaged food is not potentially hazardous.

However, if you sell commercially prepackaged food that is "potentially hazardous," then you are regulated. So, what constitutes potentially hazardous food? As described below, unless they are produced as part of a "cottage food operation" (which I will describe in a later article), potentially hazardous foods are usually jams, jellies, sauces, salsas, meats, pickled vegetables, etc.

Basically, a potentially hazardous food is one that requires some form of cooking time or temperature control to keep the food safe from the growth of pathogenic or toxic organisms. Specifically, all animal foods are considered potentially hazardous. In addition, all plant foods that are heat-treated (i.e., cooked) or that consists of raw seed sprouts, cut melons, cut tomatoes, mixtures of cut tomatoes, or garlic-in-oil mixtures are also considered potentially hazardous unless they are modified in such a way that they are unable to support the growth of toxins or pathogens.

In addition to basic animal and plant foods, mixtures of food (like salsas or sauces) may also be considered potentially hazardous depending on the relationship between their "pH" and their "aw" factor (which, according to the law, means "water activity which is a measure of the free moisture in a food, [and] is the quotient of the water vapor pressure of the substance divided by the vapor pressure of pure water at the same temperature, and is indicated by the symbol aw"). Confusing, right?

To determine whether your food is potentially hazardous, the Ohio Department of Agriculture maintains two tables in their regulations. One table is for food that is cooked and subsequently packaged. The other table is for foods that are either cooked and not subsequently packaged, or foods that are not cooked. Depending on the relationship between the foods’ "aw" factor and its pH, the food may or may not be considered potentially hazardous.

There are a limited number of popular foods that are exempt from the definition of potentially hazardous. These foods include but are not limited to: (1) air-cooled hard-boiled eggs with shells intact; (2) eggs with shells intact that are not hard-boiled, but the eggs have been pasteurized; (3) foods in an unopened hermetically sealed container that has been commercially processed to achieve and maintain commercial sterility under conditions of non-refrigerated storage and distribution (in other words, if you need to refrigerate it, it’s potentially hazardous).

To recap, the foods listed below are okay to sell at your market: (a) fresh unprocessed fruits or vegetables; (b) products of a cottage food production operation; (c) maple syrup, sorghum, or honey that is produced by a maple syrup or sorghum producer or beekeeper; (d) commercially prepackaged food (like boxed goods, canned goods, etc.) that is not potentially hazardous, on the condition that the food is contained in displays, the total space of which equals less than one hundred cubic feet on the premises where the person conducts business at the farm market; (e) eggs, if the person selling the eggs maintains less than 500 birds annually and the eggs are sold directly to the consumer at the farm where the eggs are produced or are sold at auction; (f) dressed chickens, if the person selling the dressed birds maintains fewer than 1,000 birds and the birds are sold directly to the consumer at the farm where they are raised and slaughtered or are sold at auction. If you are considering selling any type of foods other than those listed above, it would be wise to contact your county health department first.

For more information, you can consult the Ohio Department of Agriculture, Division of Food Safety, at (614) 728-6250 or your county health department. To read the Ohio model food code, go to http://www.agri.ohio.gov/divs/FoodSafety/foodsafety.aspx#tog.

Gary Cox is General Counsel for the Farm-to-Consumer Legal Defense Fund, a national non-profit organization dedicated to defending the right to buy and protecting the right to sell nutritious food directly from the farm. This article is intended for educational and informational purposes only and is not intended to be nor should it be construed as either a legal opinion or as legal advice. The opinions expressed in this article are those of the author and not of anyone else.

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“How often have you wished you had more tomato plants, especially to replace ones that broke off due to an overactive dog or out of control hoe? If you sucker your tomatoes instead of dropping it on the ground or putting it in the compost pile, try putting it into good, loose dirt or seed starter soil. Remember to keep them moist and hopefully you will have replacement plants.”—Bill Johnson

Do you have a farm or garden tip? Email oeffa@oeffa.org.

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Giant ragweed has been a weed of major importance in Ohio and Indiana corn and soybean fields for over 20 years, and it seems to be moving westward. It is among the most competitive annual weeds of corn and soybean. Since the mid-20th century, giant ragweed has migrated from its native range in North America to Europe, South America, and Asia, where it is regarded as an exotic invasive weed. Giant ragweed also produces copious pollen in late summer and early fall that is a major cause of hay fever in humans.

Like many important agricultural weeds, giant ragweed has a summer annual life cycle that is completed between the months of March and October in Ohio. However, giant ragweed is unlike many of our major weeds in that its seeds are comparatively large, seed production per plant is relatively low, and once buried in soil, the seeds do not remain viable for long periods of time. Giant ragweed seeds serve as a food source for various organisms including insects, rodents, and birds, and almost 90% of its unburied seeds are destroyed during the first six months after the plants shed their seeds.

Given these apparent weaknesses in its reproductive capacity, we are interested in finding out why giant ragweed is such a persistent and growing problem. Since the time between seed shed and seed burial seems to represent the weakest link in giant ragweed’s life cycle, we have concentrated much of our research on investigating what happens to the seeds during this critical period.

*Lumbricus terrestris*, the common nightcrawler, is known throughout most of the U.S. as a popular fishing bait and beneficial inhabitant of agricultural soils. It lives in permanent, vertical burrows and feeds on plant litter, which it collects from the soil surface and stores inside its burrow. As the plant litter softens and decays inside the burrow, it becomes palatable to the earthworms. The earthworms build a “midden” over the top of the burrow, a mound of castings and organic debris that seals the opening. Middens are usually easily distinguished from the surrounding soil and indicate the presence of *L. terrestris*.

We have found that *L. terrestris* actively gathers and stores giant ragweed seeds in its burrow by grasping the seed with its mouthparts and burying it inside its burrow or middens. In field experiments in Ohio, over two-thirds of the giant ragweed seedlings that emerged in spring came directly from *L. terrestris* burrows. These findings suggest that the earthworm-giant ragweed association is an important factor in the survival and spread of giant ragweed. This seed foraging behavior by *L. terrestris* and its effect on giant ragweed seedling distribution have been confirmed in controlled experiments and surveys of giant ragweed populations. *L. terrestris* behaves as a seed dispersal agent for giant ragweed and this behavior may protect the seeds from predation by rodents, insects, and birds.

Our research has shown that *L. terrestris* forages actively for giant ragweed seeds, that it is capable of burying the majority of the seed produced by a stand of giant ragweed, and that it distributes seeds over a range of depths thus influencing seed dormancy and seedling emergence. It also suggests that seed burial by *L. terrestris* protects seeds from predation and exerts a strong influence over giant ragweed populations in subsequent years. With the introduction of *L. terrestris* in the U.S., it appears that giant ragweed has acquired a new mechanism of spreading and survival, which may help explain its persistence and expansion as a major weed problem in the U.S.

Emilie Regnier is an Associate Professor of Horticulture and Crop Science at Ohio State University.
Food Safety Bill Goes to the Senate
The Food Safety Modernization Act (S. 510) would significantly increase federal jurisdiction of food by giving the U.S. Food and Drug Administration (FDA) the power to quarantine the movement of food within a state without judicial oversight, levy fines against food producers for reasons unrelated to food safety, require extensive food traceability systems, expand the Department of Homeland Security’s authority to include food, and require farms to prepare Hazard Analysis Critical Control Points (HACCP) plans.

In response to concerns that these provisions would unfairly impact small farmers, a “manager’s amendment” is being considered, giving the FDA flexibility in implementing regulations for small and mid-sized farms and instructing the FDA to have an open rulemaking process to determine which on-farm processing activities are of low risk and therefore do not need to fall under the new regulatory requirements. Additionally, Senator Tester has proposed two amendments that would exempt farm and non-farm facilities with gross sales of less than $500,000 from requirements to write comprehensive food safety plans and traceback and record keeping requirements, and would exempt farms that direct market at least half their product.

A Senate floor vote on S. 510 is expected in early June. If passed, a conference committee would be established to combine provisions of S. 510 and HR 2749 (the Food Safety Enhancement Act of 2009), already passed by the House, into a final bill.

FDA Responds to Food Freedom Lawsuit
On April 26, the FDA submitted its response to a lawsuit filed earlier this year by the Farm-to-Consumer Legal Defense Fund (FTCLDF). The FTCLDF lawsuit claims that the federal regulations banning raw milk for human consumption in interstate commerce are unconstitutional and outside of FDA’s statutory authority. In its answer to the complaint, the FDA has issued its strongest public statement yet on the freedom to obtain and consume the foods of one’s choice. As growing numbers of people in this country are obtaining foods through private contractual arrangements such as buyers’ club agreements and herdshare contracts, the FDA has stated that citizens have no fundamental right to enter into a private contract to obtain their foods of choice from their source of choice.

New Report Recommends Organic Foods to Reduce Cancer Risk
The President’s Cancer Panel says that the “risk of environmentally induced cancer has been grossly underestimated,” that “nearly 80,000 chemicals [are] on the market in the United States, many of which are ... understudied and largely unregulated,” and that “the public remains unaware ... that children are far more vulnerable to environmental toxins and radiation than adults.” The report concludes that “exposure to pesticides can be decreased by choosing ... food grown without pesticides or chemical fertilizers” and that “exposure to antibiotics, growth hormones, and toxic run-off from livestock feedlots can be minimized by eating free-range meat.”

Roundup’s Weaknesses Exposed
Just as the prolific use of antibiotics has contributed to the rise of drug-resistant supergerms, American farmers’ near ubiquitous use of the weedkiller Roundup has led to the rapid growth of tenacious new superweeds. Today, Roundup, originally made by Monsanto but now also sold by others under the generic name glyphosate, is used on about 90 percent of the soybeans and 70 percent of the corn and cotton grown in the U.S. Now, Roundup-resistant weeds like horseweed, pigweed, and giant ragweed are forcing farmers to rethink their weed management strategies.

Other research recently released by the USDA Agricultural Research Service found that the adverse effects of glyphosate included toxicity to beneficial soil microorganisms, stimulation of detrimental disease-causing microorganisms, and impaired nutrient uptake by non-target plants, including crops intended to benefit from glyphosate weed control.

U.S Organic Sales Reach $26.6 Billion in 2009
U.S. sales of organic products continued to grow during 2009 despite the economic downturn, according to the Organic Trade Association’s 2010 Organic Industry Survey. Organic product sales grew by 5.1 percent in 2009, while total U.S. food sales grew by only 1.6 percent. Experiencing the most growth, organic fruits and vegetables now represent 11.4 percent of all U.S. fruit and vegetable sales.

Organophosphate Pesticide Exposure Linked to ADHD in Children
A study in the journal Pediatrics concluded that exposure to organophosphate pesticides at levels common among U.S. children may contribute to the prevalence of attention deficit hyperactivity disorder (ADHD). The study analyzed pesticide levels in the urine of 1,139 children and found children with above-average levels had roughly twice the odds of being diagnosed with ADHD. Organophosphates were originally developed for use in chemical warfare as a nervous system toxin. Today, organophosphate compounds are used in agriculture to kill pests.

Study Finds Organic Milk Higher in Key Nutrients
Scientists at Cornell University published a study in the Journal of Dairy Science comparing concentrations of heart-healthy fatty acids in samples of conventional rbST milk and organic whole milk. The team found significant differences in concentrations of conjugated linoleic acid (CLA) and omega 3 fatty acids. CLA levels were 23 percent higher in the organic milk compared to conventional and rbST milk, and omega 3 levels were 63 percent higher.

Chesterhill Produce Auction Opens for the Season
Developed by Jean and Marvin Konkle in partnership with Rural Action, the Chesterhill Produce Auction has opened for the season.

A produce auction is a form of farmers market where produce is sold, at auction, often in large quantities, to a range of buyers. Buyers and sellers are issued numbers, a clerk records the transactions, customers pay at the end of the auction, and growers are given weekly checks for what they sell.

Chesterhill Produce Auction buyers include restaurants, grocery stores, road side stands, individuals looking to preserve food and share with neighbors, and since 2007, Ohio University Dining Services.

The auction is held at 8380 Wagoner Road in Chesterhill, Ohio. Located in Morgan County, between Routes 377 and 355, the auction is held weekly on Mondays and Thursdays May through October.

For more information, contact Jean Konkle, at (740) 286-3458 or Tom Redfern at (740) 767-4938 or tom@ruralaction.org. More information is also available online at www.ohiofoodshed.org.
**Book Review**

By Lauren Ketcham

**Saving the Seasons: How to Can, Freeze, or Dry Almost Anything**

By Mary Clemens Meyer and Susanna Meyer © 2010 Herald Press

*Saving the Seasons* is a step-by-step comprehensive guide to preserving the bounty you bring in from your garden or home from the market, auction, or CSA. Written by Ohio native Mary Clemens Meyer—who raises certified organic vegetables, fruits, grass-fed beef, and pastured poultry on a farm near Fresno, Ohio,—and daughter Susanna, this 208 page, full color book is chock full of gorgeous photos and tantalizing recipes that will inspire you to take up canning, freezing, and drying.

The canning section provides detailed instructions with step by step photos, and describes the process for using both boiling water bath and pressure canning methods. Recipes and instructions are provided for tomatoes and other fruits, berries, vegetables, meats, soups, pickles, relishes, jams, and jellies.

Similarly, the freezing section includes recipes and instructions for a wide range of produce, herbs, meats, poultry, fish, and even includes a section on baby food. The drying section covers whole fruits, berries, and vegetables; fruit and vegetable leathers; seeds, herbs, and jerky.

Helping a new generation discover a lost art, this book is an excellent reference to keep on hand. Whether you’re an experienced home preserver looking to expand your repertoire, or you’re just getting started, saving the season never seemed so possible—or tasty!

**The Profitable Hobby Farm: How to Build a Sustainable Local Foods Business**

By Sarah Beth Aubrey © 2010 Howell Book House


The book walks through the basics of building a business plan, including conducting market assessments, budgeting, identifying start up costs, pricing strategies, and preparing financial statements. She offers numerous examples and templates based on those she used in her own business, Aubrey’s Natural Meats, including sample newsletters and planning documents.

Aubrey offers ideas for securing funding and describes the differences between different business arrangements, including sole proprietorships, partnerships, and corporations. She identifies the typical rules, regulations, and red tape that beginners should understand, such as liability insurance, county and state regulations, labeling, and permitting.

The book’s most useful sections deal with marketing. Aubrey lays out the different direct marketing venues available, provides free and low-cost marketing ideas, and offers guidance on how to find customers, track them using a customer database, and keep them satisfied. What this book doesn’t do particularly well is help weigh the costs and benefits of different farm enterprises.

This book is a good jumping off point full of helpful ideas for those getting started, but largely offers very little new information that wasn’t included in her 2007 book.
OEFFA’S 2010 MEMBERSHIP SURVEY

In order to grow and improve as an organization, we rely on membership feedback. **If you have NOT already completed the survey online, please take a few minutes to help us better utilize our most important resource: YOU.** One completed survey will be chosen at random to receive a free 31st annual OEFFA conference poster, signed by the artist, and a choice of $50 in OEFFA online store credit or $50 off registration for our 2011 conference!

Send the finished survey to OEFFA Survey, 41 Croswell Rd., Columbus, OH 43214 by July 26, 2010.

**1. Contact Information:**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Farm or Business Name (if applicable):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
</tr>
<tr>
<td>Phone:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

**2. Which of the following best describes you? Please select up to two.**

- [ ] Crop Farmer
- [ ] Livestock Farmer
- [ ] Crop and Livestock Farmer
- [ ] Gardener/Homesteader
- [ ] Buyer/Retailer/Restaurant
- [ ] Government/Nonprofit/Educator
- [ ] Concerned Citizen/Other

**3. How old are you? Please select only one.**

- [ ] Under 18
- [ ] 18-24
- [ ] 25-34
- [ ] 35-44
- [ ] 45-54
- [ ] 55-64
- [ ] 65-74
- [ ] 75 and Over

**4. OEFFA’s strength is its grassroots support and volunteer energy. Which volunteer opportunities interest you? Please select ALL that apply.**

- [ ] Serving on the Board
- [ ] Advocacy/Lobbying
- [ ] Making an OEFFA Video
- [ ] Serving on a Conf. Committee
- [ ] Mentoring Beginning Farmers
- [ ] Chapter Leadership
- [ ] Writing /Calling Elected Officials
- [ ] Social Media
- [ ] Data Entry-Mailings/Office Work
- [ ] Other, Explain: __________________________

OEFFA members are a wealth of information, and OEFFA tries to encourage members to teach each other through conference workshops, our apprenticeship program, and a new program we’re developing called the Farmer Information Network. The Farmer Information Network will be a directory of OEFFA members to whom OEFFA staff can refer member questions to on a variety of subjects.

Do you have experience or expertise in any of the following areas that you’d be willing to share at a conference workshop or through our Farmer Information Network? Please select ALL that apply.

**5. Annual Horticulture Crops:**

- [ ] Seed Starting
- [ ] Grafting
- [ ] Cover Crops
- [ ] Disease Management
- [ ] Post-Harvest Treatment
- [ ] Potted Plant/Herb Production
- [ ] Intercropping
- [ ] Season Extension
- [ ] Greenhouse Production
- [ ] Vegetable Crop Machinery
- [ ] Irrigation Systems
- [ ] Retail Marketing
- [ ] Weed Management
- [ ] Cut Herb Production
- [ ] Row Covers
- [ ] Constructing/Using Raised Beds
- [ ] Greenhouse Construction
- [ ] Mushrooms
- [ ] Nutrient Management
- [ ] Wholesale Marketing
- [ ] Cut Flower Production
- [ ] Pricing
- [ ] Food Safety
- [ ] Other, Explain: __________________________

**6. Perennial Horticulture Crops:**

- [ ] Cane Fruit Production
- [ ] Disease Management
- [ ] Retail Marketing
- [ ] Insect/Pest Management
- [ ] Berry Production
- [ ] Other, Explain: __________________________
- [ ] Fruit Tree Pruning
- [ ] Weed Management
- [ ] Wholesale Marketing
- [ ] Pricing
- [ ] Fruit Tree Grafting
- [ ] Nutrient Management
- [ ] Irrigation Systems
- [ ] Post-Harvest Treatment
- [ ] Christmas Tree Production
- [ ] Maple Syrup Production
### Grain Crops:
- A Nutrient Management
- B Weed Management
- C Small Grain Production
- D Insect/Pest Management
- E Disease Management
- F Post-Harvest Storage
- G Retail Marketing
- H Wholesale Marketing
- I Processing Organic Grains
- J Tillage Operations
- K Crop Rotations
- L Cover Crops in Organic Grain Production
- M Forage Harvest and Storage
- N Pricing
- O Conservation Tillage/No-Till
- P Other, Explain:

### Livestock:
- A Pasture Renovation
- B Aquaculture
- C Raising Sheep
- D Raising Goats
- E Meat Processing
- F Poultry Sheep
- G Egg Production
- F Meat Pricing
- I Livestock Housing Construction
- H Meat Pricing
- L Manure Management
- J Egg Production
- K Swine Production
- O Beekeeping
- M Composting Animal Manure
- N Intensive/Rotational Grazing
- P Fencing
- P Draft Animals
- Q Fiber Production
- Q Livestock Watershed Systems
- S Parasite Control
- T Feed Additives/Formulations
- U Livestock Watering Systems
- V Pasture Fertility
- W Probiotics
- X Vaccines
- Y Beef Cattle Production
- Z Other, Explain:

### Dairy:
- A Grazing Systems
- B Grass-Based Dairy Production
- C Herd Health
- D Udder Health
- D Managing Low Somatic Cell Count
- E Other, Explain:

### Business:
- A Market Evaluation
- B Writing a Business Plan
- C Employee Management
- D Social Media Marketing
- E Farmers Market Management
- F Establishing a CSA
- G Direct Marketing
- H Value-Added Processing
- I Designing/Operating a U-Pick
- J Sourcing Local Ingredients
- K Bookkeeping/Accounting
- L Other, Explain:

### Other:
- A Tractor Repair/Maintenance
- B Automobile Repair
- C Soil Biology
- D Soil Conservation
- E Soil Management
- F Nutrient Credit/Cycling
- G Equipment Purchasing
- H Permaculture
- I Agroforestry
- J Timber Marketing
- K Wildlife Exclusion
- L Beneficial Habitat Management
- M Backyard Composting
- N Farm-Scale Composting
- O Community Gardens
- P Food Preservation
- Q Organic Lawn Care/Landscaping
- R Gardening w/ Children/School Gardens
- Q Cheesemaking
- R Cooking/Recipes
- S Other, Explain:
- T Farm-Scale Composting
- U Alternative Energy
- U Organic Lawn Care/Landscaping
- V Other, Explain:

### Why are you a member of OEFFA? Please select ALL that apply.
- A To Support OEFFA’s Mission
- B To Support OEFFA’s Mission
- C Discounted Conf./Event Registration Fees
- D Newsletter
- E Membership Directory
- F Good Earth Guide
- E Networking
- F Chapter Involvement
- G Organic Certification
- G Workshops/Farm Tours
- H To Have Questions Answered by Staff
- L Other, Explain:

### What do you think OEFFA’s top priorities should be? Please select up to THREE.
- A Policy/Lobbying
- B Conference
- C Grower Support/Organic Transition Assistance
- D Organic Certification
- E Assisting Beginning Farmers
- F Newsletter
- G Networking/Membership Directory
- H Good Earth Guide
- I Consumer-Oriented Farm Tours
- J Grower-Oriented Farm Tours
- K Consumer-Oriented Workshops
- L Grower-Oriented Workshops
- M Other, Explain:
How can OEFFA help you better? Please select ALL that apply.

- A Improve Membership Services
- B Contact You More/Less Regularly
- C Offer More Educational Opportunities
- D Produce Better Publications
- E Improve Our Website
- F Offer More Consumer Information/Events
- G Improve Organic Certification Process
- H Strengthen Local Presence/Chapters
- I Make More Content Available Electronically
- J Other, Explain:

How do you prefer to receive communications from OEFFA? Please select up to TWO.

- A Newsletter
- B OEFFA Direct Listserve
- C Facebook
- D Twitter
- E By Mail
- F Website
- H Other, Explain:

What do you like best about the OEFFA Newsletter? Please select up to TWO.

- A News
- B Recipes
- C Un-Classified Ads
- D Regulations/Policy Updates
- E Event Listings
- F Organic Certification Information
- H Advertisements
- I I Don’t Read the Newsletter
- K I Don’t Read the Newsletter
- L Other, Explain:

What do you wish was different about the OEFFA Newsletter? Please select up to TWO.

- A More Consumer Information
- B More Grower Information
- C More Organic Certification Information
- D Better Electronic Format
- E More News and Policy Updates
- F More Chapter Articles
- G More User Generated Content
- H I Don’t Read the Newsletter
- I Other, Explain:

How often do you use your: (Please select only ONE.)

- B Good Earth Guide?

Do you participate in an OEFFA Chapter? Yes No If YES, skip to question 21.

If NOT, why don’t you participate in an OEFFA Chapter? Please select ALL that apply.

- A Not Interested
- B No Chapter in My Area
- C Didn’t Know About OEFFA Chapters
- D Meetings Don’t Fit My Schedule
- E Too Busy
- F Too Far to Drive
- G Don’t Find the Meetings Helpful
- H Other, Explain:

Where do you buy the majority of your food? Please select only ONE.

- A Kroger
- B Giant Eagle
- C Wal-Mart
- D Whole Foods
- E Trader Joes
- F Food Co-Op
- G Farmers Markets
- H CSA
- I I Produce Most of My Food
- J Other, Explain:

What’s most important to you when buying food? Please select up to TWO.

- A Certified Organic
- B Locally-Produced
- C Cost
- D Knowing How It Was Produced
- E Health
- F Convenience
- G Supporting Local Businesses/Farmers
- H Other, Explain:

Do you have a friend, business contact, or acquaintance who should know more about OEFFA? Fill out their name and address here and we will send them an information packet.

Name: ___________________________ Name: ___________________________
Address: ___________________________ Address: ___________________________
City: ___________________________ State: ___________________________
City: ___________________________ State: ___________________________
Zip Code: ___________ County: ___________ Zip Code: ___________ County: ___________
Phone: ___________________________ Email: ___________________________
Phone: ___________________________ Email: ___________________________
Are you a farmer or a market gardener? _____ Yes _____ No  If YES, please continue to question 25. If NO, SKIP to the end. You’re finished!

How would you characterize your farming or market gardening? Please select only ONE.

___ A Full-Time

___ B Part-Time

How would you characterize your farming or market gardening? Please select only ONE.

___ A Hobby

___ B Aspiring Business Farmer

___ C Business

How many hours per week are you employed off-farm? Please select only ONE.

___ A 1-10 Hours/Week

___ B 11-20 Hours/Week

___ C 21-30 Hours/Week

___ D 31-40 Hours/Week

___ E More Than 40 Hours/Week

___ F I Have No Off-Farm Job

How many years have you been farming/gardening COMMERCIALLY? Please select only ONE.

___ A 1-4 Years

___ B 5-9 Years

___ C 10 + Years

___ D I Don’t Farm Professionally

What are your biggest challenges as a farmer or gardener? Please select up to TWO.

___ A Doesn’t Generate Enough Income

___ B Long Hours/Physical Labor

___ C Finding Someone to Take Over the Farm

___ D Finding Good Farm Hands/Apprentices

___ E Food Safety Regulations

___ F Liability/Product Insurance

___ G Accounting/Bookkeeping

___ H Understanding Laws/Regulations

___ I Marketing/Public Relations

___ J Finding/Acquiring Land

___ K Other, Explain: ____________________________

Crops and Other Products: Indicate which you produce and which are certified organically grown:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Grown?</th>
<th>Certified?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Syrup</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
<tr>
<td>Baked Goods</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
<tr>
<td>Field Crops</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
</tbody>
</table>

Other, Explain: ____________________________

Livestock: Indicate which you raise and which are certified organic:

<table>
<thead>
<tr>
<th>Beef Cattle</th>
<th>Grown?</th>
<th>Certified?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goats</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
<tr>
<td>Broilers</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
<tr>
<td>Bees</td>
<td>Grown?</td>
<td>Certified?</td>
</tr>
</tbody>
</table>

Other, Explain: ____________________________

If you are NOT certified organic, which of the following best describes you? Please select ALL that apply.

___ A Considering Organic Certification

___ B Not Certified/Selling < $5,000/Year

___ C Used to be Certified Organic

___ D Not Interested

___ E Other, Explain: ____________________________

How many acres do you have of each? Please select ALL that apply.

___ A Woodland

___ B Under Cultivation

___ C Total Acreage

___ D Pasture

___ E Wetlands

Please answer the following. Yes No

___ A Do you have a farm stand or store?  

___ B Do you have a CSA?  

___ C Do you sell at a farmers market(s)?  

___ D Do you sell to a restaurant(s)?  

___ E Do you sell wholesale?  

___ F Do you process crops on-farm?  

Thank you for your time and effort! If you have any questions or additional comments, please feel free to attach another sheet or call the OEFFA office at (614) 421-2022 Ext. 203. Send the finished survey to: OEFFA Survey, 41 Croswell Rd., Columbus, OH 43214 by July 26, 2010.
We seek out culinary treasures from small, dedicated food artisans and growers who represent Whole Foods Market's passion for excellence, tradition, purity and regional identity.

For more information on becoming a vendor send an email to madubContacts@wholefoods.com
IN MEMORIAM
Our condolences to the family of Don Reinhart, who passed away on May 26. He is survived by wife, Theresa, and sons, Kent and Greg. Don has been an OEFFA member since 1989. The Reinhart family farm in Alvada, Ohio is certified organic and Don’s sons farm the family land.

Download OEFFA’s GoodSearch Toolbar
What if OEFFA earned money every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. In addition, each time you shop at more than 1,300 stores (from Amazon to Zazzle) a percentage of your purchase is automatically donated to OEFFA—at no cost to you!

Best of all, the OEFFA GoodSearch toolbar is quick and easy to install. To download the toolbar, go to http://www.goodsearch.com/toolbar/ohio-ecological-food-and-farm-association-oeffa.

Help Us Name the OEFFA Newsletter!
We think we can do better than our current generic name—“OEFFA News”! Help us come up with a more descriptive, compelling, creative, or fun name for the newsletter. If we choose your entry, you’ll win a free OEFFA coffee mug. Contact Lauren at (614) 421-2022 Ext. 203 or lauren@oeffa.org.

OEFFA Brochures and Display Materials Available
Are you going to be at a farmers market, festival, booth, farm stand, or other event this summer? Help get the word out about OEFFA! Contact Lauren at lauren@oeffa.org or (614) 421-2022 Ext. 203 to request free OEFFA materials, including brochures, farm tour programs, and more.

Supporting family farms since 1976. Every issue features a wide variety of subjects such as poultry, barn plans, crops, beekeeping, true horsepower, hogs, sheep, cattle, horses, kids pages, recipes, implements, gardening, soil, organics, apprenticeships, tools, marketing & much more.

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INSURING THE FARMS,
BUSINESS VEHICLES, LIFE
HEALTH AND DISABILITY OF
OEFFA MEMBERS FOR OVER
10 YEARS.
What Is (and Isn’t) Regulated by the NOP? Part II

We continue our series by looking at hydroponics, pet food, textiles, and mushrooms and how these products fit into the NOP. Over the years, the National Organic Standards Board (NOSB) has made recommendations on how to handle these gray areas in the NOP. Most of these topics had been put on the NOP’s back burner until recently, when NOP officials stated that they will address these standards (or lack thereof) in the upcoming months.

Hydroponics/Greenhouses*

In September 2009, as a result of an equivalency agreement on organic standards reached between the US and Canada, the NOSB recommended that the NOP prohibit aero- and hydroponic crops (i.e., grown in soilless systems) from being certified organic in order to be consistent with Canadian standards, which prohibit aero- and hydroponics. Some certification agencies currently certify hydroponic systems, and the current “Q&A” section of the NOP website states that hydroponics operations can be certified. Others argue that the Organic Foods Production Act (OFPA), which established the NOP, requires that an organic farm foster soil fertility by managing organic content of soil. As this topic is on the NOP’s agenda, we should hear more soon. In the meantime, agencies are using their own interpretation of the rule to certify (or not) hydroponic operations. OEFFA Certification will not certify hydroponic operations until NOP officials have issued a decision.

Pet Food*

A Pet Food Task Force was selected by the NOP in May 2005 as a result of a NOSB recommendation. This group proposed changes to the NOP standards, including definitions (excluding pets from the livestock definition, for example), a list of substances to be included on the National List of Approved Substances specifically for pet or specialty food, and new categories for pet food product composition and labeling. Until pet food is officially addressed by the NOP, it’s under NOP regulations (excluding treats which can comply with current NOP standards) should be viewed skeptically.

Textiles

Raw and processed fibers can be certified to the existing NOP standards. However, since the National List wasn’t written with textiles in mind, processing facilities certified to the NOP are few and far between. Labels on textile products from non-certified handling/processing/manufacturing operations may:

• Identify specific fibers as being organic if certified to the NOP crop/livestock standards, and may state the percentage of organic fibers contained in the final product; but
• Not use the USDA organic seal or imply or lead the consumer to believe that the final product is certified organic.

For finished goods, you are more likely to find products certified to the Global Organic Textile Standard (GOTS), a worldwide textile processing standard for organic fibers. Unlike the NOP, GOTS includes social criteria based on standards from the International Labour Organisation (ILO). The standards also include prohibition of toxic heavy metals and GMOs, restriction on certain dyes, sizing agents, and accessories, and other textile-specific standards. Source fibers must be organic on the basis of recognized international or national standards (such as the NOP). Because GOTS is generally accepted worldwide, textiles may not be a priority for the NOP.

Mushrooms*

Under the NOP, there are no specific mushroom standards; instead, mushrooms are certified to the “crop” standards of the NOP. The NOSB made a recommendation on mushroom practice standards a number of years ago and they have not yet been implemented, though mushrooms are a priority for 2010. These recommendations include:

• The producer may not use lumber treated with arsenate or other prohibited materials for new installations/replacement purposes in contact with the growth substrate (the material on which the mushrooms are grown);
• The producer must use organically grown spawn. When organically produced spawn are not commercially available, non-organically produced spawn that have not been raised on GMO substrate may be used;
• Agricultural materials (including grain and straw) used in production substrate must be organically produced.

Even without these NOSB recommendations in place, mushrooms do generally fit into current NOP standards, so you can be assured that certified organic mushrooms have been evaluated to comply with the NOP. As with all certified organic products, look for the statement “Certified Organic By [Certification Agency]” on the product label/signage.

*Staff from the NOP noted that the following areas are on the NOP agenda (USDA NOP Accredited Certifiers Training: January 2010 and NOP Report/NOSB Meeting: April 2010).

Sources
Weeds present a challenge to organic growers. Keeping garden beds planted with crops, covered with mulch, or a combination of both means fewer weed seeds can get a start. Stopping today’s weeds from going to seed means fewer weeds tomorrow.

In the fall, I mulch my beds with compost and then leaves. In late winter or early spring, I pull aside just enough mulch to plant fava beans, peas, or other cool season crops. Later in the spring, when it is time to plant warm weather plants, I clear just enough space to plant and gradually cut, chop, and dig in the first crop plant by plant as it ages and as the new crop needs more room. This keeps the bed completely covered with mulch or crops making it much harder for weed seeds to take hold. By early July, most of the mulch has been incorporated into the soil. I then under sow with a cover crop, as the main crop by now is well-established.

I haven’t found the time or energy to earnestly dig out all or even most of the weeds. Instead, I concentrate on preventing the weeds from going to seed, since a single plant can provide a thousand seeds! I pick weed flowers constantly if they bloom near the beds or anywhere on my land.

There are also many other tools and methods for dealing with weeds. I have used solarization, where I place a glass storm window over a patch of ground with the glass as close to the soil as possible. Over time this burns out the weeds.

Household vinegar works fairly well on broad leaf weeds. For example, I’ve covered morning glory vine leaves with vinegar, reapplying after a rain. It works fairly well in keeping the vine in check.

Industrial strength vinegar and Burnout (cloves and vinegar) are stronger. I’ve had a little experience with Burnout and found it effective, although protective clothing is required.

The Northwest Coalition for Alternatives to Pesticides (NCAP) maintains a useful website with pesticide-free solutions for insects, weeds, and more, including information about vinegar (both household and industrial strength), Burnout, hand-held tools that can help extract the long tap root of dandelions, flame weeder, and infrared and radiant heat technology that uses extremely high temperatures to kill weeds. Some tools are handheld; others are mower-like and can clear fields. For more information, go to www.pesticide.org.

I’m as unlikely as anyone else to be able to provide a weed-free environment in my vegetable garden. It would be nearly impossible to eradicate all that blows in from nearby and grows so easily, but balance and good crops are what I am looking for. With persistence and a variety of methods, it is possible to raise healthy, strong vegetables, fruits, and herbs in beds that are nearly free of weeds.

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**Farmland to Table: Savoring the Seasons**

*Tis the Season for Garlic Scapes

Garlic scapes are one of the joys of June in Ohio. These are the tender, curled stalks and buds of forming bulbs of hardneck garlic, planted last fall. The bulbs won’t be ready to dig for another month, but scapes can be cut from the plant in June to help form a bigger bulb below and to enhance your meals. The scape season only lasts two weeks. After that the bulbs will be too tough to eat. Cut them when the stalks are still in a tight coil, before they straighten out, while the buds are still less than 1/2 inch in diameter. Cut scapes will keep for a couple of weeks in a plastic bag in the refrigerator.

---

**Chicken with Garlic Scapes and Capers**

| 2 whole skinless boneless chicken breasts, halved | 2 tsp. lemon juice |
| 2 Tbs. butter | 6-8 chopped garlic scapes |
| 2 Tbs. vegetable oil | 1 Tbs. drained capers |
| 4 Tbs. dry white wine | Salt and pepper to taste |

Between sheets of plastic wrap slightly flatten the chicken. In a large heavy skillet, heat 1 Tbs. each butter and oil over medium high heat. Sauté chicken until cooked through. Season with salt and pepper. Transfer chicken to a platter and keep warm. Pour off fat from skillet and add the remaining butter, wine, lemon juice, and scapes and bring mixture to a boil. Stir in capers and salt and pepper to taste. Spoon sauce over the chicken.

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**Garlic Scape Pesto**

| 3 Tbs. fresh lime or lemon juice | 1 cup grated Parmesan cheese |
| 1/4 lb. scapes | Salt to taste |
| 1/2 cup olive oil | |

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and citrus juice and season to taste. This is divine when spread on lightly toasted baguette slices, on crackers, or tossed into pasta with an assortment of steamed spring vegetables and julienne sliced turkey or beef. Freeze some for later use.

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**Spinach and Scape Frittata**

| 3 Tbs. olive oil | 1 Tbs. chopped parsley or basil |
| 10 eggs | 1/2 cup finely chopped garlic scapes |
| 1 cup (1/2 lb.) chopped raw spinach or Swiss chard leaves | Salt and pepper to taste |
| 1/2 cup grated Parmesan cheese | |

Preheat oven to 350°. In a large bowl, mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and sauté until tender on medium heat for about 5 minutes. Pour egg mixture in skillet with scapes and cook over low for 3 minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.
**Upcoming Events**

**The Complete Straw Bale Building Workshop**  
Saturday, July 3—Friday, July 9  
Blue Rock Station  
1190 Virginia Ridge Rd., Philo, Ohio  
This seminar will walk you through the entire process of building a straw bale structure using a pounded tire foundation, including site preparation, framing, building walls using straw bales, cans, and bottles, and the various aspects of earth plastering. Cost: $545. Call (740) 674-4300 or visit [http://www.bluerockstation.com/events.html](http://www.bluerockstation.com/events.html).

**Innovative Farmers of Ohio Farm Tour: Seeds of Hope Farm**  
Friday, July 9—10 a.m.—1 p.m.  
194 St. Francis Ave., Tiffin, Ohio  
Seeds of Hope Farm is a 12 acre farm producing a variety of vegetables and herbs that are sold through a self-service farm stand, CSA, nursing homes, and to several restaurants. They also raise laying hens and pastured poultry meat chickens. A light lunch will be served. Call (419) 934-5144 or visit [http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf](http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf).

**Jam Making Workshop**  
Saturday, July 10—10 a.m.—2 p.m.  
Stratford Ecological Center  
3083 Liberty Rd., Delaware, Ohio  
Learn how to prepare and can your own fruit. Participants will leave with jars of jam to take home. Cost: $25. Call (740) 363-2548 or visit [http://www.stratfoondeologicalcenter.org](http://www.stratfoondeologicalcenter.org).

**The International Farm Transition Network Annual Conference**  
Tuesday, July 20—Friday, July 23  
Sheraton Suites  
Cuyahoga Falls, Ohio  
This three day meeting will feature information about farm labor, succession research, farm policy, and the Countryside Initiative, a program that offers rehabilitated farms in the national park to private farmers through a competitive long-term lease process. Call (330) 657-2529 or visit [http://www.cvcountryside.org/farmland/IFTNConference.php](http://www.cvcountryside.org/farmland/IFTNConference.php).

**Bean Canning Workshop**  
Saturday, July 24—9 a.m.—1 p.m. or 2-6 p.m.  
Stratford Ecological Center  
3083 Liberty Rd., Delaware, Ohio  
Learn how to pressure can green beans and leave with a few jars to take home. Cost: $25. Call (740) 363-2548 or visit [http://www.stratfoondeologicalcenter.org](http://www.stratfoondeologicalcenter.org).

**OSU Farm Tour: OARDC NW Agricultural Research Station**  
Thursday, July 29—9 a.m.—11 a.m.  
4340 Range Line Rd., Custar, Ohio  
OSU specialists will demonstrate research on crop pests, fertility, and soil management at this 240 acre research farm. Call (419) 257-2060 or visit [http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf](http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf).

**Innovative Farmers of Ohio Farm Tour: Lucky Penny Creamery**  
Saturday, July 31—12—4 p.m.  
6223 Temple Ave., Kent, Ohio  
Lucky Penny Creamery specializes in crafting goat cheeses by hand in small batches. Join dairy goat farmers Abbe and Anderson Tumer to learn about cheesemaking. Tour the facility and taste Ohio cheeses at the creamery retail store. Call (330) 572-7550 or visit [http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf](http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf).

**Herbs 101**  
Sunday, August 8—1—4 p.m.  
Mockingbird Meadows  
16671 Bums Rd., Marysville, Ohio  

**Tomato Canning Workshop**  
Saturday, August 14—9 a.m.—1 p.m. or 2-6 p.m.  
Stratford Educational Center  
3083 Liberty Rd., Delaware, Ohio  
Learn how to hot water bath can tomatoes, the same process used for pickles, fruits, and jellies. Join others in the kitchen to wash, blanch, and process whole tomatoes. Cost: $25. Call (740) 363-2548 or visit [http://www.stratfoondeologicalcenter.org](http://www.stratfoondeologicalcenter.org).

**Jandy’s 3rd Annual Garlic Festival**  
Sunday, August 15—1—5 p.m.  
3624 Twp Rd. 136, Bellefontaine, Ohio  
This event will feature live music, local food, vendors, and a book signing with Gene Logsdon. Bring a chair and spend the afternoon. Call (937) 468-2853.

**Innovative Farmers of Ohio Farm Tour: Stratford Ecological Center**  
Wednesday, August 18—1—4 p.m.  
Stratford Educational Center  
3083 Liberty Rd., Delaware, Ohio  
Stratford Educational Center is an educational, working organic farm, featuring children’s programing, walking trails, a high tunnel, an educational center, and pastures with cattle, sheep, goats, and pigs. Wagon rides will be offered. Call (740) 363-2548 or visit [http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf](http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf).

**Innovative Farmers of Ohio Farm Tour: Barger Farm and Barn**  
Saturday, August 28—1:30—4:30 p.m.  
7417 Township Rd. 93, Woodville, Ohio  
The Barger Farm was established in the 1850s as a diversified family farm. Josh and Jeremy Gerwin will talk about their practices of no-till, cover crops, and the USDA’s Conservation Stewardship Program. June Barger will speak about the reclaiming and reconstruction of the old barn into a beautiful showcase. Call (740) 369-8272 or visit [http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf](http://www.oeffa.us/oeffa/pdfs/oeffa_2010farmtoursSMALL.pdf).

**OSU Farm Tour: OFFER Field Day**  
Thursday, September 2—1 p.m.  
West Badger Farm  
Apple Creek Rd., Wooster, Ohio  
Come see organic agronomic and horticulture research on OSU certified organic research land at the Ohio Agriculture Research and Development Center (OARDC). The tour will feature specialty small grains, including a hard white wheat trial, high-gluten soft wheat, cover crop research in organic vegetables, polyculture fruit and vegetables, and more. Call (330) 202-3528.

**OPEN HOUSE AT BLUE ROCK STATION**  
Saturday, September 11—1—3 p.m.  
1864 Shyville Rd., Piketon, Ohio  
This event will feature live music, local food, vendors, and a book signing with Gene Logsdon. Bring a chair and spend the afternoon. Call (937) 468-2853.
OEFFA has announced its 2010 series of free public tours of some of Ohio’s finest sustainable and organic farms.

**OEFFA’s 2010 Farm Tour Series**

**Produce, Specialty Grains, and Livestock—Starline Organics**  
Sunday, June 27—4-6 p.m.  
18635 River Rd., Athens, Ohio

**Organic Grain Crops—Mapleside Farms**  
Saturday, July 17—2-5 p.m.  
6438 Pioneer Tr., Hiram, Ohio

**High Tensile Fencing Workshop—Sandy Rock Acres**  
Sunday, July 18—1-5 p.m.  
10999 Opossum Hollow Rd., Rockbridge, Ohio  
Cost: $10. Preregistration required. Call (614) 421-2022 or email laura@oeffa.org.

**Biodynamic Herbs and Honey—Mockingbird Meadows**  
Saturday, August 7—6:30-8:30 p.m.  
16671 Burns Rd., Marysville, Ohio

**Organic Produce for CSA and Food Bank—Crown Point Ecology Center**  
Saturday, August 14—2-4 p.m.  
3220 Ira Rd., Bath, Ohio

**2007 OEFFA Stewardship Award Winner—Bluebird Farm**  
Saturday, September 12—1 p.m.  
4588 Coach Rd., Columbus, Ohio

**Century Farm—Carriage House Farms, LLC**  
Saturday, October 2—2-4 p.m.  
10251 Miami View Rd., North Bend, Ohio

**Poultry Processing—Central Ohio Poultry Processing, Gregg Organics, Ltd.**  
Sunday, July 18—1-5 p.m.  
6309 Opossum Hollow Rd., Rockbridge, Ohio

**Organic and Heirloom Crops—Jackson County Organic Growers**  
Saturday, October 16—2-4 p.m.  
304 Wyandotte Ave., Columbus, Ohio

**Biodynamic Herbs and Honey—Mockingbird Meadows**  
Saturday, August 7—6:30-8:30 p.m.  
16671 Burns Rd., Marysville, Ohio

**Organic Produce for CSA and Food Bank—Crown Point Ecology Center**  
Saturday, August 14—2-4 p.m.  
3220 Ira Rd., Bath, Ohio

**2007 OEFFA Stewardship Award Winner—Bluebird Farm**  
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10251 Miami View Rd., North Bend, Ohio

All tours are free and open to the public, unless otherwise noted. For more information about OEFFA’s 2010 Farm Tour Series, including farm descriptions, maps and directions, and farm contact information, go to www.oeffa.org or contact Mike Anderson at (614) 421-2022 Ext. 204.

**OEFFA Capital Chapter’s First Annual Garden Tours Close to Home Series**

**Lisa Large**  
Sunday, August 8—1 p.m.  
6095 Bauch Rd., Galloway, Ohio  
Lisa Large intensively grows a wide variety of vegetables in four plots totaling approximately 2500 square feet. She and her husband, Randy, eat all they can fresh, and put up/store as much as possible for the remainder of the year. Any extra produce is sold to neighbors and coworkers. No pets please. For more information, call Lisa at (614) 878-7324.

**Bill Johnson**  
Sunday, August 29—3 p.m.  
4588 Coach Rd., Columbus, Ohio  
Bill Johnson lives on an acre with about 2400 sq. ft. in annual production (herbs, specialty crops, heirlooms, etc.) and about 1200 sq. ft. in perennial brambles, rhubarb, blueberries, grapes, gooseberries, etc. Open to OEFFA Capital Chapter members only. Bring a dish to share for a potluck meal. For more information, call Bill at (614) 459-1229.

**Nancy Kangas, Wyandotte Flowers**  
Sunday, September 12—1 p.m.  
304 Wyandotte Ave., Columbus, Ohio  
Nancy Kangas has an urban lot where she intensively grows cut flowers for sale. She is increasing the number of perennials she raises. Nancy is interested in permaculture and is using raised beds of cardinal for the first time this year. The compost pile she maintains has become a “neighborhood project” with contributions from her neighbors. For more information, call Nancy at (614) 506-9131.

All Capital Chapter tours are free and open to the public unless otherwise noted.

**OEFFA’s “Gardening Like the Forest” Workshop Series**

OEFFA is offering a series of permaculture workshops with instructor Dave Jacke, the author of the award winning two-volume book Edible Forest Gardens. Don’t miss this chance to learn directly from Dave, who has a rare gift for teaching permaculture concepts in a manner that engages the audience experientially!

**Public Evening Talks: “Home-Scale Ecological Production”**  
Wednesday, August 11—7:30-9 p.m.  
405 Corry St., Yellow Springs, Ohio

**Public Evening Talk: “Soil Ecology and Self-Renewing Fertility”**  
Wednesday, August 11—7:30-9 p.m.  
405 Corry St., Yellow Springs, Ohio

**Two Day Workshops: “Fundamentals of Ecological Gardening”**  
Saturday July 24–Sunday, July 25—8:30 a.m.-5 p.m.  
12200 Fairhill Rd., Cleveland, Ohio

**One Day Workshop: “Urban Ecological Food Production”**  
Saturday, August 7—8:30 a.m.-5 p.m.  
2715 Reading Rd., Cincinnati, Ohio

**Weeklong Design Immersion: “Forest Garden Design Intensive”**  
Monday, August 9-Sunday, August 15  
Andelain Fields, Springfield, Ohio

**Registration**

You can register for any of the events that require pre-registration by sending a check (along with your name, address, phone number and email) to OEFFA Forest Garden, 41 Crosswell Rd. Columbus, OH 43214.

For more information about the “Gardening Like the Forest” workshop series, contact Laura Wies at (614) 421-2022 or laura@oeffa.org.

Many more local and national events are listed at www.oeffa.org/events
Books, Guides, and Reports

Small Dairy Resource Book—SARE has released its updated Small Dairy Resource Book, a thorough collection of resources about cheesemaking, ice cream, dairy processing, dairy animals, business and marketing, butter, food safety, feeds, grazing, and more. This book is available electronically for free. Print copies are not yet available.

CSA Handbook—SARE has released, Local Harvest: A Multifarm CSA Handbook. This 130 page book details how farmers can use CSA cooperatives to best market their produce, including advice on staffing, volunteer boards, distribution, legal topics and other practical information. The book is available electronically for free or hard copies may be purchased for $3.99 by calling (301) 374-9696.

Pollinators Handbook—SARE has released, Managing Alternative Pollinators: A Handbook for Beekeepers, Growers and Conservationists. This step-by-step guide designed for beekeepers, growers, and consumers includes expert information on the business and biology of pollination and how-to guidance on raising alternative bee species. The book is available electronically for free or hard copies may be purchased for $23.50 by calling (301) 374-9696.

Local Food Systems Report—The USDA Economic Research Service has released, Local Food Systems: Concepts, Impacts, and Issues. This report explores alternative definitions of local food, estimates market size and reach, describes the characteristics of local consumers and producers, and examines economic and health impacts of local food systems.

Organic Fruit and Vegetable Price Reports—The USDA’s Agricultural Marketing Service (AMS) is now publishing the National Fruit and Vegetable Organic Summary. Available free every Tuesday, the new report provides an easy-to-use summary of the market data, including wholesale and shipping point prices and movement data.

Mobile Slaughter Unit Online Manual—Produced by OSU Extension, this manual offers comprehensive guidance for anyone interested in building or operating an inspected mobile slaughter unit (MSU).

Farmer Media Resource Toolkit—The National Sustainable Agriculture Coalition has launched Farm and Agriculture Resources for Media (FARM), a toolkit that provides media training and tools for farmers.

Crop Budget Sheets—The Leopold Center for Sustainable Agriculture and Iowa State University have released a new series of crop and livestock enterprise budgets to quickly and easily show the level of knowledge needed, level of capital, time to pay off, and other important factors when considering a new agricultural enterprise. Current budgets include sweet corn, sorghum, popcorn, sheep, beekeeping, Christmas trees, and raspberries.

Funding Opportunities

Renewal Energy and Energy Efficiency Grants—The Rural Energy for America Program will provide funds to agricultural producers and rural small businesses to purchase and install renewable energy systems and make energy efficiency improvements. Grants range from $2,500-$500,000 for renewable energy systems and $1,500-$250,000 for energy efficiency improvements. Deadline: June 30, 2010.

Farmers Market EBT Infrastructure Grants—The Ohio Department of Agriculture is providing grants to farmers markets through the Farmers Market Access Project to help fund new infrastructure to accept Electronic Benefits Transfer. Grants range from $500-$1,000.

USDA Funding Guide—The National Sustainable Agriculture Coalition’s new Guide to USDA Funding for Local and Regional Food Systems identifies and explains key programs that can help individuals and organizations working to strengthen regional food systems.

Websites

http://bit.ly/cm1FJ8


www.ers.usda.gov/Publications/ERR97/

www.sare.org/publications/dairyresource.htm

www.sare.org/publications/csa.htm

www.sare.org/publications/pollinators.htm


www.extension.org/pages/Mobile_Slaughter_Unit_Manual

http://bit.ly/cm1FJ8

www.growersdiscountlabels.com

*free shipping does not apply to laser/digital/dispensers.
UN-CLASSIFIED ADS

**For Sale:** Schaeffer liquid fish 55 gallon drum. Limited time only. $200. Call New Hope Organics in Greene County at (937) 372-7411.

**Farm for Sale:** 15.75 acres, 12 ready to be certified organic, between Oberlin and the Cleveland areas. 1950s ranch house has 3 BR, 1.5 BA, summer room. Connected efficiency suite has a private entrance, 12x12 kitchen, full bath, and a bedroom-living room combination. 3-car garage and a 30x30 barn included. Asking $295,000. Call Roz in Lorain County at (440) 236-8408.

**For Rent:** 1600 sq ft. farm house with barn and fenced acreage. Wood and propane heat. Private setting at end of dead end road in Morgan Township, 1 hour from downtown Columbus. Needs some work, owner willing to barter for work. Call David in Knox County at (614) 506-5669.

**Wanted:** Desperately seeking front mount, 6 row cultivator. Mountable and useable. Call Maryann in Madison County at (740) 852-9289.

**Growers Wanted:** Group in Knox County wants to start a flash-freezing (IQF) facility in a food-grade building in Mt. Gilead. Initial plans call for prep space, a flash-freezing tunnel, and freezers. As part of developing a business plan and acquiring funding, the group needs to estimate how many growers would use the facility. Contact Jennifer at (419) 864-9223 or jennifermwilliams@embarqmail.com.

**Hiring:** Organic farm looking for a neat, tidy, and willing worker with some familiarity with row cropping, farm implements, and basic mechanical know-how. Compensation includes housing stipend. Call Maryann in Madison County at (740) 852-9289.

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.

Contact Chuck in Licking County at (740) 587-8114 or cdilbone@laca.org.

Growers Wanted: Group in Knox County wants to start a flash-freezing (IQF) facility in a food-grade building in Mt. Gilead. Initial plans call for prep space, a flash-freezing tunnel, and freezers. As part of developing a business plan and acquiring funding, the group needs to estimate how many growers would use the facility. Contact Jennifer at (419) 864-9223 or jennifermwilliams@embarqmail.com.

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**Welcome New OEFFA Members**

**Family Farm**
- Marlin Barkman, Highland View Bell Nursery Ohio
- Aaron & Paul Butler, Butler Farms
- James & Janet Byers, Church Hill Farm
- Henry Byler, H&M Produce
- James Cermak, Sugarbush Creek Farm
- Richard Cottrell
- Loraine & Eugene DeBruin
- Merle Farmwald
- Gordon Fletcher, Secluded Springs Farm
- Jerry Foster, Foster Farms
- Dean, Jan & Shane Hartzler, Dean Hartzler Farm
- Marvin Hershberger, Hershberger’s Produce
- Alvin Hostetler, Percheron
- Moses Kanagy, Pine View Acres
- Dannie Keim, Keim Farm
- Alvin Kurtz
- Ammon Martin
- Kelly Mason Herbruck, Bindum Farm
- Amos Mast, Brookside Farm
- James & Martha McDonald, McDonald Farms
- John & Ruth Miller
- Christine Oberholtzer
- Enos Peachy, Locust Brook Farm
- Adam Raper
- David Raper, Home Farm
- Dan Rasmussen, Rasmussen-Lehman 33 Ranch, LLC
- Ryan & Andrea Roney, Providence Farm & CSA
- Emanuel & Amos Schmidt, Hilltop Farm II
- Scott Sholiton, CountryLakes, LLC
- David Stoltzfus, Little Book Organics
- Harvey Stutzman, Harvey’s Family Farm
- Gaylord Tice, Gaylord F. Tice Trust
- James Troyer, Cherokee Run Farm
- Neal Troyer
- Alan & Suzanne Varner
- Noah Yutzy, Parkman Produce
- Allen Zimmerman, Zimmerman Farm
- Joseph Zook, Country View Farms

**Business**
- Grayhawk Greenhouse Supply

**Non-Profit Organization**
- Vincent Bean, NeCo Seed Farms, Inc.
- David & Jeany Butler
- Sandy & John Maloney
- Theresa & Alexandria Owens
- Andrew & Bernice Spring

**Family**
- David & Jeany Butler
- Sandy & John Maloney
- Theresa & Alexandra Owens
- Andrew & Bernice Spring

**Individual**
- Cheryl Beaty
- Jill Brown
- Matthew Guentter
- Cookie Krizmanich
- Randall Marker
- John O’Carroll
- Kathy Shepherd-Tolle
- Brian Stevenson
- David Walters

OEFFA News Late Spring 2010
Farmers Can Consider Donating Surplus Produce to Area Foodbanks

The Ohio Association of Second Harvest Foodbanks distributes tens of millions of pounds of food each year to Ohioans in need of emergency food assistance. Ohio’s farmers play a critical role in making sure these families are receiving wholesome, fresh fruits and vegetables. According to Bob Wicks, the Association’s Director of Finance and Procurement, produce donated by Ohio’s farmers is “the best food that comes through the system.”

Donations
Donations are always encouraged and are arranged at the local level. There are 12 regional foodbanks and each county has facilities for food pantry distribution. To find your local foodbank and arrange a donation, contact the main office in Columbus at (614) 221-4336 or go to http://www.oashf.org/foodbanks.html.

The Ohio Agricultural Clearance Program
In addition to donations, the Ohio Association of Second Harvest Foodbanks also operates an Ohio Agricultural Clearance Program designed for farmers with unmarketable or surplus food products. This fiscal year, the program has roughly $6 million in funding and is expected to purchase close to 35 million pounds of food. Agricultural products are purchased at production cost—they pay for the costs associated with picking, processing, packing, and delivery. The foodbanks do not accept donations of field corn or soybeans, but all other foods are welcome. For more information about this program, contact Erin Wright at (614) 264-0383 or erin@oashf.org.