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Winter Conference Update

Reaching the Corners of the City: REC’s Mobile Market in Worcester
FROM THE EDITOR

Mindy Harris
NOFA/Mass Public Relations

I hope this newsletter finds you well rested and refreshed after a nice holiday season. Finally, with some snow on the ground, it seems that winter has found its way to Massachusetts. Despite the holiday season, NOFA/Mass is bustling about, getting ready for our Winter Conference, which will be taking place on Saturday, January 12th at Worcester State University. We have been so pleased to partner with WSU – an institution that has demonstrated its commitment to sustainability and healthy food choices in its dining services. Rich Perna, of Chartwells, WSU’s dining service provider, has been an incredible leader in changing the way students eat on campus. Rich sources locally, cooks food from scratch, provides healthy drinks such as fruit-flavored waters, purchases meat without antibiotics, and tries to go organic as often as possible. We are glad that our missions are closely aligned, and that we will be using this great new space for the second time.

We’ve done some soul-searching at NOFA/Mass, and it is with this Winter Conference that we are earnestly beginning a dialogue about diversity within the growing community in MA. We recognize that food justice cannot be fully achieved until people of all backgrounds and cultures have a hand in designing the food we eat and bringing it to market. This is the strong message Karen Washington, urban grower extraordinaire and farming educator, will bring to us this January. We welcome Karen with open arms, and we are stepping up to the challenge of helping to bring new folks into the NOFA/Mass fold, and trying to do what we can to support organic growing in urban contexts. So the theme of this month’s newsletter is Urban Growing. We’ve featured a new initiative spearheaded by REC – the Worcester
Regional Environmental Council – its new Mobile Market. We caught up with Casey Burns, REC’s Food Justice Program Director, to understand and help shed light on their exciting and innovative way of getting fresh food to people in underserved populations in the City of Worcester. Casey will be joining us and offering a workshop at the Winter Conference. If you’ve never seen a Mobile Market, you’ll be sure to check out this class with the folks from REC.

As I’ve mentioned, Karen Washington will be our keynote speaker, and will also be sharing an all-day seminar on School Gardens. If you are a teacher in MA, you can receive professional development points for taking Karen’s seminar, through a partnership we have established with Mass Ag in the Classroom. The conference will feature over 60 different workshops, dozens of great exhibitors and vendors, and an all-organic campus lunch. We have a dynamic Children’s Program and Teen Program for younger folks, and some great items up for bid through our ever-popular Tea Cup Raffle.

Also coming up is our Organic Land Care Lawn and Turf day at Tower Hill Botanic Garden. We’re so pleased with the response from lawn care professionals and folks in the field, looking to maintain their properties organically. We just received an email from a business owner who just registered his entire staff! We know that consumers, property owners, schools, and businesses are increasingly demanding that their properties be managed without the use of chemicals. If you work in the field, take advantage of the great knowledge of Chip Osborne, Fred Newcombe, and Mary Owen.

Later in the month, we’ll be offering our Soil and Nutrition Conference at First Churches in Northampton, featuring John Kempf, soil expert, from Ohio. Stay tuned also for an entire slate of workshops and offerings statewide this spring, and throughout 2013.

If you have been sitting by the fire, staring at the snow, starting on crop plans, rotational strategies, community garden plot-signups, or visions of your backyard garden – we’ve got something for you! The annual Spring Bulk Order has now opened!

If you need organic fertilizers, gardening supplies, amendments, or equipment – you can order through us. No order is too small. The way it works is that you put in an order by January 31st, and then your order gets delivered to a pickup site near you in March. So if you’re the kind that gets excited when gardening catalogs come in the mail, check out our list of supplies, and support NOFA/Mass by ordering through us! We’ve got some great suppliers – Fertrell, Organic Gardeners Supply, Vermont Compost, Moose Tubers, North County Organics, Crop Production Services, Ideal Compost Company.

Lastly, after a very fulfilling 4 years with NOFA/Mass, I must wish you all adieu. I will be stepping down from my position as PR Director and Newsletter Editor at the end of January and moving on to private consulting in the Boston area. I will still be working in sustainable food, and want to express my deepest gratitude to the staff and board of NOFA/Mass for a wonderful experience capturing the organic movement here in Massachusetts. Your dedication to building a healthy food system is inspirational, and I look forward to many more years of fighting the good fight alongside you, from a slightly different vantage point.

Best of luck this growing season! See you in Worcester.

Warm Regards,

Mindy
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January 2013 Newsletter
I had heard of the work of Francis Pottenger and his cats which was a 10 year study of feline nutrition and the results of various feeding regimens, so was delighted when friend and NOFA member Andres Aguirre sent me a copy of a book that was compiled by his nephew and niece. Pottenger ran this study from 1932 – 1942. Initially Pottenger was raising cats and performing adrenalectomies for the purpose of standardizing adrenal extracts. His lab cats were dying on the cooked meat diets he was feeding them. He started feeding a separate group of cats on raw meat and viscera and soon noticed that these cats were more healthy and the mortality rates during operations decreased dramatically. This information led him to run a controlled experiment with groups of cats over several generations. Here below are his general observations.

**Raw Diet Cats:** The cats fed on a 2/3 raw meat, 1/3 raw milk and cod liver oil diet showed striking uniformity in their size and skeletal development. From generation to generation they maintained a regular broad face with prominent malar and orbital arches, adequate nasal cavities, broad dental arches and regular dentition. Each sex maintained its distinct anatomical features. Tissue tone was excellent with the fur of good quality with very little shedding. The calcium and phosphorous content of their femurs remained consistent and their internal organs showed full development and function. Over their life spans they were resistant to infections, fleas and other parasites, and showed no sign of allergies. In general they were gregarious, predictable in their behaviors and friendly with good coordination. They reproduced one homogeneous generation after another with averages of 5 kittens each litter with good coordination. They reproduced one homogeneous generation after another with averages of 5 kittens each litter with the mother cat nursing without difficulty.

**Cooked Meat Cats:** The cats fed on 2/3 cooked meat, 1/3 raw milk and cod liver oil diet showed striking uniformity in their size and skeletal development. From generation to generation they maintained a regular broad face with prominent malar and orbital arches, adequate nasal cavities, broad dental arches and regular dentition. Each sex maintained its distinct anatomical features. Tissue tone was excellent with the fur of good quality with very little shedding. The calcium and phosphorous content of their femurs remained consistent and their internal organs showed full development and function. Over their life spans they were resistant to infections, fleas and other parasites, and showed no sign of allergies. In general they were gregarious, predictable in their behaviors and friendly with good coordination. They reproduced one homogeneous generation after another with averages of 5 kittens each litter with the mother cat nursing without difficulty.

Later chapters in the book discuss breastfeeding with some studies of comparative facial development between nursed and bottle fed infants, experimental and clinical evidence of the value of raw milk, milk on the human skeleton, and the effects of disturbed nutrition on bones developing under stress. Another quote here, “Scientists first thought they had established that good nutrition depends upon the adequate intake of proteins, carbohydrates, fats and minerals only to realize later that hormones, enzymes, and vitamins are just as essential to the building and maintenance of the human body. They are just beginning to realize that these vital growth substances are destroyed by modern methods of milling, heating and processing foods; and moreover, that modern methods of agriculture and animal husbandry are depleting the soil and depleting the quality of plant and animal products which furnish these substances to our diet.”

Part Three of the book discusses the reciprocal relationship of the health of plants, animals and human beings. Here I quote, “Modern man has gleaned his fields to fill his larder, but his system of sanitary engineering has destroyed most of the soil rejuvenating organic materials. No longer does man return to the soil those materials taken from the soil. Instead he pours them into the ocean and loses them to his civilization.” I remember my first NOFA conference in 1984 where the presenter discussed this huge disconnect in our sustainability picture. Becca Buell brought it up again at last fall’s staff meeting. We certainly have work to do in this area. But back to the book . . .

Optimizing nutrition for Pottenger is a diet which provides nutrition to regenerate body cells, allows us to mature regularly with appropriate bony, physical and mental characteristics, to resist disease, to reproduce our kind homogeneously and to enable us to provide a livelihood for ourselves and our families. He suggests that humans can maintain these health standards on (1) vegetarian diets with small amounts of meat, eggs, fish or milk, (2) carnivorous including fish, crustacea, mollusks and small amounts of vegetation, (3) omnivorous including many combinations of vegetarian and carnivorous foods. His “high protective diet” includes the following: 1. Food is altered as little as possible by the use of minimal temperatures in
cooking; 2. The vitamins are obtained from food naturally rich in them; 3. Minerals are supplied by the use of relatively crude foodstuffs and by a mineral salt preparation; 4. Gelatin, a hydrophilic colloid, is used as a regular part of the diet because it aids digestion.

I will end this review with a discussion of hydrophilic colloids, which I found fascinating. According to Pottenger, raw food consists largely of hydrophilic (readily absorbing or dissolving in water) colloids (a substance microscopically dispersed evenly throughout another substance) which are essential in the digestive process. Because of the hydration capacity of colloids, they absorb digestive juices and so prevent the common ailments of sour or acid stomach. If we did not cook our food there would be no need for the addition of hydrophilic colloids to our diet.

Pottenger: “An old description of the stomach contents portray them in layers, each layer assuming its position by virtue of its specific gravity: meat first, then vegetables and fruits, followed by and interspersed with mashed potatoes, and finally the water layer with its scum of fat. “According to this view, these layers churn around in sufficient gastric juices to digest the meal in one and one half hours to four hours if all goes well. If these gastric contents are then removed and examined, the aqueous layer is strongly acid, though the degree of acidity differs with the individual.

If we add a hydrophilic colloid of excellent hydration capacity to the diet portrayed above, a definite change takes place in the stomach contents. If they are withdrawn for analysis, a gluey mass is recovered. It is not sour as are the stomach contents without the gelatin; it does not show any acidity until the colloid is broken down. Under these conditions, digestion is generally distributed throughout the mass rather than layered. Gelatin … can act as a supplemental hydrophilic colloid for dietary usage in combating disturbances caused by cooked food.” Of course the best source for gelatin (in my opinion), is from bone broths from certified (or certifiably) organic animals raised on well-mineralized pastures.

This book gave me a lot of good food for thought. It is a short read with only 123 pages. You can learn more about Francis Pottenger at the Price Pottenger Nutrition Foundation - http://ppnf.org/.
The Tri-State Spring Bulk Order is now open!

The order includes useful things for the farm and garden: mineral amendments, fertilizers, potting soils, compost, cover crops seeds, pest control, animal health products, potato and allium seeds. No order is too small or too large; collectively everyone who participates saves by purchasing together. You can find full product information on our website http://www.nofamass.org/programs/bulk-order-program#.UNnmZazzrqM4.

The postmark deadline is January 31st or pick-up/drop off an order form at the NOFA/Mass table at the Winter Conference, January 12th. If you are interested in OGS/Fertrell products not on our form, I can probably get them for you at a discounted NOFA price. If you want such items, contact me by Jan. 23rd for price, availability and ordering instructions, before you complete your form.

Deliveries are scheduled in Barre, Belchertown, Dalton, Ipswich, Waltham, East Freetown, Meriden, CT and Cranston, RI. For most sites, (see order form/website for detailed pick-up schedule) the bulk of the items may be picked up Saturday, March 16th except for allium and potato seeds, which will be available Saturday, April 13th.

PLEASE HELP! As always, the Site Managers can use help unloading the truck, organizing, and breaking down orders. This is another reason why we save money - everyone chips in a little work. The trucks usually deliver the Tuesdays before pickup dates (March 12 and April 9) and break down happens that week. Many of our farms are busy preparing for the season, so all of your help is greatly appreciated. Just circle “I can help breakdown” on your order form, arrive on the breakdown date at a time to be determined, and take home your order early. Volunteering is a great way to meet other NOFA members and to participate in a wonderful communal tradition.

Questions? Contact Cathleen O’Keefe, Bulk Order Coordinator, bulkorder@nofamass.org, 413-387-2316.
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Worcester State University
January 12, 2013

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NOFA/Mass Seeks Director of Public Relations and Newsletter Editor

Dynamic individual with excellent communication skills sought for NOFA/Mass Director of Public Relations & Newsletter Editor. This 25-hour/week position requires strong written and oral communication skills, strong organizational skills, creative vision and follow-through and the ability to strategize. Goals are to publish our monthly online newsletter with advertising, mobilize NOFA/Mass to reach new audiences, have a strong media presence and increase overall organizational visibility.

The Northeast Organic Farming Association/Massachusetts Chapter, Inc. (NOFA/Mass) is a well-established, 31-year-old non-profit farming and gardening association providing education, resources, networking and a community of like-minded folks to 1,200 members statewide, as well as to the general public and anyone seeking organic growing information and education. NOFA/Mass runs an urban teen gardening program, an organic landscaping accreditation program, a membership-only bulk ordering program (organic agricultural supplies), an annual Winter Conference, two annual Advanced Growers’ Seminars, a seven-state regional NOFA Summer Conference, numerous agricultural extension workshops and statewide events, social action research and advocacy. Visit www.nofamass.org for details.

Independently motivated and highly organized, the Director of Public Relations & Newsletter Editor will be effective at teamwork, probably bring a journalism and/or public relations background, carry the ability to strategize and make wise editorial decisions, and bear a passion for effectively and efficiently communicating NOFA/Mass’ vision to diverse groups. Strong computer, email and data management skills (MS Word, Excel) a must. Prior experience with online newsletter creation, online media, Constant Contact and graphic design familiarity a plus.

Reports to both the Communications Director and the Executive Director.

Summary of Work:

- Newsletter: write, edit, solicit articles and photographs for, supervise the layout design, fully of 11 editions of the annual NOFA/Mass newsletter. Working with NOFA/Mass staff and board members as well as NOFA/Mass members and the general public.
- Press/Publicity: Coordinate all press and publicity for NOFA/Mass events, fund-raisers and general program work, including our regional organic farming conference and festival, the NOFA Summer Conference, and the NOFA/Mass Winter Conference, by writing/sending press releases (and articles as appropriate) and following up with print, radio and online media, organizational contacts, and online resources; as well as enhancing our press database with new contacts and reaching new audiences, via the media. Membership in and attendance at six NOFA Summer Conference meetings mandatory, along with the conference itself.
- Outreach: strategically work to directly increase NOFA/Mass membership and all program participation by networking with groups and organizations, reaching out to new audiences and sharing NOFA/Mass’ resources, knowledge and expertise with new constituencies.
- Data Management: utilize strong organizational skills to create and enhance databases to track and follow-up with media, groups, organizations and to track newsletter articles and contacts
- Social Media – manage the NOFA/Mass Facebook page, Twitter, and Meetup.com marketing channels. Research new ways of reaching target audiences through new forms of social media such as smart phones, text registration/confirmation, YouTube, Picasa, FourSquare, PinIt, etc.
- Internships – supervise PR interns and work exchange volunteers as appropriate, and engage area colleges in advance, to secure postings, and/or funding (when available) through school channels.

This staff position starts at $13/hour with annual increases. Benefits include NOFA Summer Conference registration (including housing and one meal) and mileage reimbursement at 45 cents/mile. Must attend NOFA/Mass Winter Conference, the two NOFA/Mass staff/board retreats each year, the annual day long staff retreat, and keep current NOFA/Mass membership. Please email resume, cover letter, three written published clips and three professional letters of references to: Julie Rawson, NOFA/Mass Executive Director, at Julie@Nofamass.org. Deadline for applications is Tuesday, January 15. The position is planned to start the last week in January.
Winter Conference Update

Please join us for our 26th Annual Winter Conference at Worcester State University Saturday, January 12th.

Karen Washington will be giving the keynote & offering an all day seminar. The three, 90-minute seminar sessions will address bringing agriculture back into the classroom. Professional Development Points are available, through a new partnership with Massachusetts Agriculture in the Classroom, to Massachusetts K-12 teachers who attend this seminar and use new knowledge to conduct and activity with their students.

Session One: What is it all about? When you think of school gardens, what do you envision? Looking back at the history of school gardening: past, present, future. (Topics to cover: De Witt Clinton School; in the early 1900’s was one of the first urban school gardens, Edible Garden Programs: Edible School yard, The Edible Academy)

Session Two: Internal and external challenges/benefits - Who is involved? Benefits and challenges as it relates to today’s urban society? Discuss the challenges teachers are faced with while balancing academics with growing food. What unique and innovative ways agriculture is being sliced into today s curriculum? (Topics to cover: farmer’s markets, salad bars, vertical walls, red tape)

Session Three: Problems/issues - creating an action plan and sustainable agricultural system through rural/urban collaboration. Examine your resources! Growing food does not stop when it’s summer vacation, nor does money grow on trees. What role should/ or does the community have in a school gardening program? How important is the urban and rural connection? (Topics to cover: PTA, funders, local farms, community gardens)

In addition to those information packed events, there will be over 60 exhibitors and workshops.

A Sneak Preview of Some of the Workshops…

The Health Risks of Genetically Modified Foods (all levels) Ed Stockman is an organic farmer, biologist and former NOFA/Mass organic extension educator.

We are all (including our children and grandchildren) part of the largest feeding experiment ever conducted. Genetically modified foods have not been adequately tested, are not labeled and are not regulated to any meaningful degree. Workshop participants will be introduced to the documented human health dangers of genetically engineered food. I will discuss how we can stop the madness and remove genetically modified organisms from our food supply. Prior to the workshop, participants should watch the film “The World According to Monsanto,” at http://topodocumentaryfilms.com/the-world-according-to-monsanto/.

Calcium, Silica, & Boron: Mineral Synergies for Plant Health (intermediate/advanced) Derek Christianson is a farmer and community educator at Brix Bounty Farm. Steve Murray is the field manager at Brix Bounty Farm.

Calcium plays a critical role in healthy cells and healthy plants. In this workshop we’ll focus on the steps necessary to optimize Calcium in plant metabolism through an in-depth examination of Calcium, Silica, & Boron in our soil and plant systems. Attendees are encouraged to review Hugh Lovel’s ACRES article “The Biochemical Sequence of Plant Nutrition” (http://bit.ly/v1Sxht) in advance of the conference.

A few reminders for the already registered, or those planning on doing so soon…

Weather Cancellation -- If the parking lot is not accessible, event cancellation will be posted on the website: http://www.nofamass.org/index.php. You can call the Conference Coordinator, Cathleen O’Keefe at

www.nofamass.org
413-387-2316 or the NOFA office at 978-355-2853 between 7 pm and 10 pm 1/11/12.

**Lunch** -- Worcester State University’s catering services, Chartwells, will be offering a locally sourced, all organic menu, which is included in the price of registration. This menu will be served buffet style from 11:30-1:30 p.m. in the Temple Emanuel Ballroom. You must purchase lunch separately & price is not included in general registration fee.

**Children’s Program** -- Children ages 3-12 may participate in the Children’s Program for a variety of games, crafts and other activities. This program will run during workshops & the keynote speck; be prepared to claim your children during lunch. If weather permits, children will go outside so please dress them accordingly. Snacks are provided, however, if your child has dietary restrictions please provide your own snacks.

**Parking** – If you are entering from the South/May St. entrance, your best bet is to park in the Parking Garage or in the lots closest toWasylean Hall. If you are entering from the North/Chandler St. entrance, try the lots nearest the gymnasium. Look for the volunteers in the lots to help you along your way. Check out the campus map here.

**Registration** – Will take place in the Student Center from 7:30 to 9:00. We encourage participants to get to the conference early to avoid long lines and to make it to first workshops on time. Walk-In Registrants will be charged an additional fee at the door.

See you in Worcester, so very soon.

Cathleen O’Keefe
Conference Coordinator

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REACHING THE CORNERS OF THE CITY: 
REC’S MOBILE MARKET IN WORCESTER

BY MINDY HARRIS, NOFA/MASS DIRECTOR OF PUBLIC RELATIONS

REC (Regional Environmental Council) began in Worcester in 1971. The organization came into existence with the introduction of a lawsuit against the City of Worcester, which at the time was planning to site a landfill in Greenhill Park. A Coalition of environmental orgs came together to claim that the park was used space and not available space. Despite the lost suit, a strong commitment to environmental justice and healthy living became at the core of REC’s mission. Although its various programs and activities have evolved over the years, REC conceives itself as trying to ‘right’ the environmental inequities that exist for people in the inner city. REC concerns itself with access to open space, safe places to play, healthy food, and healthy air/living spaces. In the inner city, environmental hazards include air pollution, lead poisoning, indoor and outdoor pollutant from cleaners/hazardous waste. Often property owners have the inability to remove hazards from housing, and zoning is such that residents are living next door to industrial areas which create air pollution and congestion. On the food front, proximity to healthy food, familiarity with products, and financial resources are the obstacles inner city residents face in achieving healthy nutrition. REC is working to close those gaps with a grassroots approach to empowering communities from the inside.

REC’s programs are divided into two areas: Environmental Health & Justice and Food Justice. In the Environmental Health and Justice area include REC’s ‘Green and Healthy Homes Coalition,’ which works on the lead abatement issue; ‘Worcester Diesel Solution,’ an effort to retrofit Worcester buses and eliminate dependence on diesel fuel; ‘Weatherize Worcester,’ a program which helps residents engage in home energy assessments and improvements; and ‘Trash Action’ which runs citywide Earthday cleanups and smaller neighborhood cleanups.

The Food Justice program works with low income neighborhoods, seniors, schoolchildren, refugees and immigrants - anyone who have obstacles to getting food. The Food Justice program includes another four organizational initiatives: Community Gardens, Youth GROW, Farmers’ Markets, and Cooking Matters™.

REC helps to facilitate over 63 Community Gardens in Worcester, including 20 school gardens. Casey Burns is REC’s Food Justice Program Director and coordinates all 4 food-area projects. She has been with the organization for almost a decade.

“We need to change the way we talk about hunger. The opposite of hungry is not full. The opposite of hungry is healthy. If people are getting fed off of fast-food, that’s not solving the hunger problem. It takes more of a long-term approach around having food available that people want, are comfortable eating, and can get to and can afford. This is more complicated. The local food movement hasn’t been culturally accessible or appropriate for the communities we’ve been working with. We need to have leadership in these programs that makes this movement accessible in a broad way. We look at the communities that are harder hit. We have a high level of success in growing food with seniors and immigrants with farming backgrounds. Many different communities have a history of growing their own food. We try to tap into those communities and integrate our message into what they already know.”

The Youth GROW program is a training program with a year-round curriculum on two urban farm campuses; a curriculum which focuses on life skills, healthy eating and growing your own food. The Farmer’s Market, which has been functioning for 5 years, runs every Saturday, June through October, and this season, served over 6,000 Worcester customers. The market accepts SNAP and WIC coupons.

Through its Cooking Matters program, REC teaches city residents and kids how to select healthy and low-cost options at the grocery store, and how to turn ingredients into exciting and delicious dishes. REC is bridging a food ‘comfort’ gap, or a ‘familiarity’ gap. According to Burns,
“No matter how much Kale you make available, if it’s not what people want to eat, or feel comfortable eating, or know how to prepare, or can afford to buy, then they are not going to eat it. If you are not selling the produce where people are shopping, then they don’t know how to get to it. You need people from the communities that you are trying to support to be in the leadership roles to know whether you are hitting the mark or not.”

According to Burns, REC’s strength as an organization lies within its ability to work in a grassroots way, tapping into the communities where they work, and really understanding the needs of residents. REC believes firmly that for any change to occur, education and advocacy must begin within the communities themselves. Training lay-leaders to shape the programs REC offers, and to give feedback on how the programs are working ‘on the ground’ is essential to the success of their work. REC is very good at recruiting volunteers and training leaders. Because it is a small organization, Casey thinks it can be responsive to the needs of its constituents in a way larger organizations can’t. Programmatic changes can happen quickly, from year to year, if activities aren’t meeting larger goals, or aren’t appealing to constituents appropriately.

But Burns concedes that the obstacles to developing access to healthy food are not exclusively internal to these underserved communities. There are outside influences that have enormous impact on the policies that support food access. Burns didn’t hesitate to jump into what can often be a sticky dialogue underlying their work in diverse communities:

“Over the last 5 years, we’ve seen the Food Justice program grow a lot because there is a national movement of food programs developing. When we started this work, we were the ‘little guy in the room,’ saying things that [according to outsiders] were a little off-base or not relevant. In talking about hunger and food access, the traditional response was around emergency and band-aid solutions. We’ve gotten a lot more recognition and support over the last few years as the larger food movement becomes in the forefront, and people get educated around long-term solutions and the grassroots approach.”

“When people ask me what the major obstacles are around food access and development of resources – racism and poverty are the two major issues. If we can talk about these issues openly and honestly, then we can start to get closer to meeting the needs that people have. There are many internalized assumptions about authority in decision-making around health-resources. People don’t realize when they are making decisions for communities they are not a part of how off-base they can be in determining what can be the most helpful to people. There are not many people of color in leadership positions in the Worcester City Council, or in any of our city leadership. Because of that, I think there are assumptions around what people need. There is a lot of misguided judgment around food stamps, and how that program is monitored. In the public discourse, there is focus on the abuses of that system, which are the exception to the rule. That focus is fueled by racism. The perspective affects how resources get allocated. Momentum and attitudes get spread and become the norm.”
Enter Mobile Market. The grocery market on wheels represents a long-term dream of REC. The organization had been running its farmers market for 5 years. It received lots of feedback from both farmers and customers, including many requests from residents in different parts of the city to open up additional markets. Without the capacity to run additional markets, REC tried to come up with a solution that would expand access to folks who needed healthy options, without over-taxing its staff. The notion of transforming a van into a Mobile Market was a great way to bring food to the people. The organization got a van donated from the WRTA, received funding from Harvard Pilgrim and some additional funding from the Health Foundation of Central Mass to design the van and to make it nice looking. In August of 2012, REC launched the Mobile Market, and started running two days of market stops, with a total of 10 stops. So far, it has been a stunning success. People were able to use WIC coupons that wouldn’t otherwise have been redeemed because they weren’t able to get to a farmer’s market, or didn’t know where to go.

The Mobile Market featured produce from three farms: Shultz Farm in Rutland, Foptemas, and REC’s own Youth Grow farms. Because the Mobile Market offers produce from three farms, it was able to ‘qualify’ as a farmers market, which allows it to accept WIC and senior coupons and SNAP. And through some additional funding, all season they offered 50% off on SNAP sales. The Mobile Market stops included Worcester Senior Center, Edward M. Kennedy Health Center, Family Health Center on Queen Street (WIC office), Plumley Village, 40 Belmont Street, Elm Park Towers, Elm Park & Crompton Park, Seabury Heights Senior Housing, Lakeside Apartment. REC is hoping that they will be able to leverage their Mobile Market work and create a Food Hub in Worcester, which would connect food producers to wholesale buys, restaurants and institutions. This is a project for the future. For the moment, however, they are very encouraged by the reception the Mobile Market has received.

“We’re experiencing a ‘perfect storm’ in our food programs. We have a history of good experience behind us. We know that a grassroots approach works. We’re now lucky to be at a place where this [food work] is becoming big news from the national level. Mobile market has given us a kind of organizational visibility we haven’t seen in a while.”

Casey Burns is the Food Justice Program Director at REC (Regional Environmental Council) in Worcester. Casey will be offering a workshop called “Mobile Farmers Markets and Working Towards a Food Hub in Worcester” at the NOFA/Mass Winter Conference, on Saturday, January 12th, at Worcester State University. For more information on REC’s work, check out their Website.
From Field to Fridge

Farms listed in the NOFA/Mass Organic Food Guide have the opportunity to highlight here what they currently have available for sale. Pick up some of their goods and help support your local organic and sustainable farmers today!

To access a farm’s full Organic Food Guide listing, click on that farm’s name.

Atlas Farm
635 River Road
Deerfield, MA
413-695-2728
gideon@atlasfarm.com
www.atlasfarm.com
Northampton Winter Farmers’ Market, basement of Thorne’s Marketplace, Saturdays 9 a.m. to 2 p.m.
Leafy greens, head lettuce, salad greens, cabbage, kohlrabi, Brussels’ sprouts, potatoes, sweet potatoes, beets, carrots, turnips, parsnips, radishes, celeriac, winter squash, onions, our own tomato puree.

Blue Heron Organic Farm
PO Box 67
Lincoln, MA
781-254-3727
farmer@blueheronfarmlincoln.com
www.blueheronfarmlincoln.com
We sell to many Boston area restaurants; please see website (click on ‘Restaurants’) for seasonal availability. The farm stand is closed for the season but please visit our website in the Spring for more info on our May Organic Plant Sale. We will be accepting applications for farm workers in January, 2013. Please send resume and cover letter to the email address above for the 2013 season. Please email the farmer if interested in volunteering in 2013!!!

Heirloom Harvest
Westborough, MA
508-963-7792
farmer@heirloomharvestcsa.com
www.heirloomharvestcsa.com
2013 22-week CSA shares for sale, certified organic.

High Meadow Farm
28 High St
Hubbardston, MA
978-928-5646
jassy.bratko@gmail.com
www.highmeadowfarms.com
9 a.m to dusk daily
100% grass fed beef, woodland raised pork, pure raw honey

John Crow Farm
133 Old Ayer Road
Groton, MA
978-842-1JCF (1523)
johncrowfarm@gmail.com
www.johncrowfarm.com
Please visit website for details.
Beef, pork, lamb, poultry, eggs

Many Hands Organic Farm
411 Sheldon Road
Barre, MA
978-355-2853
farm@mhof.net
www.mhof.net
Call ahead for an appt.
Lard at $20/quart. Comfrey salve at $6. Garlic powder at $8. Eggs at $6/dozen. Delicious pork and beef in the freezer. All is certified organic except the beef (because they started life on a non-certified farm). All of our animals are pasture raised. 2013 CSA, pork, chicken, beef, turkey information is now on the website. We have CSA.
deliveries to Holden, Worcester, Framingham, Dorchester, and Leominster. We are looking to fill a full-time position, two summer positions, and some working shareholder positions.

Natick Community Organic Farm
117 Eliot St
Natick, MA
508-655-2204
ncorganic@verizon.net
www.natickfarm.org
Open daily during daylight hours for visits and purchases
Vegetables: root crops (potatoes, sweet potatoes, winter radish, daikon), leeks, scallions, garlic, greens, and mesclun. Pork, chicken, and beef.

Overlook Farm, Heifer International
216 Wachusett St
Rutland, MA
508-886-2221
overlook.farm@heifer.org
www.heifer.org
Open daily with free tours as staffing allows. Fair Trade Gift Shop with crafts and items from around the world open daily 9 a.m. to 5 p.m.
Farm Raised Meat available in our freezer: pork, lamb, and chicken. Call for information about our educational programs, April and Summer Day Camp, and special events such as our Pancake Breakfast in March.

Red Fire Farm
Granby Farm Stand at 7 Carver St, Granby, MA
Montague Old Depot Gardens Farm Stand at 504 Turners Falls Road, Montague, MA
413-467-7645
thefarmers@redfirefarm.com
www.redfirefarm.com
Winter Farmers’ Markets start on Saturdays in December or January in Springfield, Amherst, Wayland, and Cambridge. See our website for details.
Root Vegetables of all types (sweet potatoes, carrots, onions, potatoes, rutabaga, kohlrabi, and more). Also Winter Greens, Popcorn and Preserved Tomatoes! Discounts on bulk orders if you want to do your own storage or are having a big cooking party. There is still room for signing up for Deep Winter CSA shares which start in January.

Robinson Farm
42 Jackson Road
Hardwick, MA
413-477-6988
info@robinsonfarm.org
www.robinsonfarm.org
Farm Stand open daily 7 a.m. to 7 p.m.
Our “Award winning” Farmstead aged cheeses (cow), grass-fed beef/veal, raw milk, Sidehill yogurt, Westfield Farm goat cheese, Hardwick Sugar Shack maple syrup, jams, “Real Pickle” fermented veggies, and seasonal vegetables from Misty Brook Farm. Visit www.robinsonfarm.org for retail locations and restaurants, or contact us for wholesale cheese orders. New in 2013! Arpeggio, a soft Tallegio-style cheese, aged 80-120 days. Yummy!

Warm Colors Apiary
2 South Mill River Road
South Deerfield, MA
413-665-4513
warmcolors@verizon.net
www.warmcolorsapiary.com
Wed, Fri, and Sat 10 a.m. to 5 p.m.
Varieties of Honey, beeswax candles, and beekeeping equipment and supplies. We will start taking orders for bees in December for April pickup. Payments can be made on-line or at our Apiary.

Winter Moon Roots
17 Lawrence Plain Rd
Hadley, MA
413-387-7140
mdocter@wintermoonorganic.com
Winter Farmers’ Markets in Northampton, Hampden, Amherst, Somerville, and Wayland
Carrots, Beets, Parsnips, Turnips, Radishes
COMMUNITY HAPPENINGS

EVENTS

NOFA-NH WINTER CONFERENCE
11th Annual NOFA-NH Winter Conference: Resilience, Laconia Middle School; 150 McGrath Street, Laconia, NH. Fri & Sat, 1-2 March, 2013  8:00am - 4:00pm.  Friday is a day of intensives in production, with an all-day hands-on tractor intensive. Limited registration, so book early. Saturday is a day of workshops for farmers, gardeners, landscapers, permaculturists, herbalists and the local-food-loving community. Contact and Registration Info: Jo Russavage, coordinator; email info@nofanh.org

COST-REDUCING STRATEGIES FOR DAIRY AND LIVESTOCK OPERATIONS
A Northern New England Collaborative Event January 17, 2013, 10:00 am – 3:15 pm  at UMass Crop and Animal Research and Education Ctr, 89-91 River Rd, South Deerfield MA
The program will feature issues including: Reducing shrink on your farm, Alternative nutrient sources and nutrient management, Beating high feed costs, Maximizing forage quality, High forage dairy diets, Selecting profitable corn hybrids, Modern vaccination program and other locally relevant topics. 3.5 CCA credits will be offered! For more information contact Mallory Ottariano, 413-545-5221, mottaria@psis.umass.edu. Registration and Information Here.

THE RIGHT COVER CROPS FOR THE RIGHT TIMES
Featuring presenters Brian Caldwell of Cornell University and Hemlock Grove Farm, Seth Kroeck of Crystal Springs Farm, and Jeff Pieper of University of Rhode Island. Part of a three-year USDA/Northeast SARE Research & Education Project entitled Cover Cropping Strategies for Year-Round Weed Control on Mixed Vegetable Farms in Southern New England led by University of Rhode Island professor Rebecca Brown.
Location: Conference Room, Old Sturbridge Village, Sturbridge, MA; Date: February 14, 2013; Time: 10am—3pm; Cost: $20/person, includes lunch, $30/person if RSVP after February 4th. Contact: Andy Radin 401-874-2967; andy_radin@mail.uri.edu.

ANNOUNCEMENTS

NOFA/MASS SEeks Director of Public Relations and Newsletter Editor
Dynamic individual with excellent communication skills sought for NOFA/Mass Director of Public Relations & Newsletter Editor. This 25-hour/week position requires strong written and oral communication skills, strong organizational skills, creative vision and follow-through and the ability to strategize. Goals are to publish our monthly online newsletter with advertising, mobilize NOFA/Mass to reach new audiences, have a strong media presence and increase overall organizational visibility. Please email resume, cover letter, three written published clips and three professional letters of references to: Julie Rawson, NOFA/Mass Executive Director, at julie@nofamass.org. Deadline for applications is Tuesday, January 15. The position is planned to start the last week in January.

PART-TIME Farmer Position at Needham Community Farm
The Needham Community Farm is currently seeking a part-time farmer, or experienced gardener, to help with farm operations during the 2013 growing season. The farmer will be responsible for managing the Needham Community Farm’s 1.25-acre site at Pine Street, as well as the small pilot site at 1155 Central Avenue. This includes coordinating and organizing volunteers to carry out needed garden work, and all duties related to growing and harvesting the crops, as well as coordinating the distribution of crops (mostly to the local food pantry). Hours will vary depending on the time of year. For more information, and a complete job description, contact Debbie Schmill at needhamfarm@rcn.com
**COMMUNITY HAPPENINGS**

**THE TRUSTEES OF RESERVATIONS SEeks PROPOSALS FOR FARMLAND**
The Trustees, a statewide non-profit land trust, is seeking farmer proposals for up to 8 acres of land in Ashfield, MA. The land is non-contiguous, a mix of rolling and flat, accessible by public roads, probably most suitable for animals. There is a large barn available for storage, washing station, CSA pickup, etc. and there is irrigation available. There is no on-site farmer housing. The Trustees are seeking a farmer with a business plan who wants to run their own operation in partnership with The Trustees. There is no fee for the land. Send proposals or questions to Ellie at elobovits@ttor.org

**NATICK COMMUNITY ORGANIC FARM JOB OPPORTUNITY**
Summer Programs Teaching Staff. Join our exciting summer crew of outdoor educators at our nonprofit educational organic farm for the 2013 season. Share your skills in agriculture, the environment, sustainability, and education working with groups of 6 to 12 children, ages 3 to 11+. Applicants must have prior experience with children, basic knowledge of agriculture, nature, animals; farm experience is a plus. Send cover letter and resume to Becca Toms, becca.ncof@gmail.com; or NCOF, 117 Eliot St. Natick, MA 01760.

**CONCORD MUSEUM FARM TO LECTERN SPEAKERS SERIES: JOEL SALATIN**
On Thursday, January 17, the Concord Museum welcomes Joel Salatin, author and farmer at Polyface, a multi-generational, “beyond organic” Virginia farm. In “Folks, This Ain’t Normal,” Salatin gives a whimsical performance filled with history, satire, and prophecy in defense of small farms, local food systems, and the right to opt out of the conventional food paradigm. 7:00 p.m. at the Fenn School, 516 Monument Street, Concord, MA; book signing to follow. Free, by reservation; Concord Museum, 978-369-9763 ext. 216. Offered in association with the Museum’s exhibition, “The Greatest Source of Wealth: Agriculture in Concord.” For more information, visit www.concordmuseum.org.

**CT NOFA SEeks EXECUTIVE DIRECTOR**
CT NOFA (the Northeast Organic Farming Association of Connecticut) is seeking an experienced, energetic, and visionary food policy professional to assume the position of executive director. The organization has distinguished itself as the first and leading grassroots association advocating for organic food, farming, gardening and land care in Connecticut, connecting people in the sustainable local food movement with organic resources and education. For additional details, please go to:
http://ctnofa.org/ED_Announcement.html

**NORTHEAST ORGANIC FARMER SURVEY**
Attention ORGANIC farmers! In January, all NOFA chapters and MOFGA will be circulating a survey to farmer members. This is the link to the electronic survey: http://tinyurl.com/NOFAsurvey
Please plan to take 20-30 minutes of your precious winter time for this survey on your farm’s labor practices and markets. The purpose of this study is to find out how things like pay, housing, health and the prices farmers receive affect farmers and farmworkers. This survey is meant for all organic farms – certified organic, farmers pledge, or self-declared organic, rural or urban – regardless of size or crops. The survey results will be confidential, and only shared in summary form. The survey forms an important part of the research for Becca Berkey’s dissertation at Antioch College and is a joint project with the NOFA Interstate Council Policy Committee. The results will help guide the policy and technical assistance work of NOFA and MOFGA.
Thank you to Fall 2012 Appeal donors in December

David Carlson
Stephen Cunningham
Sam and Margaret Fogel
Richard Harrison & Sarah Lincoln Harrison
Susanna Hilfer
Jaya and Geof Karlson
Steven Kirincic
Peggy Liversidge

Stan Pollack
Sadie Richards
Lesley Shore & Bill Tragakis
Lynda and Nathaniel Simkins
Nancy B. Soulette
Maureen Sperry
David Strand and Kathleen Sheperd
Giovanni Tropeano

New and Renewing NOFA/Mass Members in December

Paul Antonucci
Claudia Arsenio
Roni Beal
Brookfield Farm
Mimi Brown
Richard Buckberg
Robert Buczkowski
Katie Campbell-Nelson
Deborah Carey
Stephanie Cassano & Alfred Crocker
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Richard Tracy
Joseph Virbasius
Steven and Kathy Walker
Fan Watkinson
Kevin Weeks
Nicole White
Stephanie White-Stanton
Paul Wieloch
Nathaniel Wood
Sharon Wyrrick
NOFA/Mass Workshops

Organic Lawn and Turf Day
January 11, 2013 - 9:00am to 4:30pm
Tower Hill Botanic Garden, Boylston
$95 NOFA members and AOLCPs; $105 non-members
Learn to grow and manage beautiful, healthy organic turf, from home lawns to campus greens.

For info on the NOFA/Mass Organic Land Care program, email Caro Roszell – caro@nofamass.org, or call 508-360-0874.

Winter Conference
January 12, 2013 – 9:00am to 5:30 pm
Worcester State University
With all-day Seminar featuring urban activist and community gardener, Karen Washington
Cost: $77.50 with discounts for farmers, NOFA/Mass members, and Early-Bird registration. Scholarships also available for Beginning Farmers.

For info on Winter Conference Registration, email wcregistration@nofamass.org or call (413) 362-2143.

Soil and Nutrition Conference
January 31, 2013 (All day) to February 2, 2013 (All day)
First Churches, Northampton, MA
Cost: $155 for NOFA, RFC, or BFA members; $160 non-members

This conference aims to grow the movement for enhancing soil fertility as a basis for the long-term ecological and economic sustainability of farming, the environment, and society as a whole. The focus of this year’s conference is applying practical management strategies on the farm from principles of biological soil fertility. Our lead speaker is John Kempf from Middlefield, OH. John speaks in clear practical language about scientific understandings of plant eco-systems and how the health of people is connected to healthy land and quality produce. Dan Kittredge and Derek Christianson are co-panelists.

Greenleaf Foundation
Making Small Grants to non-profit organizations that promote organic farming and gardening and community development throughout New England.

For more information please contact:
Greenleaf Foundation
P.O. Box 788, Philmont, NY 12565
WINTER GROWING WORKSHOP SERIES

CONTINUOUS AND EFFICIENT PRODUCTION THROUGH WINTER
Thursday, February 7, 2013 10:00 a.m.-12 noon ***followed by optional pot-luck lunch
Natick Community Organic Farm, 117 Eliot Street, South Natick, MA
Cost: $30
Instructor Jean-Claude Bourrut with over 25 years of experience in organic growing; has designed, built and grown in greenhouses & hoop houses. This workshop will cover the following topics: using greenhouses fall through spring for both winter greens and seedlings with an emphasis on soils, harvesting techniques, and pricing, as well as experiments with flower growing.

FARM SYSTEMS FOR HARVESTING FOOD EVERY SEASON
Saturday, February 9, 2013 9:00 a.m. -12:00 noon
Simple Gifts Farm, 1089 N. Pleasant Street in N. Amherst, MA
Cost: $30
Instructor Jeremy Barker-Plotkin is co-owner and veggie manager of Simple Gifts Farm.
This workshop will cover movable greenhouses, low-level heat from solar-hot water system, caterpillar tunnels to extend late crop harvest, and low-tech low tunnels for late planting followed by early spring harvest.

10 MONTH SALAD GREENS ON SMALL PIECE OF LAND
Kittredge Farm, 24 Hillsville Road, North Brookfield, MA
Saturday, February 16, 2013 9:00 a.m. -12:00 noon
Cost: $30
Instructor Dan Kittredge is a life-long organic farmer and now director of the Bionutrient Food Association. This workshop will uncover the low barriers to entering the greens market, using simple and inexpensive infrastructure to produce a high quality final product.

PRODUCING GREENS FOR WINTER CSA
First Light Farm, 464 Highland Street, Hamilton, MA
Saturday, February 23, 2013 9:00 a.m.-12:00 noon
Cost: $30
Instructor Mike Raymond has been producing winter greens at First Light Farms for three seasons.
This workshop covers low-till winter management, timing of crop rotations between successive harvest seasons, managing crop residue, and transplanting greens into hoop house during fall.

PRODUCING FOR VARIOUS WINTER GREENS MARKETS
Indian Line Farm, 57 Jug End Road, South Egremont, MA
Saturday, March 2, 2013 9:00 a.m. -12:00 noon
Cost: $30
Instructor Elizabeth Keen farms at Indian Line Farm and has been growing certified naturally grown vegetables for 15 years. Instructor Pete Salinetti farms at Woven Roots Farm in Lee, MA, doing wholesale, retail, & CSA. Workshop covers movable greenhouses, seeding and harvesting methods, packing greens for sale, record keeping & economics. Marketing to farmers markets, stores, restaurants.

For info on NOFA/Mass Statewide Education Events, contact Ben Grosscup, 413-658-5374. By email, ben.grosscup@nofamass.org

For info on NOFA/Mass Boston-Area Events, contact Drew Love, 330-801-0389, or drew@nofamass.org
Celebrity Chef Cooking Class and Dinner at Haley House with Didi Emmons and Odessa Piper

A benefit fundraiser for NOFA/Mass
Saturday, February 16th
5:30pm-9:30pm
Haley House Bakery and Café, 12 Dade Street, Roxbury, MA
Ticket Prices;
$65 - Cooking Class, Dinner & Wine 5:30pm-9:30pm
$40 - Dinner & Wine only 8pm-9:30pm

Chef Didi Emmons is a graduate of La Varenne Ecole de Cuisine in Paris, France and the founding chef of four restaurants in the Boston area including The DeLux, Pho Republique, Veggie Planet, and Haley House Bakery Café. At Haley House she pioneered the Take Back the Kitchen Program, which provides cooking classes to inner-city youth. She also serves as a consultant to Project Bread’s Chefs-in-Schools program as well as the Boston Public Health Commission.

Belonging to the same generation of pioneer chefs as Alice Waters, Chef Odessa Piper is famous for her regionally reliant Madison, WI restaurant L’Etoile. Her work has been featured in Fine Cooking, Food & Wine, Bon Appetit, and Wine Spectator. A James Beard award winning chef, she has also been a frequent contributor to NPR, and loves to share her approach to ingredients and recipes, including the White House.
Winning Together

Stonyfield is grateful for organic farmers like you. Without your passion for organic farming, we couldn't be passionate about crafting delicious, nutritious, organic yogurt. Thanks!

-The folks at Stonyfield

Hodge Farm, NH
One of the Organic Valley family farms that supply milk for our yogurt
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Individualized prevention strategies
Above and beyond holistic dentistry
Revitalize your healing wisdom
Local, sustainable from farm to table

For a full list of services please visit www.grotonwellness.com/medical/menus-services

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Delivering fresh organic produce to your door

Boston Organics is an independent organic produce delivery service currently serving the greater Boston area.

We deliver boxes of fresh organic fruits and vegetables directly to our customers year-round; and we also offer a wide range of locally produced grocery items.

We’re always looking for additional growers and suppliers!

617.242.1700
bostonorganics.com
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