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From the Editor
Nicole Belanger, NOFA/Mass Public Relations Coordinator

Anything worth doing takes time and planning. Our culture’s short sighted use of fossil fuels for transportation and farming have gotten us into the pickle we’re in with climate change.

Not only are many in the local, organic farming movement exploring ways to create resilient crops and regional networks adaptable to unpredictable climates, we’re also educating ourselves about ways to mitigate climate change through trapping carbon in soils, also known as carbon sequestration.

As we play catch up in our vision for the future of farming and our planet, we’re looking for models and ways to comprehend and exercise the possibilities. The upcoming September 1 and 2 visit from Australian ag consultant and soil carbon scientist Dr. Christine Jones (page 11) and the Soil Carbon and Climate track at this year’s 40th annual NOFA Summer Conference (page 3) hold a lot of possibilities, for farmers, climate activists and others who care and want to be a part of the solution.

Planning ahead is also hugely important in growing crops and raising livestock. Small pieces of advice passed on in every day interactions make life easier, as one of the mentees in our Beginning Farmer Program found out (page 10). She has benefited from her mentor’s technique for documenting seeding and transplanting dates, crop yields and diseases and other info.

Connect with other farmers, growers and people passionate about sharing ideas and skills at the Summer Conference or an upcoming on-farm workshop. Sure, you can read some things online, but connecting in person, asking questions, getting your hands dirty - isn’t that what it’s all about? We’re social creatures after all. See you in Amherst!

Nicole
Connor Stedman to present in Soil Carbon and Climate Track at 2014 NOFA Summer Conference

Julie Rawson, NOFA/Mass Education and Executive Director

Connor is an ecological designer and environmental planner with a background in small scale diversified farming. He specializes in agro-forestry and multi-productive forested landscapes on farms and conservation properties, combining work on food production, conservation, and re-integrating people into the natural world. He has an M.S. in Natural Resources from UVM’s Ecological Planning program. He resides in Montague, MA and works throughout the Northeast.

As a part of the Soil Carbon and Climate Track at this year’s NOFA Summer Conference, Connor will lead the Carbon Farming workshop, concentrating on agriculture and land management as a response to climate change. Much of the conversation around climate change is about emission reductions – on a policy and treaty level, and as personal and corporate response. Increasingly, people are beginning to talk about adaptation, such as the conversations about flood resilience that have developed in the Northeast since Hurricanes Irene and Sandy. Rarely, though, are people looking at re-sequestering carbon. When they do, it is often about large, expensive, resource and technology-intensive geo-engineering projects, such as restoring carbon in deep geological structures or highly speculative weather control technologies. These methodologies tend to be unproven and are generally very resource and technology intensive.

“There is a strong critique to make of geo-engineering,” says Connor. “It certainly looks like a form of disaster capitalism - an effort by the existing economic elite to funnel ever more resources and control of the world into their hands. And, it’s very risky - we just don’t know that these geo-engineering ideas will work. What’s rarely talked about is sequestering carbon in farms, landscapes, forests, ecosystems – in a bottom up way, bioregion by bioregion, all around the world. This approach has the advantage of not requiring any new technology, and of simultaneously addressing other global crises – desertification, land degradation, food insecurity.”

In his Carbon Farming workshop, Connor will talk about this very strategy – regenerative agriculture practices that store carbon in soil and in perennial plants (especially trees). Also to be discuss are integrating tree crops into pasture, grazing in woodlands, planting fruit, nut, and timber crops into pastures, and developing multi-crop agricultures that mimic natural savannas.

Connor will discuss productive riparian buffers in a second NOFA Summer Conference workshop, Agroforestry for Riverlands and Beyond. Agroforestry and perennial crops in flood plains and river ways are sequestration and climate adaptation strategies, mitigating flooding and runoff from heavy rain events that continue to increase in severity with climate change.

One of Stedman’s colleagues and collaborators is Eric Toensmeier, and a lot of his thinking has been shaped by Eric’s work. Connor also likes the work of Holistic Management International and other planned grazing experts, including Ann Adams, Kirk Gadzia, and Greg Judy (our 2015 NOFA/Mass Winter Conference Keynoter). Restoration ecologist Dennis Martinez is another influence. Based in northern California, Martinez...
is of O’odham and Chicano heritage and works to bring traditional ecological knowledge into sustainable land management. Connor admires how Martinez bridges worlds between Western science and indigenous land care knowledge. Most of the carbon farming practices Connor will present about are rooted in very old traditions of land care, agriculture, and forestry practiced by indigenous communities around the world.

Stedman is an organizer of the February 2015 Carbon Farming Course in Red Hook, NY, a 3-week training in carbon-sequestering agriculture techniques. The course is a series of 1, 3, and 5-day workshops by many different trainers, which people can attend individually or come for the entire training.

Connor consults with farmers and landowners in a variety of ways. The majority of people are interested in habitat and forest management, or in bringing tree crops or agroforestry into their farms. He also works with AppleSeed Permaculture in the Hudson Valley, doing design, planning, and consulting for larger scale farm and forestland projects. AppleSeed is currently supporting the development of two new farm incubator projects – the Hudson Valley Farm Incubator in New Paltz, NY, and the Hudson Valley Farm Hub in Kingston, NY.

I asked Connor to give some advice to the following constituencies about what folks can do to support carbon sequestration:

For consumers: “If you buy coffee or chocolate, buy it from organic, shade-grown companies. Those farms are doing a lot to keep wet tropical forests in tree cover. There are many different producers who do shade-grown - look for it on the label.”

For gardeners: “Build the organic content of your soil and bring trees and shrubs into your food gardening. Dacha small farms in Russia and tropical home gardens all over the world include diverse, perennial, back yard gardens – which are significant to local food security. The Victory Garden movement in this country was an example of this too. It really is possible for people to grow diversified food in their backyards using perennials.”

For annual farmers: “For annual vegetable producers and grain producers, the biggest carbon storage win they can get is around introducing tree crops: alley cropping, or inter-planting rows of trees among annual production. It’s a well-developed practice from around the world that needs development in temperate climates. Additionally, undersowing, mulching, organic no-till, cover cropping, compost, always keeping cover on the soil - there’s a whole basket of techniques that store carbon in the soil. These are really just the best practices of organic farming – what’s good for the soil is good for the climate as well.”

For graziers: “Moving from fixed paddock to management intensive grazing is important. The carbon loss from overgrazing is significant. Managed, intensive grazing can rebuild soil in ways that a fixed paddock can’t, because grasses are evolved for disturbance and rest rather than constant pressure.”

You can contact Connor at connor@appleseedpermaculture.com.
40th NOFA Summer Conference August 8-10 at UMass Amherst

The 2014 NOFA Summer Conference is just around the corner. We’ve gathered the brightest growers, thinkers and activists in the organic movement for this weekend of captivating workshops, enlivening speakers, farm tours and fun.

Find out all about it at www.nofasummerconference.org!

Gather with likeminded people eager to share skills, passions and ideas at the Saturday afternoon meet ups for beekeepers, beginning farmers, Christian farmers, herbalists, homesteaders and Jewish Farmers.

Saturday and Sunday’s workshops are geared to many skill levels and interests. Knowledgeable and experienced instructors offer workshops on topics such as farm economics, food and farm education, gardening, organic certification, practical skills, soil and fertility, urban agriculture, mitigating climate change through agriculture, and more.

With 150+ workshops, there’s much to choose from...

**Permaculture workshops:** Carbon Farming: Regenerative Agriculture for the Climate, Gardening Like the Forest, Nuts for the Northeast, and Permaculture Homestead from the Ground Up.

**Beekeeping workshops:** Getting Started in Beekeeping, and Keeping Bees Healthy Organically.


**Vegetable growing workshops:** Small Scale Garlic Growing for the Beginner, Growing Brassica Crops, and Cultivating Summer Cabbage for Flavor and Profit

**Preservation and cooking workshops:** Processing, Butchering and Adding Value to Pork, Simple Lacto-fermentation, Basics of Pressure Canning, Flavorful Food Preservation Beyond Canning, Cultured Dairy Products, and Using Vegetable Seconds for Frozen Meal Kits.

This is a family-friendly event, with special conference tracks for children 5-12 and teens 13-17. **Teen workshops include** Food Production For Winter and/or Urban Environments, The Joy and Health Benefits of Keeping Goats, Create a School Garden to Raise Food Awareness, Homemade Body Products, Creating a Positive Future in a Crazy Time, and Trash Talk: Rethinking Garbage for Zero Waste. **Children’s workshops include** Playing Fowl: Caring for Our Chicken Friends, Everyone

“Singing for Food and Freedom: Carrying on the Legacy of Pete Seeger”, Friday evening’s sing-along, starts at 7:30pm (free for conference registrants and open to the public with a $5-$10 suggested donation). The weekend also features films (such as The Queen of the Sun and Out Here), organic meals, a country fair, a contra dance, 100+ exhibitors, and more.

Trained as a microbiologist this year’s keynote speaker Dr. Elaine Ingham brings a unique perspective to her work with farmers. Her goal is to develop soils that foster thriving microbial communities. Her simple approaches to building soil biology require less labor and off-farm inputs and ultimately help save farmers money, while reducing adverse ecological effects of conventional farming. She maintains that by building soils teeming with the right kind of biology, growers can mitigate plant pests and diseases.

Save time and money, register ahead! Walk-ins are accepted, but you can save up to $15 on both days if you register by August 2. Register online at www.nofasummerconference.org/registration.php. We offer 10% off registration for groups of 5 or more, as well as scholarships (these are first come, first served – so apply early!). Hard to take time away from your farm? Single day registration is also available.

Workshops, accommodations, video, rideshares and more are at www.nofasummerconference.org.

See you in Amherst!
Presenters in the 2014 NOFA Summer Conference’s eight-part “Soil Carbon and Climate” Track examine the ways in which organic farming can address the climate crisis. These workshops detail farming methods for vegetables, fruits, nuts, forage, and feed that provide a resilient food source while returning carbon molecules from the atmosphere to the soil.

Presenters point out that agriculture not only faces massive risks due to climate change, but also that when soils are managed properly agriculture can help reduce atmospheric carbon concentrations and thereby mitigate climate disruption.

“The Soil Carbon and Climate’ Track represents a growing awareness of biology in the mitigation of global warming,” said Seth Itzkan, who works with the Africa Center for Holistic Management in Zimbabwe to restore degraded land through regenerative methods of grazing. “Our climate problem isn’t just about emissions. It’s also about the earth’s capacity to absorb atmospheric carbon, and the safest and largest reservoir for carbon pollution is in new soil formations.”

Other organic farming researchers agree. A report, titled “Regenerative Organic Agriculture and Climate Change,” released in April from the Rodale Institute, claims: “Simply put, we could sequester more than 100% of current annual CO2 emissions with a switch to widely available and inexpensive organic management practices, which we term ‘regenerative organic agriculture’.”

In another study, a research scientist at the University of Texas, Richard Teague, demonstrated that land grazed for ecological goals - with many paddocks and short duration “timed” grazing - had approximately 30-tons of carbon more per hectare than comparable neighboring land that had been grazed conventionally.

“For thousands of years we’ve been managing livestock in ways that degrade grasslands and cause soil carbon to escape into the atmosphere,” said Itzkan. “We now know the opposite is also possible. If managed appropriately, livestock can be part of the healing process – simultaneously replenishing grasslands and feeding people.”

When soil carbon levels increase, neighboring communities also enjoy other ecological benefits. “Through regenerative farming,” said Abe Collins, a consultant and lecturer based in Winooski, VT, “we’re not just growing good food, we’re also producing clean water and reducing flood risks – providing real economic value for downstream neighbors.”

“Soil organic matter is key to water cycling, because it provides the raw material for the glues that bind mineral and organic components into soil aggregates. Increases in soil organic matter increase how much water soil can hold, leading to reduced flooding, improved water quality, increased biodiversity habitat, and greater productivity in times of drought,” said Collins.

Topics covered in this track of workshops include:

- “Permaculture principles to regenerate soils and stabilize the climate” (Connor Stedman, Saturday, 8:00 AM)
- Increasing soil biodiversity in New England soils (Jim Laurie, Saturday, 10:00 AM)
- Building soil carbon by grazing ruminants according to how they evolved in grasslands (Seth Itzkan, Saturday, 1:00 PM)
- Measurement tools to monitor the capacity of soil to hold carbon (Peter Donovan, Saturday, 3:00 PM)
- Building soil carbon by grazing animals over cover cropped fields (Ridge Shinn, Sunday, 8:00 AM)
- Addressing flood risks and water pollution by building carbon in agricultural soils (Abe Collins, Sunday, 10:00 AM)
- Growing nuts trees in the Northeast as a carbon-negative crop (Keith Morris, Sunday, 1:00 PM)
- Building stable soil humus through integrated practices of biological soil management (Dan Kittredge, Sunday, 3:00 PM)

Read the full descriptions of the Soil Carbon and Climate Track online.
Greg Judy to keynote & teach all-day grazing seminar at NOFA/Mass Winter Conference: Saturday January 10, 2015, at Worcester State University

Greg and Jan Judy of Clark, Missouri run a grazing operation on 1580 acres of leased and owned land, made up from 15 farms. They went from near bankruptcy in 1999 to paying off a 200-acre farm and house in three years. Seven years ago, they switched from Management Intensive Grazing to Holistic High Density Grazing, and the results have been breathtaking.

They graze cows, cow/calf pairs, bred heifers, horses, and stockers, and also own a 250 head grass genetic South Poll cow herd, 300 head St. Croix hair sheep flock, and graze pigs. They have started direct marketing grass-fed beef, lamb and pork. The Judy’s use no lime, no fertilizer, no seeding, no chemicals, and no equipment.

At the 2015 NOFA/Mass Winter Conference, Greg will be offering a seminar titled Using Livestock to Build a Healthy, Profitable Farm. In this seminar, he will discuss each step involved in setting up a profitable, managed grazing operation from scratch, including grazing methods, fencing, water, monitoring animal performance, recovery periods, building a litter bank, calving, winter stockpiling, developing your grazier’s eye, drought management, and daily monitoring.

Find more details at www.nofamass.org/winterconference or call (413) 387-2316.

Request for workshop proposals - Deadline: September 15, 2014

Submit a workshop proposal for the NOFA/Mass Annual Winter Conference, which draws about 1,000 people from Massachusetts and neighboring states. Participants include seasoned and beginning farmers, urban homesteaders, backyard gardeners, food activists, and many other engaged learners.

We are particularly interested in receiving workshop proposals for the following subjects:

- Organic gardening
- Season extension
- Urban gardening or farming
- Livestock & beekeeping
- Irrigation, farm machinery, fencing
- Homesteading
- Farm and food policy/ Healthy food access
- Growing specific crops organically, e.g. great carrots or potatoes
● Gardening in small spaces such as containers, patios, or balconies
● Farm management, such as marketing or financial planning
● Carbon sequestration & building healthy soils

Workshops will be accepted on a rolling basis. If you have any questions or would like to submit a proposal offline, please contact Stacie Brimmage, Winter Conference Workshop Coordinator, at wcworkshops@nofamass.org or (508) 579-0725.
Culture of education

By Suzy Konecky

Farming is in some ways like many other similar trades. However, many small farmers aren’t just tradespeople - they are also owners of their own businesses, businesses that are often very intertwined with the rest of their life. To a first generation farmer, this can be an equally daunting and intriguing occupation and lifestyle. Questions about how to integrate their small business into their life, and how to plan for a future that is sustainable abound. Needless to say, beginning farmers also need training in all of the other technical skills that used to be passed down through generations of farmers.

In Massachusetts there is a growing group of farmers who find value in incorporating education into their agricultural systems. Many of these farmers host interns or apprentices who are interested in training so that they might have their own farm some day. There is also a group of farmers who serve as mentors to beginning farmers either working for someone else, or starting out on their own venture.

As the NOFA/Mass Beginning Farmer Coordinator, I have had the pleasure of helping to connect beginning farmers in Massachusetts with more experienced farmers who can serve as their mentors. The richness of the program comes from all of the people who have participated over the past few years, and each of their unique stories.

Rose Cherneff is a beginning farmer in Worthington, MA. She works for Lincoln and Hillary Costa at Sawyer Farm. For Rose, education and agriculture are closely related, and she doesn’t want to have one without the other. Some day she hopes to have her own farm, and intends to incorporate an educational component. Rose is one of the beginning farmers in the NOFA/Mass Beginning Farmer Program. She works with mentor Don Zasada of Caretaker Farm. Rose chose Don as her mentor because of how long he has been farming, because of his well-established systems and practices.

Sawyer farm, where Rose currently works, is in its 4th season and therefore is very much still a ‘start-up’ operation. This has given Rose an incredible learning opportunity, and the opportunity to be innovative, problem solve, and find creative solutions to new and daunting questions. In many ways, this is a great way to learn, but not an easy way to learn. It is certainly not an easy way to learn quickly. This is why Rose sought out Don for her mentor in the NOFA/Mass Beginning Farmer Program.

Through Rose’s mentorship with Don, he has given her countless small pieces of advice, such as encouraging her to plant her peas more densely and how he prioritizes his morning task lists. Having someone with experience that beginning farmers can turn to with these small questions means the world to them and is helping us grow a stronger and better crop of farmers in Massachusetts.

The information transfer isn’t all about the nitty-gritty however. Don gave Rose a copy of his planting binder. This binder has a page in it for each vegetable that he grows, and each page functions as a worksheet that can be filled out throughout the season for the purpose of careful record keeping. On each page, he notes the date of starting the seed, the seeding rate, the transplant date, transplant spacing, anticipated dates of trellising, notes about the previous year’s harvest and disease, etc. That inspired Rose and the farmers she works with to create a similar binder, which they bring out with them on their walks through the fields.

They have found it helpful to use it as a system for record keeping. For example, they made a note on the page about potatoes when they saw the first Colorado potato beetle of the season. The idea for this crop binder is something that Rose will not only put into practice this season, but it is something that she will take with her - wherever her farming journey and career take her. Hopefully some day she will be educating
apprentices on her own farm and passing on all the pearls of wisdom that she learned from the farmers who taught her.

The community of farming education that we have here in Massachusetts, and in many parts of the country, is not spread by familial ties, obligations, or traditions, but instead upheld by the willingness and generosity of small farmers. Don is not mentoring Rose so that she will someday take over his farm, or carry on his family tradition. He is offering his advice and experience to Rose and all the other beginning farmers he mentors as a gift to the agricultural community. Through this program and other similar programs, we are helping to facilitate this culture of education, openness, and generosity.

To find out more about the NOFA/Mass Beginning Farmer Program and how to become a mentor or mentee, visit www.nofamass.org/programs/beginning-farmer-program or email Suzy at suzy@nofamass.org.

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**Dr. Christine Jones - Farming for the Future: Practical Options for Food Production Resilience in an Increasingly Variable Climate**

**September 1 – 10am to 4pm at Newton Community Farm, Newton**

**September 2 – 9am to 3pm at Immanuel Lutheran Church & Simple Gifts Farm, Amherst**

Concerned about climate change and wonder what you as a food grower, activist, or conservationist can do? Internationally acclaimed agricultural consultant and soil carbon scientist Dr. Christine Jones of Australia shares her work, demonstrating the critical role of soil life in human nutrition, resource conservation, and capturing carbon in our soils.

With a focus on maximizing photosynthesis and fostering microbiological life in the soil to make minerals available to plants, effectively manage water, and promote the health of plants by increasing their immunity, appropriate agricultural practices are at the heart of Dr. Jones’ work.

Growers and land managers will learn about practical techniques to apply in the field: specifics about how to regenerate the microbial bridge for optimum plant nutrition, maintain good soil structure and water holding capacity, and foster stable carbon in the soil. Activists will learn about existing models, terminology, and the science behind carbon sequestration in soils.

For more information and to register, visit www.nofamass.org/events or contact NOFA/Mass Education Events Coordinator Jamie Lombardo at jamie@nofamass.org or (860) 966-6368.

**Cost:** Single event -$45 NOFA members; $54 non-members, by 8/10 early-bird deadline (after 8/10: $55 NOFA members; $64 non-members). **Special rate for attendance at both events** - $75 NOFA members; $90 non-members, by 8/10 (after 8/10: $85 NOFA members; $100 non-members).

To learn more about Christine’s work, visit www.amazingcarbon.com. For Soil Carbon Sequestration Resources for Farmers, Gardeners, and Consumers, visit www.nofamass.org/resources/resource-list-soil-carbon-sequestration-farmers-and-gardeners.
Come grow with us:
In 2012, we purchased more than $37,000,000 worth of local produce and flowers in our North Atlantic and North East regions—and we’re not stopping there!

If you are, or would like to be a grower of:
• organic broccoli
• organic blueberries
• organic strawberries
• organic melons

Please contact Mike Bethmann, Rich Thorpe or Brian McKeller regarding potential opportunities:
• mike.bethmann@wholefoods.com
• richard.thorpe@wholefoods.com
• brian.mckeller@wholefoods.com

Supporting local farmers, producers and vendors for 30 years and counting.
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NOFA/Mass outreach update
Sharon Gensler, NOFA/Mass Outreach Coordinator

THANK YOU to our June volunteers who had a great time attending events for us: Lucy Stockton, Pam Raymond, Julie Rawson and Hannah Jacobson-Hardy.

I need your help, not only volunteering for any of the events below, but to inform me of ones not listed. There’s a lot happening and it would be great to have us represented at more local events, especially ones in your community... So please let me know!

Let’s talk and you’ll receive a bit of training, maybe learn more about NOFA/Mass and feel good about doing good work! Plus let’s not forget the free NOFA hat OR the $25.00 discount on a NOFA sponsored event. More info at www.nofamass.org/programs/nofamass-outreach.
Contact me to sign up now: outreach@nofamass.org.

OUTREACH CALENDAR

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Cheese tasting in the Berkshires

Expand your palate and knowledge of handcrafted, raw milk cheeses at Cricket Creek Farm while supporting the NOFA/Mass Raw Milk Network.

**Saturday, September 13, 2014 from 2-5pm**
**Cricket Creek Farm in Williamstown, MA**

- Taste several farmstead, raw milk cheeses with Suzy Konecky, Creamery Manager and Cheese Maker at Cricket Creek Farm.
- Learn about the environmental, economic and health benefits of raw milk with Sean Stanton, manager of Blue Hill Farm and North Plain Farm in Great Barrington, MA.
- Get a better understanding of raw milk policy and legal issues with Winton Pitcoff, NOFA/Mass Raw Milk Network Coordinator.
- Take a stroll in Cricket Creek’s lush green pasture.
- Sneak a peak at the milking and cheese making operation.
- Enjoy wine pairings, appetizers and live music!

*$65 for NOFA members, $75 for non-members*

All proceeds will go to the NOFA/Mass Raw Milk Network, which works to ensure that safe, healthy raw milk is easily available in Massachusetts.

The Network works with raw milk farmers as they navigate rules and regulations, find markets for their product, and strive to produce healthy food for their customers.

Massachusetts’ raw milk farmers play an integral role in the state’s agricultural landscape, contributing to the economy, using sustainable farming methods that contribute to environmental preservation, educating their customers about the value of fresh, local food, and producing a healthy product for all to enjoy.

In 1950, Massachusetts had nearly 5,000 dairy farms. In 2014, there are fewer than 150 left. The main cause for this tragedy is economic. Rising fuel and feed costs in the Northeast mean local dairies cannot compete with large, industrialized confinement dairies operating in the Midwest and Canada. Fresh raw milk, however, sells at the farm for $6 to $10 per gallon, significantly more than what is paid to farmers who sell into the conventional milk pool. When consumers buy milk directly from the farmer they are helping to preserve their community by paying a fair price, which allows the farmer to cover the costs of production, support a family, and keep their farm sustainable.

Raw milk is the ultimate whole food. It contains many nutrients essential to human health, and comes complete with companion enzymes and amino acids necessary for the human body to make use of those nutrients. Demand for raw milk in Massachusetts has increased, with farms now selling more than $1 million worth of raw milk to consumers every year. Farms work closely with the Massachusetts Department of Agricultural Resources (MDAR) to ensure that the milk they sell is produced and
handled properly, ensuring a safe product for consumers.

The NOFA/Mass Raw Milk Network works with farmers, consumers and regulators to make safe, healthy raw milk easily available in Massachusetts. Support the Network’s efforts by attending the Cheese Tasting in the Berkshires on September 13.

To register for this event, visit www.brownpapertickets.com/event/732744 or contact NOFA/Mass Registration Coordinator, Christine Rainville at 508-572-0816 or registrationma@nofamass.org.

For more information or if you cannot attend the Cheese Tasting, but you would like to support the NOFA/Mass Raw Milk Network, contact NOFA/Mass Development Director, Kristin Brennan at 413-782-2136 or kristin@nofamass.org.
Sustainability for Dairies Field Day, September 19

On September 19, NOFA/Mass will host “Sustainability for Massachusetts dairies: Grazing, raw milk, and organic certification,” an on-farm workshop for dairy farmers and those considering dairying in Massachusetts.

Struggling with high land prices, rising input costs, and a volatile pay price, many Massachusetts dairies have adopted innovative practices as tools for survival. By employing actively managed grazing, some farms have been able to cut feed costs, build healthier soil and better forage in their pastures, and raise healthier animals. Grazing is also the first step toward organic certification, which can bring higher pay prices for milk. Nearly 30 dairies in Massachusetts are licensed by the state to sell raw milk directly to consumers, allowing farmers to meet the growing demand for fresh, unpasteurized milk. And many dairies are making source-identified value-added products such as cheese and yogurt, for which customers are willing to pay a premium.

To be held at SideHill Farm in Hawley from 10 am to 2 pm, the event will include a pasture walk, tour of the dairy and yogurt-processing plant, and conversations with a range of experts in the field. Host farmers Amy Klippenstein and Paul Lacinski will lead the tour and talk about their grazing practices, their commitment to organic management, their yogurt business, and raw milk sales. More information about their farm can be found at www.sidehillfarm.net.

Grazier Ridge Shinn, a pioneer in the modern grass-farming movement, will be with us as well. Ridge farms in Hardwick, MA, and his core expertise is in evaluating live cattle for performance on a grass only diet. He has written extensively on how raising livestock on grass can lead to improved human health, energy savings, and an increase in carbon sequestration, soil fertility, and biodiversity. More information about Ridge can be found at www.ridgeshinn.com. NRCS Agronomist Tom Akin will also be on hand to talk about federal programs available to assist farmers with grazing.

Winton Pitcoff, Coordinator of the NOFA/Mass Raw Milk Network will discuss the regulatory, economic and management issues around producing and selling raw milk in Massachusetts. More information about the Network can be found at www.nofamass.org/programs/raw-milk-network.

Don Persons from Baystate Organics will also attend, to discuss the process of organic transition and certification. Representatives of organic dairy cooperatives have also been invited, to discuss their contract and marketing processes.

Registration cost for the workshop will be $12 for NOFA members, $15 for non-members and will include lunch. Contact winton@nofamass.org to register, or do so online at www.brownpapertickets.com/event/763802.
Grazing and the carbon cycle

Winton Pitcoff, Raw Milk Network Coordinator

Interest in grazing and soil and the role they play in climate change is reaching the mainstream, with an article in the *Boston Globe* entitled “How to solve climate change with cows (maybe)”. The article relies heavily on the work of Alan Savory and also looks into what some of his critics have to say. “It’s not hard to see the appeal of a movement that promises not only a carbon sponge, but more delicious food, hardier land, and profits for small farmers along the way,” the reporter concludes.

Of course, NOFA is well ahead of this trend. A recent article by Bill Duesing, CT NOFA’s Organic Advocate, is a great primer on soil health with information about the value of microbial diversity, how roots interact with nutrients in the soil, and what this all means in relation to climate change.

A review of the book “Meat: A Benign Extravagance,” in *Mother Earth News* points out that these are not new ideas, but can be traced back to research and publications from the 1950s that taught how the grazing animals themselves demonstrated the role of pasture in the broader ecosystem. The Savory Institute’s report “Restoring the Climate Through Capture and storage of Soil Carbon Through Holistic Planned Grazing” builds on that early work, and spells out how prescribed grazing techniques can lower greenhouse gas concentrations, restore agriculture productivity, provide jobs for thousands of people, supply high quality protein for millions, and enhance wildlife habitat and water resources. Even the USDA’s Natural Resources Conservation Service points out that it’s not just soil that improves with proper grazing management, but the air as well.

For those looking to dig deeper into these issues and apply some of the practices on their own farms, the most recent issue of *The Natural Farmer* included a special supplement on building soil carbon. Most of the articles, including “Mycorrhizal Fungi - Powerhouse of the Soil,” “Building Soil Carbon with Yearlong Green Farming” and “Organics and Soil Carbon: Increasing Soil Carbon, Crop Productivity and Farm Profitability” are available online. These are all excellent resources for farmers interested in learning more about how their management practices can build their soil, rather than deplete it, and help make their farms more sustainable over the long term.

*(Photo above by BIPIN, available under a Creative Commons license).*
NOFA/Mass members, families and friends are coming together for a great cause and you’re invited to be part of the team! Join “Team NOFA/Mass: Running to Build Healthy Soil” at the 2nd Annual Team NOFA/Mass Run on November 2 at the Genesis Battlegreen Run, a 10k/5k run and 5k walk.

Funds raised by the team in 2014 will support the efforts of NOFA/Mass to reduce climate change by educating farmers, gardeners, and landscapers about building healthy soil. Recently, NOFA/Mass has been inspired by the growing body of knowledge that points to biological organic farming as a viable way to reduce the amount of carbon dioxide in the atmosphere and store that carbon, long term, in the soil. Not only will this mitigate climate change, it will have the added benefit of helping growers produce superior crops and maintain soil moisture. We are pulling out all the stops to educate growers and consumers about these practices.

To join Team NOFA/Mass as a runner or walker, follow the instructions from the NOFA/Mass website. www.nofamass.org/events/run-or-walk-team-nofamass-november-2-lexington

Team members are asked to pledge to raise $200, $350, $500 or more. All participants who raise $200 or more will receive a free t-shirt!

Let your friends, family and co-workers know that you’re on the team and encourage them to sponsor your efforts! Donations can be accepted online, and you can link to your own personal fundraising page from your Facebook account or email.

Not able to join as a runner or walker? Consider supporting a team member! Click on the team member’s name you want to support and then click the green “Donate Now” button. www.razoo.com/team/Team-Nofa-Mass-Run-To-Build-Healthy-Soil

Have questions about the race or joining the team? Contact NOFA/Mass Development Director, Kristin Brennan at 413-782-2136 or kristin@nofamass.org.

Interested in learning more about healthy soil and its impact on the climate? Check out these two TED Talks related to building healthy soil and sequestering carbon in soil to reduce carbon in the atmosphere:

• Graeme Sait, an Australian scientist, discusses the connection between organic land care,
• climate change, water conservation, and ways that we can all make a difference now. http://youtu.be/8Q1VnwcpW7E

• Allan Savory, a Zimbabwean scientist, discusses holistic, intentional grazing and the connection to microclimates, water conservation and climate change. http://youtu.be/vpTHi7O66pI

See you in Lexington!

Go Team NOFA/Mass!

Homesteading observations: For the Love of Tools...
Sharon Gensler, Homesteader and NOFA/Mass Outreach Coordinator

I’ve been helping my partner, Pru, and family, for the past week with her Dad’s dying process and death. A very moving experience, but also time consuming and emotionally draining.

The view around the homestead is this: re-fencing is still stalled; snap peas, garlic scapes, salad greens, cooking greens, strawberries and blueberries are being consumed voraciously. We’ve been making and foiliar spraying herb tea with liquid fish and seaweed; tracked down five Bourbon Red heritage turkeys and moved them into our second mobile coop - they are growing well. I love turkey voices, such sweet chatter and calls. Looking forward to a great blueberry and black raspberry crop.

Here’s a memory test for some of you who have been reading these homesteading columns over time. First printed in Feb. 2006, I’m asking your indulgence in revisiting this observation (with some updates).

The garden part of Wildbrowse Farm is a mostly hand-tool operation. I wanted to share with you some thoughts on a few of my favorite tools. We do use a walk-behind brush-hog to mow our field but that’s about it for power (unless it’s human). The reasons behind this choice are multiple, ranging from our philosophy of living simply, to environmental, to our views on soil structure, to our terrain, to our motto ("we have more time than money"), to the enjoyment of using our bodies and being connected to the earth.

We realize that a good tool makes a huge difference in not only the quality but the enjoyment of the work. Thus, we save some money each year and buy one needed, high-quality tool as a lifetime homestead investment.

GARDEN TOOLS
Broadfork: My oldest well-used and loved tool is what is now called a broadfork. In 1980 it was sold as a “double-digger” by either the Green Mountain Tool Co. or by By Hand & Foot, Ltd. Now, the design is slightly changed but the picture and description in the Johnny’s Catalogue is quite similar. It is a very large U-shaped tool with two long oak handles. It has a steel bar on the bottom with five 10” long tines. To use it you step on the base sinking the tines into the soil, then use your body weight again to rock the handles back & forth, aerating and fluffing your beds. It is the tool of choice for “no-till” and the best way to build soil structure - think carbon sequestration and organic matter.
It can also be used to dig up unwanted vegetation or loosen potatoes & carrots. It has saved innumerable backaches and sore arms.

**Three-legged orchard ladder:** Another big-investment tool that has repaid itself many times over in time saved, injuries avoided and happy bodies. Ours is lightweight yet sturdy aluminum with wide, easy-to-stand-on steps. It tapers from a wide bottom to a narrow top and has a third leg (an aluminum pole) that swings out from the top. This ladder is much safer for us to use on our sloped land. Besides in the orchard, I use it to straddle 4-ft. garden beds and pound stakes for trellises or tomatoes. It sure beats teetering on a bucket or using a regular step-ladder (which mangles our beds). It also comes in handy for a lot of maintenance chores. We got ours through an orchard supply company.

**Cobra & Japanese serrated sicle:** My favorite hand tools, these are relatively inexpensive and really help with precision weeding and cover crop management in small spaces.

**KITCHEN TOOLS**
A homesteader’s life is not all outdoors, so how about in the kitchen? Again, so many to choose from, but two of my favorites are a **large pottery bowl** and a **stockpot**. Both are 20 qt. capacity and extensively used during canning, freezing, dehydrating, baking, etc. The heavy-duty bowl with a solid, non-porous glaze is also great for making bread and pickling.

In choosing a stockpot, plan for making large batches to save time and energy. Stainless steel is much better healthwise than aluminum. Make sure it has a heavy bottom that spreads the heat faster and more evenly. We went to a restaurant supplier for this selection.

Oh, and don’t forget a **large long-handled flat-bottomed wooden spoon** to stir with and help prevent sticking. Two is even better: one for sweets and one for savory. You can make one of your own or if unable to find a suitable flat-bottom, just cut the bottom third off a regular one and sand it smooth.

Let’s get together to talk homesteading at the Summer Conference. The Homestead Meet-Up is Saturday, August 9, 5:00-6:00pm. See you there!
Legislature passes NOFA-supported small farm Unemployment Insurance reforms

by Jack Kittredge

The Massachusetts Legislature has passed two important changes in the way small farms are treated under the Unemployment Insurance (UI) system.

Currently, under both state and federal law, farms are exempt from paying unemployment insurance if their payroll is less than $20,000 in any quarter. This exemption is based on the fact that agricultural work is generally seasonal and most small farms cannot afford to pay UI for seasonal workers.

That $20,000 threshold has not changed since the 1980s, however, and, if it were adjusted for inflation, would now be more like $40,000.

In addition, if a farm payroll exceeds $20,000 in any one quarter the farm loses the UI exemption. Under federal law the farm cannot regain the exemption until after 8 consecutive quarters have passed, each with the payroll again under $20,000. Under Massachusetts law, the exemption loss is permanent and the farm must pay into the program forever after.

Rep. Kate Hogan of Stow filed a bill to correct these problems. NOFA/Mass supported that bill, as did the Massachusetts Farm Bureau and other farmer-friendly organizations. It has since been incorporated into S2195, which has passed both houses of the legislature and Governor Patrick is expected to sign.

In addition to setting an agricultural minimum wage of $8.00 per hour, S2105 both raises the state quarterly payroll threshold for the small farm UI exemption to $40,000, and allows farms to regain exempt status after 4 quarters with payrolls under the threshold. These provisions are a major victory for farms that have much of their work in one quarter and must carefully monitor their payrolls to avoid crossing the threshold and permanently losing the UI exemption.

Because federal and state laws differ, the more restrictive of the two applies. So for now the threshold remains the federal one of $20,000, and 8 qualifying consecutive quarters are required to regain exempt status. But at least Massachusetts farms can now eventually regain the exemption, and efforts are afoot at the federal level to raise the federal quarterly threshold and reduce the quarters required to regain the exemption.

We appreciate the support of the legislature for these farmer-friendly reforms!
Entire poultry operation (less land) for sale  
*Contact: Cynda Williams, cyndatwilliams@yahoo.com*
Baystate Organic Certified since 2006 flock of Dominique & Americauna chickens, roosters and Muscovy ducks. Two poultry houses, all feeders, watering bowls, kiddie pools, small housing for broody hens with young chicks. All fencing, feeders, waters and more. Will not break into parts.

12 Month Solar Production Greenhouse + Artist’s Home Coastal Maine  
*Contact: Sally Erickson, sallye@blast.com*

Farm and Herbal Apothecary for sale  
*Contact: Stephen Brown, ginkgo@greatcape.com, 508 896 5900*
I am retiring and selling the Cape Cod farm. Hopefully it will become a school for “sustainable living on planet Earth”. NOT a small, or inexpensive, project! Not for the weak of heart. Call or email for further info. Astounding possibilities, actually. Stephan Brown, Great Cape Herbs, Brewster.
To organic farmers everywhere for treating their animals and earth with care and treating us with some of the finest organic ingredients around, thanks.

Donegan Family Dairy, VT. One of the Organic Valley family farms that supply milk for our yogurt.
Atlas Farm
218 Greenfield Road, Deerfield, MA
413-397-3587, farmersmarkets@atlasfarm.com, farmstore@atlasfarm.com
www.atlasfarm.com
The Atlas Farm Store (218 Greenfield Road, Rts. 5 & 10, South Deerfield) is open 8 a.m. to 6 p.m. daily, year-round. We’ll also be at the Copley Square Farmers Market, Tuesdays and Fridays 11 a.m. to 6 p.m. until November 25. Certified organic strawberries, heirloom and cherry tomatoes, cucumbers, squash and zucchini, head lettuces, arugula, bok choy, herbs (dill, parsley, cilantro), turnips, scallions, radishes, carrots, beets, bunched greens (kale, chard, collards, dandelion greens), melons, garlic, onions, potatoes, salad greens, ginger, flowers and more. The farm store carries various locally produced products including meat, eggs, dairy, bread and novelties including ice cream, jam, syrup, baked goods and more.

First Root Farm
Farm Location: 955 Lexington Road; Mailing Address: 949 Main St., Concord, MA
firstrootfarm@gmail.com
www.firstrootfarm.com
Lexington Farmers’ Market, Tuesdays 2 to 6:30 p.m.; Saturday Farm Stand open at 955 Lexington Road, 2 to 5 p.m. We grow over 30 kinds of vegetables, including beets, carrots, summer squash and zucchini, eggplant, peppers, tomatoes, cherry tomatoes, kale, chard, broccoli, bok choy, radishes, salad turnips, scallions, head lettuce, baby greens, cucumbers, and more. We also have cut flower bouquets, sunflowers, and Pick-Your-Own flowers. Our summer CSA is sold out, but fall shares (November, four weeks) and winter shares (two bulk pickups November/December) are still available. Read all about it at www.firstrootfarm.com.

Billingsgate Farm
6 County Road, Plympton, MA
781-293-6144, farmgirl@billingsgatefarm.com
www.billingsgatefarm.com
Monday-Friday 10:00 a.m. to 6:30 p.m. and Saturday & Sunday 9:00 a.m. to 6:30 p.m. We have a second location opening up: C&C Reading Farm, LLC at 175 East Center St., West Bridgewater, MA! Lettuce, celery, bok choy, dandelion, micro-greens, swiss chard, beets, kale, radish, garlic scapes, summer squash, zucchini, golden striped zucchini, 8-balls, patty pans, green striped zucchini, pickling cucumbers, regular cucumbers, garlic, broccoli.

Green Meadows Farm
656 Asbury St., South Hamilton, MA
farm: 978-468-2277, office: 978-468-3720, admin@gmfarm.com
www.gmfarm.com
Open Tuesday-Sunday, April through December, 8 a.m. to 6 p.m. 2014 Flower, Fruit, Cheese and Fall Shares Available.

Heritage Fields
309 Gidney Road, Orange, MA
978-544-3282, rachelscherer@yahoo.com
High Meadow Farm
28 High St., Hubbardston, MA
978-928-5646, jassy.bratko@gmail.com
www.highmeadowfarms.com
Farm stand open 9 a.m. to dusk daily. 100% grass-fed beef, woodland raised pork, pure maple syrup and honey.

Long Life Farm
205 Winter St, Hopkinton, MA
508-596-1651, laura@longlifefarm.com
www.longlifefarm.com
Hopkinton Farmers’ Market, Sundays on the Common from 1 to 5 p.m., Ashland Farmers’ Market Saturdays, 125 Front St. 9 a.m. to 1 p.m. Scallions, Beets, 6 varieties of kale, head lettuce, spicy braising mix, parsley, mint, oregano, garlic scapes, chinese cabbage, hakurei turnips, snap peas.

Manda Farm
25 Pleasant St., Plainfield, MA
413-634-5333, manda@mandafarm.com
www.mandafarm.com
Open all year at the farm. Also selling at Farmers’ Markets in Florence, Wednesdays 2 to 6 p.m. (April 30 -October) and Ashfield, Saturdays 9 a.m. to 1 p.m. (May -October.) New stock of all cuts of organically fed, pastured, heritage breed beef and pork. For sale: several 2-month old Gloucestershire Old Spot piglets from registered stock for breeding purposes only, no feeders.

Many Hands Organic Farm
411 Sheldon Road, Barre, MA
978-355-2853, farm@mhof.net
www.mhof.net
Call ahead to visit. Certified organic CSA shares, pork, chicken, turkey, and soup birds now available to pre-order. Comfrey salve at $8, eggs at $7/dozen, lavender and peppermint soap at $6/bar, and boneless half hams at $13/lb available at the farm.

Mi Tierra Tortillas
113 Bay Road, Hadley, MA
413-387-7140
www.mit ierratortillas.com
Fresh, local, organic tortillas! Available at several area farmers’ markets. See website.

Natick Community Organic Farm
117 Eliot St. (Route 16), Natick, MA
508-655-2204, info@natickfarm.org
www.natickfarm.org
Farm open every day 8:30 a.m. to 6 p.m. Bok choi, basil, beans, beets, carrots, collards, cucumbers, cut flowers, garlic scapes, kale, kohlrabi, leeks, pac choi, parsley, radishes, salad greens, scallions, spinach, summer squash, tomatoes, zucchini, plus eggs, maple syrup, woolen yarn, and woolen roving.

Plough & Stars Project
75 Capen St., Medford, MA
617-852-4109, erik@ploughandstarsproject.com
ploughandstarsproject.com
Saturday Market 9 to 11 a.m., June through October. Over 120 varieties of fresh produce.

Robinson Farm
42 Jackson Road, Hardwick, MA
413-477-6988, info@robinsonfarm.org
www.robinsonfarm.org
Farm Shop hours 7 a.m. to 7 p.m. daily. Check our website for retail cheese locations. Offering our 100% grass-fed, organic “Award Winning” Farmstead aged cheeses (cow), beef/veal, Raw Milk, Sidehill Farm yogurt, Westfield Farm goat cheese, Hardwick Sugar Shack maple syrup, High Meadow and Frolhoff Farm pork, local honey, jams, crackers, and “Real Pickle” fermented veggies & seasonal veggies!

Shared Harvest
PO Box 214, Arlington, MA
781-316-1710, jane@sharedharvestcsa.com
www.sharedharvestCSA.com
Eat Local all year Round! Fall/Winter Veggie Shares still available. Shared Harvest CSA is a multiple farm Winter CSA that connects local, small-scale farmers with people in Eastern Mass. who wish to eat well while supporting local family farms. In 2014 our primary vegetable growers are Picadilly Farm and Riverland Farm, both are certified organic. Cider Hill Farm grows our apples and Charley Baer provides our dried beans. Pick-up monthly on a Saturday beginning last Saturday in October, at the following locations. Ride share map available to coordinate with other shareholders as needed. Shareholders can opt for just Nov/Dec or just Jan/Feb., also. See our
Season will run for three weeks sometime between July 21 and Aug 21. Check our website for up to date hours. Weekend PYO 9 a.m. to 2 p.m. arrival time, weekday PYO by appointment through our website, pre-picked orders available through our website. We have low-bush blueberries.

Turner Farms Maple Syrup
PO Box 65, 11 Phillips Road, South Egremont, MA
413-528-5710, tfmsyrup@gmail.com
www.turnerfarmsmaplesyrup.com
Open 7 a.m. to 7 p.m. seven days a week. Maple syrup and honey.

Warm Colors Apiary
2 South Mill River Road, South Deerfield, MA
413-665-4513, warmcolors@verizon.net
www.warmcolorsapiary.com
Varieties of Honey, beeswax candles, and beekeeping equipment and supplies.

SideHill Farm
58 Forget Road, Hawley, MA
413-339-0033, info@sidehillfarm.net
www.sidehillfarm.net
Our farm shop is open year-round, seven days a week, 7 a.m. to 9 p.m. and you can find us at the Amherst Farmers’ Market, Saturdays 7:30 a.m. to 1:30 p.m. Raw Milk, yogurt, beef, our just-out-of-the-cave Hawley Blue cheese, and our farm-shop-only Sour Cream. All from our grass-fed cows and available in the farm shop. Come visit! Yogurt and Solar Smoothies at the Amherst Market.

The Benson Place
182 Flagg Hill Road, Heath, MA
413-337-5340, info@bensonplace.org
www.bensonplace.org
Breaking through.

Organic farming hasn’t just survived over the past 10 years — it has grown. Whether you’re ready to increase your acreage or break into a new market, Farm Credit East can provide the financing you need.

Call one of our loan officers today to see how we can help your farm business break through to the next level.

Capital Loans • Operating Loans
Leases • Long-term Real Estate Loans

Farm Credit East
800.562.2235
FarmCreditEast.com
Community Happenings

Events

UMass Agricultural Field Day
Tuesday, July 29 – 10am to 4pm
89-91 North River Road, South Deerfield, MA
Come explore the research farm and learn about our current research projects. Lunch will be served. Please be prepared to be outside rain or shine. Closed toe shoes are mandatory. The event is free. No RSVP required. For more info, contact (413)545-5221 or cdle@umext.umass.edu

5th Annual Northeast USA Rice Conference
Saturday, August 2 – 9am to 4pm
Akaogi Farm, Westminster West, Vermont
This is a reflection on rice farming in the Northeast and a look ahead towards the future. Presentations will provide updates on various projects, including cold tolerant rice variety breeding at Cornell University, and information about educational efforts aimed at increasing consumer knowledge of rice. Cost: $50/person, $60/couple, $40/student. Deadline for registration is July 25th. To register and for more info, visit www.ricenortheasternus.org.

Tenth Annual Free Harvest Supper of Local Food
Sunday, August 17 - 4:30 to 6:30pm
Greenfield Town Common
Enjoy a free meal of locally grown food prepared by local chefs, accompanied by live music, children’s activities, educational displays, and a “Really, Really Free Market” of locally grown food. Seeking volunteers, food donations, and organizational displays. For more information, contact Dino Schnelle at dschnelle@communityaction.us, visit www.freeharvestsupper.org, or call (413)773-5029.

Announcements

The Trustees of Reservations seeks Regional Director, Boston
The Regional Director will lead The Trustees’ work in community gardens, greenways and other in-town work as well as its relationship with the Boston Public Market. It’s a great opportunity for a leader who is entrepreneurial, passionate and experienced in urban community work. For potential consideration or to suggest a prospect, please email TheTrustees@BoardWalkConsulting.com or call Kathy Bremer or Joan Schlachter at 404-BoardWalk (404-262-7392).

Calling all raspberry and blueberry growers!
Please take this short survey now about Spotted Wing Drosophila management: www.survey.uvm.edu/index.php/survey/index/sid/261749/newtest/Y/lang/en
Spotted Wing Drosophila (Drosophila suzukii or SWD), is an agricultural pest of thin-skinned-fruit that arrived in the Northeast around 2011. Hannah Link, through the University of Vermont, is conducting research to investigate the viability of insect-netting to protect vulnerable berries from SWD damage. Her research will directly benefit the berry growing community, and the results will be
made available on the Vermont Vegetable and Berry Grower’s Association website by January 2015.

**Nutritious Gardening Program for Liberia**
The Green Neighbors Education Committee, Inc. is developing a Nutritious Gardening Program for urban/suburban Liberia. We want to develop curricula on soil; composting; selecting plants with plant based micro and macronutrients for children and more. All of the above will be in a raised bed program. See our project on teaching Liberians to build Solar PV Panels at www.otoney.wix.com/gnec. Contact Owen Toney at sustainableliberia@hotmail.com. The group meets in Boston.

**Mass. Farm to School’s Harvest of the Month program**
The program promotes a different Massachusetts-grown food each month in school cafeterias across the state. Our goal is to encourage healthy food choices by increasing students’ exposure to seasonal foods while also supporting local farmers and building excitement about school lunches. You can find lots more information about Harvest of the Month on our website. Registration is open and materials for next fall will begin going out soon.
NOFA Summer Conference
August 8-10
University of Massachusetts, Amherst, Amherst, MA
Cost: Varies. Early bird pricing available through July 11.
NOFA invites you to attend its 40th Annual Summer Conference, featuring 200 workshops on farming, gardening, land care, nutrition, & food politics; full and half day pre-conferences; and 100+ exhibitors. This is a family-friendly event with conferences for children and teens, a country fair, and organic meals! Budget conscious accommodations are available, including camping and dorms. This year’s keynote speaker Elaine Ingham is a soil scientist and researcher, teaching growers to foster microbial life in soils. Registration and more info at www.nofasummerconference.org!

Growing Certified Organic Cut Flowers - Part 2
August 29 - 10:00am to 12:00pm
Natick Community Organic Farm, South Natick, MA
Cost: $25 NOFA members; $31 non-members
In part 2 of this two-part workshop we will explore harvest and post harvest of certified organic cut flowers, weed management, marketing and selling, and strategies for season extension. Attendance in part 1 is not necessary to attend part 2. Instructor: Lynda Simkins

Practical Options for Food Production Resilience in an Increasingly Variable Climate
September 1, 2014 - 10am to 4pm at Newton Community Farm, Newton
& September 2, 2014 - 9am to 3pm at Immanuel Lutheran Church & Simple Gifts Farm, Amherst
Cost: Single Event - $45 NOFA members; $54 non-members, by 8/10 early-bird deadline (after 8/10: $55 NOFA members; $64 non-members). Special rate for attendance at both events: $75 NOFA members; $90 non-members, by 8/10 (after 8/10: $85 NOFA members; $100 non-members)
Dr. Christine Jones, internationally acclaimed agricultural consultant, will share her message of sequestration of carbon and humus development through appropriate agricultural practices. Dr. Jones’ work focuses on how to maximize photosynthesis through biological processes. Her message is appropriate for anyone who raises food, those who focus on conserving our natural resources, those interested in human nutrition and for climate activists. See page 11 for more information.

Cheese Tasting in the Berkshires
September 13 - 2:00pm to 5:00pm
Cricket Creek Farm, Williamstown
Cost: $65 for NOFA members, $75 for non-members
Expand your palate and knowledge of handcrafted, raw milk cheeses at Cricket Creek Farm while supporting the NOFA/Mass Raw Milk Network. See page 14 for more information.

Sustainability for Massachusetts dairies: Grazing, raw milk, and organic certification
September 19 - 10:00am to 2:00pm
SideHill Farm, Hawley, MA
Cost: $12 for NOFA members, $15 for non-members
This on-farm workshop for dairy farmers and those considering dairying in Massachusetts will include a pasture walk, tour of the farm’s dairy and yogurt-processing plant, and conversations with a range of experts in the field. See page 16 for more information.

**When the Belly is the Beast: Dietary Interventions to Address Degenerative Disease**  
October 10 - 9:00am to 5:00pm  
Bristol Community College, Fall River  
Cost: $70 Member; $88 Non-member (by 9/25); $75 Member; $94 Non-member (by 10/6); $80 Member; $100 Non-member (after 10/6. All prices include lunch.  
The seminar explains how environmental factors, including toxic exposures and processed and nutrient-poor foods, are causing a range of chronic and degenerative illnesses. The seminar addresses details of treating and preventing conditions including autism, auto-immune disease, and Alzheimer’s by healing the gut and preventing inflammation in the brain. The treatments addressed will focus on nutritional approaches to provide excellent quality nutrition using organic and whole foods. Specific attention will be given to the Specific Carbohydrate diet, developed by Elaine Gottschall and the Gut and Psychology Syndrome diet, developed by Natasha Campbell-Mcbride.

**Run or Walk with Team NOFA/Mass on November 2 in Lexington**  
November 2 - 12:00pm to 1:30pm  
Genesis Battlegreen Run, Lexington  
Donation  
NOFA/Mass members, families and friends are coming together for a great cause and you’re invited! Join “Team NOFA/Mass: Running to Build Healthy Soil” at the 19th Annual Genesis Battlegreen Run, a 10k/5k run and 5k walk. See page 18 for more information.
New and Renewing NOFA/Mass Members in June

Ron and Donna Adams  
Kathy Alexiadis  
Gordon Bemis, John Bemis, and Brian Cramer  
Deborah Bockus  
Karen Booker  
Margaret K Bradley  
Chris and Ashely Brandes  
Jassy and Tom Bratko  
Sue Bridge  
Tim Buckalew  
Robert Buczkowski  
Amy Burnes  
Casey Farm  
Hedy Christenson  
Susan Coles and Courtney  
Schlosser  
Andrew Covell  
Victoria Dolben  
Nicole Downer  
Christie Dustman, MCLP  
Carol Englender  
Lynda Everett  
Robin Fielding  
John Foley  
Don Franczyk  
Tim Friary  
Denise Frizzell  
Sean Gaffney  
Steven and Meghan Gaffney  
Elizabeth Green  
Bleu Grijalva  
Emma Hanson  
Sally Hensley  
Mark Johnson  
Phil Jones  
Pamela Kantarova  
Vera Kelsey-Watts  
George Kenty and Jennifer Ryu  
George C. Krusen II  
Pat Larson  
Diana Laurenitis  
Greg Luckman  
Donna Mackie  
Liz Madden  
Wendy Mainardi  
Peri McGuiness  
NESFP  
Frederick M. Newcombe  
Jim O’Brien  
Kenneth Oles  
Harriet Marple Plehn  
Dan Pratt  
Anne Richmond  
Ruthann Rudel  
Pamella Saffer  
Rev. Janet V. Sandquist-Skagerlind  
Alan Schultz  
John Shairs  
Ronald Silva  
John Stanwood  
Brent Tauscher  
Mary Trumbauer  
Ann Uppington  
Vejibag/South Street Collective  
Jim Watkins  
Diane Welch  
Jessica Wozniak

Thank you to Spring Appeal Donors in June

Lynette Hirschman  
Ellen Parsons  
Mark Seifried