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

Can what we do know hurt us? Author and biologist Sandra Steingraber posed this question to a full auditorium at Worcester State University. She was talking about her work as an activist against fracking and advocate for regulations on industrial and agricultural pollutants.

Her reply when asked why the media doesn’t cover issues parents need to know to protect their kids’ health? ‘Well-informed futility syndrome,’ the condition of knowing a lot but being paralyzed by the enormity of a problem. Steingraber says that the media leaves out many of these issues because they feel audiences intuitively avoid information that elicits uncomfortable feelings. Being informed is one thing, but that has got to be coupled with meaningful action, according to Steingraber.

Julie Rawson suggests the kernel of a campaign for meaningful action farmers, gardeners and conscious consumers can take to mitigate the effects of climate change. Inspired by the recent Soil and Nutrition Conference, her ideas focus on ways to increase the organic matter in our fields, yards, and urban lots to sequester carbon. Read more on page 3.

If you’re distrustful of long term health and environmental of GMOs, now is a critical time to get informed and active. With the March 19th deadline to get a GMO labeling bill out of committee in the Massachusetts Legislature, our Policy Director Jack Kittredge asks for your help in telling your legislator why GMOs should be labeled. Read more on page 13.

What interesting, inspiring people and projects are working in your neck of the woods? Whether it’s a blog post on a food issue in your community, a challenging issue with which you’re grappling, or a new perspective you’re itching to share, we want to know! Share your story contributions or ideas with us. You can reach me at nicole@nofamass.org.

Nicole
NOFA/Mass and climate change
By Julie Rawson, NOFA/Mass Executive and Education Director

Who amongst us does not hold some anxiety regarding climate change? Probably not too many of us at this point. Every time another big or bad or “un-natural” storm rolls through, or the news brings us word of a new record heat wave or extended drought, my blood pressure rises.

It was at the NOFA/Mass and Bionutrient Food Association Soil and Nutrition Conference on February 2-4 that I finally received the message that there is something to be done on this topic by NOFA/Mass and all of our membership. And I suspect that many of you are already doing a lot to address the climate change issue, from using hybrid cars to no cars to getting involved in organizations like 350.org, the Grassroots Coalition for Environmental and Economic Justice, Biodiversity for a Livable Climate, the Savory Institute, Gofossilfree.org, and a myriad of others, to partaking in activities like composting, recycling, eating locally, managing your investment dollars appropriately, and farming and gardening in ways that respect nature.

A comment made by Graeme Sait at his Climate Change talk on Sunday night of the Soil and Nutrition conference finally turned the light bulb on for me. Sait sites that a 1.6% increase in organic matter content in our agricultural soils worldwide would bring atmospheric CO2 levels to 300 ppm. This idea helped me conceptualize a campaign to provide real advice, support, and educational resources to you, our members, to help you play a role in raising the amount of carbon sequestered by growing more organic matter in our soil and stabilizing the humus of our plots, if we have them, or those of our favorite farmers from whom we buy our food.

In soil science, humus [coined 1790–1800; < Latin: earth, ground] refers to any organic matter that has reached a point of stability, where it will break down no further and might, if conditions do not change, remain as it is for centuries, if not millennia. Humus significantly influences the bulk density of soil and contributes to moisture and nutrient retention.

Remembering that NOFA/Mass’ niche is to “educate and advocate about organic agriculture in Massachusetts,” we need to stay on mission and be cautious not to bite off more than we can chew. Help guide and be a part of this important work. I ask any of you who would be a part of this to please contact me with your ideas, expertise, or offerings of help.

Here are the kernels of a campaign:

- Engage The Natural Farmer to do an issue on the topic of climate change that includes the science as we know it, with a focus on soil humus and organic matter that would include two or three interviews with excellent farmers who are managing to get quantities of carbon back into the soil and stabilized. It would also include articles on methods to do that and how individuals can replicate this in their own situations—farm, garden, homestead, landscape, community garden, etc.
- Regular articles in the monthly NOFA/Mass Newsletter on best practices, exemplary farmers/gardeners, composting, foliar and soil fertilization, cover crops, earthworm management, soil food web enrichment, mulching, reduced and no tillage methods, etc.
- Flagged and targeted workshops at the NOFA Summer Conference, NOFA/Mass Winter Conference, Advanced Growers’ Seminars, On-farm Education Events that focus on organic matter and humus improvement and development.
- Focused invitations for keynoters and Skyped presenters at events who can bring in best practices from the world beyond NOFA.
- Development of a model for urban high fertility food production with resources dedicated to a low-income neighborhood; and publication of a practical manual for use by small and community gardeners that focuses on fertility.
• Intelligent coalition building and information sharing with other like-minded organizations to cross-market events and share important educational resources.
• An indexed collection of organic matter/humus building resources on the NOFA/Mass website.
• Work with our suburban and landscaper members to encourage and support more humus-building food production at home and in the neighborhood.

NOFA members at our best are do-it-yourselfers who live what they believe. I think it is fair to say that we all hold soil in great respect. Let’s do what we can to reverse climate change while doing what we all know and love best. Call me up or send an email: 978-355-2853; julie@nofamass.org.

To learn more about Graeme Sait, watch his Ted Talk: youtu.be/801VwpehV7E. For background on the math behind the 1.6% increase in organic matter’s mitigation of atmospheric CO2 levels, see the Soil Carbon Coalition’s website: soilcarboncoalition.org/calculation.

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We need your ideas! Please take a minute to give NOFA/Mass your input for our strategic plan.

surveymonky.com/s/NOFAMassFuture

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NOFA/Mass outreach update

By Sharon Gensler, NOFA/Mass Outreach Coordinator

Is it time for YOU to do a little grassroots NOFA work? Spring is a great time to get out, enjoy the beauty, and have fun organizing in your community. Catch up with friends and neighbors, meet new people and talk NOFA. Sound like fun? Let’s talk! You’ll receive a bit of training, maybe learn more about NOFA/Mass, and feel good about doing good work!

Many exciting event opportunities are being added to the outreach calendar! Here are the known dates, but as we start our busiest season, please remember to check the website regularly in order to keep up to date on all of these exciting events. It’s really a win-win situation in that you get to have a great time and help out the organization Plus don’t forget: each event of 4 or more hours covered earns a $25.00 discount on a NOFA/Mass sponsored event or a free NOFA hat: nofamass.org/programs/nofamass-outreach. Contact me to sign up now: outreach@nofamass.org

OUTREACH CALENDAR

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Would you like to propose a workshop for the 40th Annual NOFA Summer Conference taking place August 8-10, 2014 in Amherst, MA?

Final Deadline for proposals is March 31. Read the call for workshop proposals here: nofasummerconference.org/callworkshop2014.php. With questions, contact Ben Grosscup at ben.grosscup@nofamass.org or call (413) 549-1568.

We are also accepting workshop proposals for the Children’s Conference (ages 2-12) and a Teen Conference (ages 13-17), which explore many themes in common with the adult workshops in a manner that is appropriate for each age. To submit a proposal for the Teen or Children’s Conference, send your proposal to Valerie Walton at aallspice@aol.com.

Sponsorships and exhibit opportunities are also available. Please contact Bob Minnocci, NOFA/Mass Development Director at bob@nofamass.org or call (617) 236-4893.

Conference organizers are planning various ways of using the occasion of the 40th anniversary of the NOFA Summer Conference to reflect upon NOFA’s rich legacy.
Homesteading observations: Fermentation
By Sharon Gensler, Homesteader and NOFA/Mass Outreach Coordinator

Here it is March with still 2 feet of snow on the garden and orchard, but thankfully there are still plenty of garden products stored away until next harvest time. However, in late winter I yearn for the crunch of fresh vegetables and thus am especially appreciative of my enzyme rich fermented veggies. Sauerkraut, kimchi and pickles are not only delicious and crunchy but also quite nutritious.

There are many reasons to eat fermented foods. Like a healthy organic soil, our digestive system depends upon a host of “good” bacteria and other flora to function properly. By eating fermented foods, we increase their types and numbers thus improving the digestibility of our food, allowing for increased bioavailability of vitamins, minerals, and enzymes. They help balance the immune system, and create new nutrients like vitamin B, antioxidants, omega-3’s, as well as lactic and amino acids.

I’m sure you are already eating many fermented foods because they have been part of the human diet for eons: bread, cheese, yogurt, pickles, tofu, tempeh, kefir, kimchi, miso, sauerkraut, soy sauce, beer and wine, to name a few. However, it is important to obtain unpasteurized or unprocessed products in order to get the benefits of live food. It is a perfect do it yourself opportunity, not needing a lot of expensive equipment.

For pickled vegetables you’ll need the following: bowls, crock/jars, good quality non-iodized salt and non-chlorinated water, a clean weight, cloth cover and good quality veggies. Here’s how we do salted vegetable fermentation at Wild Browse Farm.

- Prepare veggies--slice for kraut, whole or sliced cucumbers, peppers, etc.
- Add salt or brine--a salt solution of 5% or 10% depending on product.
- Allow to ferment at room temperature--3-14 days depending on temp, product, taste.
- Keep covered with solution--prevents spoilage.
- Skim scum.
- Taste regularly, some folks like things more tangy than others.
- Refrigerate/ keep cool. This will slow down the process and allow for higher quality over a longer period of time. If you can it above 180 degrees you’ll kill your enzymes and also destroy most of the crunch.
- Monitor--check for spoilage.

We like to use the vegetable’s own juice rather than water whenever possible. After slicing the cabbage for sauerkraut, we add dry salt (3 Tbsp. salt/5 lbs. cabbage) and then “massage” the cabbage until enough juice is produced to cover it when pressed down into a jar or crock with a weighted cover. We use a plate topped with a jar of water to keep the cabbage submerged in the bowl. Cover with a clean cloth to keep free of dust and insects. For pickled jalapeno peppers or cucumbers, we make up a salt-water solution and submerge the veggies.

Yogurt is another easy product to make at home. Here’s how to do it.

- Add milk to clean quart or pint jars then place jars in a pot of warm water so that the water reaches the shoulder of the jar. Make sure there is a rack in bottom of pot to keep jars from breaking.
- Heat milk to 180 degrees. While this is happening prepare an incubation container by placing jars of hot water into a cooler to preheat.

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• Remove from heat and cool jars of milk to 110 degrees—carefully immerse in cool then colder water (jars will break if they go directly from hot to cold).
• Remove 2 tablespoons of warm milk from each jar and place in a separate container.
• Add 1 teaspoon of good culture (an unpasteurized, unsweetened organic yogurt) per quart of milk to the previously removed milk. It’s tempting to add more starter culture, but don’t. ½ teaspoon per pint is the rule.
• Mix and re-add to each jar evenly.
• Stir and cap immediately.
• Quickly remove the pre-heat water jars from cooler and add jars of cultured milk to cooler.
• Fill any remaining cooler space with jars of hot water (not boiling). The idea is to keep the milk at close to 110 degrees for 7-8 hours (I often pile blankets on top of and around the cooler.)
• Do not jostle or move jars or cooler
• Check after 7 hours to see if it has thickened, if not give it more time.
• When thick, refrigerate. If it just doesn’t thicken, you can start the process over.
• The longer the time fermenting, the sourer the yogurt.

You can also make yogurt cheese or Greek style yogurt by draining regular yogurt in cheesecloth or a jelly bag until it reaches the desired thickness. (I do this in the refrigerator to keep it sweet.) You can then add herbs or seasoning to taste (scallions, dill, chives…).

So, you can see it’s easy to start fermenting at home. Let’s all do our part to keep healthy microbes thriving in our soil and our gut! Order your seeds with veggie fermentation in mind, but don’t wait to start. Visit your local winter farmers’ market and get some cabbage or buy milk from your local organic farm. Think of the cost savings and the fun you’ll have creating your own flavors. Have a neighborhood fermented-food tasting party. Or you could get a good fermentation book and read up this winter so you’ll be ready to start!

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Attention Beginning Farmers!

NOFA/Mass has funds for beginning farmers (those who have been farming for fewer than 10 years) to attend any of the NOFA/Mass educational workshops this spring. This is a great opportunity to learn with fellow farmers, at no cost!

To find out more, email Suzy Konecky, Beginning Farmer Program Coordinator, at suzy@nofamass.org

Words from Beginning Farmer Scholarship recipients, about the Winter Conference...

“The day was inspiring for me, in that it refined my vision for the future of agriculture in this country. A lot of us walked away with the mindset, ‘Alright, I’m going to go home and do this.’” - Max Traustain

“What I enjoyed most about the conference is planning how I will prep my beds in the early spring... Mark Shepard’s talk was influential in a way that I want to plant chestnuts and hazelnut bushes everywhere.” - Mary Remington

“I feel I got the most out of attending and participating in workshops. I also enjoyed seeing all the folks that I have made connections with in the past couple of years farming, and it was great to be able to come together for a great conference and support the work we are all doing.” - Ellyse Briand

“I enjoyed being among my peers and leaders of the farming community. With the winter season keeping me from working in the fields, it is great to be reconnected.” - Mark Congdon

“I really appreciated the chance to attend the conference for free as a beginning farmer volunteer! I wouldn’t have attended otherwise, so thank you.” - Serena Putterman

![Building bridges between those who care](https://www.nofamass.org/building-bridges)

The State Agriculture Councils of The Humane Society of the United States seek to ensure that animal production is humane and environmentally sustainable.

To learn more, visit humanesociety.org/agcouncils.

![Johnny’s Seeds](https://www.johnnyseeds.com/new-organic-varieties-for-2014)

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- **‘Sugar Ann’** Pea
- **‘Cha Cha’** Winter Squash

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Homemade Salad Dressing: Why and How
By Gena Mavuli, Holistic Nutrition Consultant and Traditional Foods Teacher

Spring is coming. Seeding has begun in greenhouses statewide and home gardeners are planning their garden beds. Before we know it, farmers’ markets and spring CSAs will have tables and boxes overrun with greens. Many of us who spend months gazing out the window at piles of snow are eagerly looking forward to the sunny days picking and eating crisp greens that are ahead.

Salad is the go-to healthy lunch or dinner for many people. Eat one “lean and green” meal a day, some experts say. While I agree with that on many levels, knowing what is in and on your salad can make all the difference.

Starting with organic greens and veggies is best. Non-organic or conventional vegetables are often heavily sprayed with pesticides and fertilizers. These are damaging to consumers and their health along with the health of the soil the plants are grown in. In addition, conventional vegetables may be genetically modified (GMO), the effects of which may be harmful to consumers. I recommend only organic vegetables for all of my clients, friends, and family.

Adding a source of protein to the salad will make a meal out of it. Nuts, seeds, organic (preferably free-range) meats, or wild-caught seafood are best.

And always, use homemade salad dressing. In fact, I tell my clients that if they’re going to use store-bought salad dressing, it’s best not to eat the salad since the damage from the dressing almost always outweighs any benefits gained from eating the vegetables.

But why should you bother to make your own salad dressing, when there are a ton of ready made items in the store, even organic ones? Here are 3 reasons why:

1. Oils. Store bought oils are usually full of soybean and canola oils, and only occasionally have some olive oil added in.

Soybean oil is full of omega-6 fats that can be inflammatory if eaten in too large quantities; the average American diet is extremely high in omega-6 fats. Also, the processing of soybean oil makes it toxic after the extraction and refining process.

Canola oil was developed in the 1980’s. Although it’s touted as a “healthy oil” due to monounsaturated fats and omega-3s & omega-6s, the extraction, bleaching, and deodorizing process that the oil must go through before it hits supermarket shelves destroys the fragile, beneficial compounds in the oil. By the time the oil gets to the supermarket, it’s already rancid. If that weren’t enough, these beneficial compounds are also light sensitive, and so sitting out on supermarket shelves further ensure the complete rancidity and toxicity of canola oil.

2. Preservatives. Food preservatives have been known to play a role in a wide range of diseases from mild issues such as headaches, to more serious problems including cancer and bowel diseases. Preservatives can include gums, EDTA, MSG and its derivatives, corn syrup and its derivatives, and
many others. Why risk consuming these things when making salad dressing is so easy!

3. Homemade dressings can be full of valuable enzymes, often lacking in the typical diet. Enzymes are essential for the daily functions of the body and vital to food digestion and absorption of nutrients. When a body lacks a consistent input of food-sourced enzymes, there is greater strain on the body to provide the basic functions of life. Many practitioners believe that a lack of food-sourced enzymes in our diet plays a major role in disease and ill health of the American population today.

Salad dressings are such a wonderful opportunity to boost health; it’d be a shame to turn it into something toxic and damaging. If you do nothing else for your health this spring, learn to make your own salad dressings at home.

This recipe is the foundation for a wide range of options, some of which are listed at the end.

**Basic salad dressing:**
- 1/2 cup any vinegar (red wine, balsamic, apple cider, etc.) or citrus juice
- 2 cups high quality olive oil; always ensure olive oil comes in a dark, not clear, container as olive oil is sensitive to light and will go rancid
- 1 tbsp of mustard, or more to taste
- 1 tbsp expeller pressed flax seed oil

Mix all ingredients well, you may use and immersion blender if desired, though not necessary.

Other add in ideas:
- To make an herb dressing, add any herbs you’d like from your garden. Garlic and ginger work well combined with other herbs such as thyme, basil, cilantro, etc.
- To make a cream dressing, add crème fraiche or cultured sour cream to the basic recipe.
- To make a cheese dressing, add blue cheese, goat cheese, or any cheese you’d like.

As you can see, the sky is really the limit with homemade dressing. Vital enzymes and healthy fats are a true boost to your whole body. These are incredibly cost-effective, as you can create several bottles and varieties of dressing for less than the cost of store-bought dressings, and with much-improved nutrition. Homemade salad dressings will ensure that you’re getting the most out of that bowl of greens and the green in your wallet.

Learn more about homemade dressings and other healthful nutrition ideas in my upcoming four-part “Spring Holistic and Traditional Nutrition Series” offered in collaboration with NOFA/Mass this April in Boston: April 1 - Salad Dressings and Marinades, April 8 - Enzymatic Sauces, April 15 - Beans and Grains, and April 29 - Culturing Dairy. For more info visit nofamass.org/events

Eat and be well!

*Gena Mavuli is a Holistic Nutrition Consultant and Traditional Foods Teacher serving the Boston metro area. Gena believes in fabulous real food to nourish the body, mind and soul, while supporting people on their journey to complete health. holisticnutritionbasics.com*
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Update on GMO labeling in Massachusetts
By Jack Kittredge, NOFA/Mass Policy Director

Things are happening on the GMO labeling front. I can’t promise you a law this year, but thanks to tremendous popular interest and support, we are beginning to make progress in the legislature.

First off, NOFA/Mass has hired a part-time organizer, Amie Lindenboim, to work on this issue. She is an attorney, has been a volunteer and activist fighting GMOs for several years, and is a mother with two young children. Amie lives in Brookline and has already represented us at the State House and in area meetings.

Amie and I are working in a coalition with MassPIRG, MoveOn.org, and MA Right to Know GMOs, a single purpose group formed around the issue of GMOs by organic farmer Ed Stockman and Martin Dagoberto. The coalition is getting some financial support from outside groups interested in supporting a labeling law in Massachusetts, and with that we have hired a lobbyist to help with our legislative contact work.

As of the end of February the five bills calling for mandatory labeling are still in either the Public Health Committee, or the Committee on Natural Resources, Agriculture and the Environment. But with the help of our lobbyist we have been meeting with the House chairs of these committees, Jeffrey Sanchez and Anne Gobi respectively, and getting constituents to call them, in order to report out one or more bills favorably. If this does not happen by March 19, the bills will be sent to a study, which effectively kills them until next year.

We have also met with the Senate chairs of these joint committees, respectively John F Keenan and Marc R. Pacheco, as well as Speaker DeLeo and the committee members, to try to extract one or more bills for further action.

The response we are getting is not so much that the legislators are opposed to labeling as that they want to learn more about the issue, especially why labels are needed. We have flooded them and their staffs with information, including bringing in national figures such as Michael Hansen, of Consumers Union. This has helped some, with several legislators having signed on to our campaign, but we need more pressure.

Besides urging our members to contact their senators and representatives to let them that know this issue is important to them, we are also continuing to schedule showings of the 60-minute film Genetic Roulette and subsequent discussions of the issue, around the state at libraries, Grange Halls, and wherever else local people can find a venue. If we have to continue this campaign next year, we want to be sure more and more people are informed and willing to take action.

If you would like to help, contact me to set up a local showing of Genetic Roulette. It discusses a number of the health problems associated with consuming GMOs, featuring doctors, nutritionists, and other health professionals who, through their clinical experiences, are becoming highly concerned about the fact that these ingredients are used so widely in our food. Call me at 978-355-2853 or Email me at Jack@nofamass.org to talk about scheduling a showing.
To organic farmers everywhere for treating their animals and earth with care and treating us with some of the finest organic ingredients around, thanks.
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Cape Ann Farmers’ Market on March 15 and April 19 selling stored root vegetables and greenhouse baby greens. Brox Farm Stand, 1276 Broadway Road, Dracut, MA, opening in May for annuals and perennial plant sales and mid-June for produce. Spring CSA Shares: March 3-June 6; pickup available in Reading, Burlington, Dracut, Tewksbury, Union Square-Somerville, Lawrence and home delivery in select areas. Summer CSA Vegetable and Fruit Shares: June 9-October 24; many pickup options. See website for more info.
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<td>28 High St, Hubbardston, MA</td>
<td>978-928-5646</td>
<td><a href="mailto:jassy.bratko@gmail.com">jassy.bratko@gmail.com</a></td>
<td><a href="http://www.highmeadowfarms.com">www.highmeadowfarms.com</a></td>
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<td>Farmstand open 9 am to dusk daily. 100% grass-fed beef, woodland raised pork, pure maple syrup and honey.</td>
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<td>Lindentree Farm</td>
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<td>781-259-1259</td>
<td><a href="mailto:lindentreecsa@gmail.com">lindentreecsa@gmail.com</a></td>
<td>lindentreefarm.com</td>
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<td>Lincoln Farmers’ Market at the Lincoln Mall Station, Saturdays 9:30 a.m. to 1:30 p.m., June through September. We also host the Field of Greens for Food for Free in Cambridge. Certified organic, family-owned, on-site pickups, June through October. Looking for new members and crew.</td>
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<tr>
<td>Long Life Farm</td>
<td>205 Winter St, Hopkinton, MA</td>
<td>508-596-1651</td>
<td><a href="mailto:laura@longlifefarm.com">laura@longlifefarm.com</a></td>
<td><a href="http://www.longlifefarm.com">www.longlifefarm.com</a></td>
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<td>2014 CSA Vegetable Shares on sale now, certified organic.</td>
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<tr>
<td>Manda Farm</td>
<td>25 Pleasant St, Plainfield, MA</td>
<td>413-634-5333</td>
<td><a href="mailto:manda@mandafarm.com">manda@mandafarm.com</a></td>
<td><a href="http://www.mandafarm.com">www.mandafarm.com</a></td>
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<td>Open all year at the farm (call first). Also selling at Farmers’ Markets in Florence, Wednesdays 2 to 6 pm (April 30 -October) and Ashfield, Saturdays 9 am to 1 pm (May -October). Complete line of heritage breed, pastured pork products from chops &amp; roasts to various sausages (new: chorizo), maple smoked bacon; hocks, heads, feet. A new supply of all cuts of heritage breed, pastured beef--creamy and tender.</td>
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<tr>
<td>Many Hands Organic Farm</td>
<td>411 Sheldon Road, Barre, MA</td>
<td>978-355-2853</td>
<td><a href="mailto:farm@mhof.net">farm@mhof.net</a></td>
<td><a href="http://www.mhof.net">www.mhof.net</a></td>
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<td>Call ahead to visit. Comfrey salve at $8, Eggs at $7/dozen and Lavender and peppermint soap at $6/bar are available now. Boneless half hams at $13/lb, and various beef cuts listed on the website are available for on farm purchase right now. Certified organic CSA shares, pork, chicken, turkey, and soup birds now available to pre-order.</td>
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<tr>
<td>Marlborough Street Farm</td>
<td>127 Marlborough St, Springfield, MA</td>
<td>413-782-2136</td>
<td><a href="mailto:brennanstaub@gmail.com">brennanstaub@gmail.com</a></td>
<td>communitysupportedagriculture.org</td>
</tr>
<tr>
<td></td>
<td>Community Supported Agriculture pickups are Monday, Wednesday, and Friday between 4:30 and 6:30 pm. Diversified organic vegetables and fruits, preserved goods.</td>
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<tr>
<td>Moose Hill Community Farm</td>
<td>293 Moose St, Sharon, MA</td>
<td>781-784-5691</td>
<td><a href="mailto:moosehill@massaudubon.org">moosehill@massaudubon.org</a></td>
<td><a href="http://www.massaudubon.org/robinsonfarm">www.massaudubon.org/robinsonfarm</a></td>
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<td></td>
<td>Organic CSA shares available for summer 2014. Please visit our website for details.</td>
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<tr>
<td>Natick Community Organic Farm</td>
<td>117 Eliot St. (Route 16), Natick, MA</td>
<td>508-655-2204</td>
<td><a href="mailto:info@natickfarm.org">info@natickfarm.org</a></td>
<td><a href="http://www.natickfarm.org">www.natickfarm.org</a></td>
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<td>Farm open every day during daylight hours. Onions, carrots, rutabagas, lots of cranberries, possibly some winter squash, mesclun, whole organic chicken, pork (cuts, smoked), turkey, maple syrup, woolen yarn, and woolen roving.</td>
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<tr>
<td>Natural Roots</td>
<td>888 Shelburne Falls Road, Conway, MA</td>
<td>413-369-4269</td>
<td><a href="mailto:naturalroots@verizon.net">naturalroots@verizon.net</a></td>
<td><a href="http://www.naturalroots.com">www.naturalroots.com</a></td>
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<td>Starting in June, open Tuesdays and Fridays 3 to 6:30 pm. CSA shares from our horse-powered farm are available (forms at the farm or on our website).</td>
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<tr>
<td>New Heritage Farm</td>
<td>42 Jackson Road, Hardwick, MA</td>
<td>413-477-6988</td>
<td><a href="mailto:info@robinsonfarm.org">info@robinsonfarm.org</a></td>
<td><a href="http://www.robinsonfarm.org">www.robinsonfarm.org</a></td>
</tr>
<tr>
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<td>Winter Farm Shop hours 7 am to 6 pm daily. Check our website for retail locations. Offering our “Award winning” Farmstead aged cheeses (cow), our grass-</td>
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fed beef/veal, Raw Milk, SideHill Farm yogurt, Westfield Farm goat cheese, Hardwick Sugar Shack maple syrup, High Meadow Farm pork, local honey, jams, crackers, and “Real Pickle” fermented veggies.

Shared Harvest
Arlington, MA
jane@sharedharvestcsa.com
www.sharedharvestCSA.com
Shared Harvest offers multi-farm shares for late fall and winter. Eastern MA pickups once per month in late Oct-Feb. While this is a CSA/box share operation, we will be selling bulk certified organic root veggies (beets, carrots, Gilfeathers, parsnips, rutabagas, turnips), garlic, and popcorn at the Cambridge Farm Share Fair on March 20.

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 am to 9 pm. 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. We now have pork from the first SideHill Farm forest pigs. Come visit!

Siena Farms/Siena Farms South End
113 Haynes Road, Sudbury and 106 Waltham St, Boston
978-261-5365; 617-422-0030, susan@sienafarms.com
www.sienafarms.com
We’ll be at the Copley Square Farmers’ Market when it opens on May 13. Our Boston store sells Siena Farms’ produce plus a variety of regionally grown and produced foods. Open Monday through Saturday, noon to 8 pm and Sunday noon to 6 pm. 2014 Multi-Season Farm Shares: Four-Season (our year-round share) and Peak-Season (summer and autumn shares), Single-Season Farm Shares, Spring-Pantry, Summer-Vegetable, Autumn-Vegetable, and Deep-Winter. 2014 Supplemental Farm Shares: Sunflower, Sweet Corn & Fruit.

Simple Gifts Farm
1089 North Pleasant St, Amherst, MA
413-549-1585, simplegiftsfarm@gmail.com
simplegiftsfarmcsa.com
Amherst Winter Market, Saturdays 10 am to 2 pm at the Amherst Middle School. Spring Shares Thursdays and Fridays noon to 6 pm, Saturdays 8 am to 6 pm. All Things Local Cooperative Market, downtown Amherst, 10 am to 7 pm daily except for Monday. Spinach, lettuce, bok choy, microgreens, carrots, parsnips, eggs, pork, beef, and lamb. Spring shares start in the middle of March!

Stearns Farm CSA
862 Edmands Road, Framingham, MA
978-440-9307, admin@stearnsfarmcsa.org
www.stearnsfarmcsa.org
2014 Summer CSA shares still available. Pickup at farm. Email for information.

Sweet Autumn Farm
180 Prospect St, Carlisle, MA
978-287-0025, Sweetautumnfarmma@gmail.com
Tuesday 2 pm to 6 pm and Saturday 10 am to 2 pm (starting in May) Chicken (available now-call ahead), duck eggs, heirloom vegetables, cut and edible flowers, herbs, heirloom tomato and pepper seedlings (sale in May), and Registered Nigerian Goatlings for sale as milkers and pets.

Tracie's Community Farm, LLC
72 Jaffrey Road, just north of Winchendon on Rt 12, Fitzwilliam, NH
603-209-1851, farmertracie@hotmail.com
www.traciesfarm.com
Summer shares for the 2014 season. Check out our website for more information.

Turner Farms Maple Syrup
PO Box 65, South Egremont, MA
413-528-5710, tfmsyrup@gmail.com
www.turnerfarmsmaplesyrup.com
Hours are 7 am to 7 pm seven days a week. We have available 2014 100% Pure Maple syrup.

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

SEMAP’s 7th Annual Agriculture & Food Conference
Saturday, March 22
Greater New Bedford Regional Vocational Technical High School, New Bedford, MA
Whether you’re a professional farmer, a backyard gardener, or just curious about locally grown food, this is the event for you! This year’s offerings include workshops for the general public as well as info-packed sessions for farmers and gardeners of all experience levels and workshops specific to organic methods.

More information at conta.cc/1gb8BoD

Maple Weekend
Saturday & Sunday, March 22 & 23
Sugarhouses around the state will be holding events, and restaurants will be featuring menu items made with 100% pure Massachusetts maple syrup.

More information at massmaple.org

Soil and Plant Science Three Part Course Series
Sundays, March 23, 30, and April 6
Southside Community Land Trust Providence, RI - 3pm to 5pm

The third annual spring three course-series for farmers, gardeners, and others interested in the world of soil and plant health and function. These courses cover foundational soil science, crop science, and soil maintenance principles with a focus on organic-farming methodology.

Classes are by DONATION. Please make sure you are available for ALL THREE CLASSES before registering, they are complementary. Then e-mail bigtrain_farm@yahoo.com to be registered for the course!

Massachusetts Agriculture Day
Wednesday, March 26
State House, Boston, MA 9am to 12pm

This is the one day a year where farmers come together to focus legislative attention on our industry. A celebration that recognizes the hard work and many diverse products produced across the Commonwealth, this is also an important opportunity for us to have our voices heard and make our issues known to the legislative body. Reach out to your local representatives and let them know what matters to you. What challenges does your business face? What opportunities are on the horizon? How can they be of help?

More information at bit.ly/NVldcw
The 11th Annual Great Gardens and Landscaping Symposium
Friday & Saturday, April 4 & 5
Manchester Village, VT

This inspirational and exhilarating symposium will energize your approach to gardening. It features SIX info-packed lectures led by nationally and regionally renowned professionals in their fields. Also featured is a Garden Marketplace with plant vendors, artisans, gardening gifts and products. The program opens with a 7:00 pm talk on Friday, continues on Saturday from 9:00 am - 4:00 pm. NEW for 2014 is a special Garden Design Workshop on Friday from 1:00 - 4:00 pm.

More information at pyours.com/symposium

Announcements

Request for Proposal: Agricultural Leaseholds at Snake Den Farm
Northern RI Conservation District is seeking agricultural producers to lease land at Snake Den Farm, a 150-acre farm in Northern Rhode Island Proposals are due to the NRICD office by March 21st at 4pm.

For additional resources, including farm/business planning resources and Snake Den Farm Best Management Practices, visit nricd.org/snake-den-farm.htm

Farmers needed
Open View Farm in Conway, MA has served as an incubator farm for new or young farmers ready to apply their farming knowledge and eager to experiment, learn and grow. We are a supportive community who believe strongly in the local food movement and have land to share. The Farm has great soil and southern exposure. Endeavors are the farmer’s to determine and we offer support, encouragement and sometimes extra hands for help. If you are interested, please contact Aimee at either aimeegelnaw@gmail.com or (413) 475-2244. We would love to meet you to see if we all make a good fit!

Newton Community Farm Spring Education Programs
The spring educational programs at Newton Community Farm are now open for registration. Choose from a range of garden focused classes as well as how to keep chickens. For families and youngsters our popular Farm Sprout program returns as does Ready Set Grow, our family gardening program.

For more information and to register please visit our website at newtoncommunityfarm.org/education. Preregistration is required.

For Rent Rooms and Garden
Big Red House w/organic garden & Green-house food growing space; For rent as a family, or single persons. Has 2 large bed-rooms & two smaller, a bath/shower & ½ bath, large kitchen and dining/living area, access to G. H, several Garden plots. Seeking persons who value country life to grow food and share work with the Place/gardens. Rent flexible, beginning at $400/person, adjusted for Family. Harlank@Verizon.net or 1-508-376-2715.
You say tomato.

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Livestock • Operating inputs • Country homes

Farm Credit East

FarmCreditEast.com
800.562.2235
Ask for Kristie Schmitt.
NOFA/Mass Workshops & Events

Visit nofamass.org/events for workshop additions and updates.

Winter Growing in New England Workshop
March 15 - 10:00am to 12:00pm
First Light Farm, Hamilton, MA
Cost: $25 NOFA members; $31 non-members
Come learn about the pros and cons of the winter production season here in New England. Topics covered will include winter CSA management and the nuts and bolts of winter production: bed preparations, seeding and transplanting, irrigation, and row covers in hoop houses. Instructor: Mike Raymond

Spring Holistic and Traditional Nutrition Series: Salad Dressings and Marinades
April 1 - 6:00pm to 8:00pm
House of Gena Mavuli, Boston, MA
Cost: $35 NOFA Members $42 Non-members
Making homemade salads and marinades is a great way to boost the nutrient content of your meals. By capitalizing on the natural enzymes in your foods, you’ll boost your immunity and health with a few quick and simple recipes. Instructor: Gena Mavuli

Artisan Cheese Making in the Berkshires
April 6 - 9:00am to 3:00pm
Cricket Creek Farm, Williamstown, MA
Cost: $100 NOFA Members; $125 non-members
Come see how the cheese is made in our farmstead creamery and experience the science and art of cheese making. This class is perfect for home-cheese makers, avid cooks, cheese lovers, food enthusiasts, or anyone looking for a fascinating day in the life of a cheesemaker! Instructor: Suzy Konecky

Tasting Dinner 4/5 at 7:30 pm: Make a weekend of it and join us for a locavore tasting dinner at Mezz Bistro + Bar in Williamstown. Chef Nick Moulton and the Mezze kitchen team will be cooking up a special dinner for pre-registered participants. The tasting menu will feature Cricket Creek Farm’s Cheese and other local producers.

Register early; the workshop and dinner are limited to 15 participants.

Spring Holistic and Traditional Nutrition Series: Enzymatic Sauces
April 8 - 6:00pm to 8:00pm
House of Gena Mavuli, Boston, MA
Cost: $35 NOFA Members $42 Non-members
Sauces are often overlooked, but when prepared correctly, they aid in digestion, increase nutrient absorption, are full of live enzymes, are nutrient dense, and add valuable co-factors to your meal. Sauces also help one feel satisfied with their meal because they provide essential nutrients. These simple sauces will also add immense amounts of flavor your whole family will enjoy. Instructor: Gena Mavuli
**Spring Holistic and Traditional Nutrition Series: Beans and Grains**
April 15 - 6:00pm to 8:00pm  
House of Gena Mavuli, Boston, MA  
Cost: $35 NOFA Members $42 Non-members

Beans and grains can be a healthy part of a diet, but if prepared incorrectly, they can be a source of gastric distress and lead to a host of health problems. In this class you'll learn how to properly prepare beans and grains so that your body can absorb all the nutrition possible from your meals. Instructor: Gena Mavuli

**Spring Holistic and Traditional Nutrition Series: Culturing Dairy**
April 29 - 6:00pm to 8:00pm  
House of Gena Mavuli, Boston, MA  
Cost: $35 NOFA Members $42 Non-members

Have you ever wanted to make your own yogurt, but just don’t know where to begin? This class will go over the ins and outs of making yogurt, kefir, and creme fraiche in your own home. Culturing makes dairy easy on the digestive system because the “good” bacteria break down the milk sugar and casein, rendering it much more digestible and pleasant to consume than normal dairy products, particularly those that are pasteurized. Bring your questions along with you! Instructor: Gena Mavuli

**Genetic Roulette and discussions of GMOs**
Learn how you can protect your family from the dangers of Genetically Modified Organisms (GMOs) and join together with other consumers to demand mandatory labeling of GMOs in our food.

Film screening of 60-minute video *Genetic Roulette: The Gamble of Our Lives* featuring numerous doctors, veterinarians, and other health professionals discuss the dangers of eating GMOs.

Post-film discussion with Jack Kittredge, Policy Director, NOFA/Mass. Free.

**Upcoming Screenings**
*March 20 at 7:00pm - Bolton Local at Public Library*  
738 Main St., Bolton, MA - For more information visit [www.BoltonLocal.org](http://www.BoltonLocal.org)

*April 9 at 10:00am - Worcester Senior Center*  
128 Providence St., Worcester, MA

*May 7 at 7:00pm - Dracut Garden Club*  
1660 Lakeview Ave., Dracut, MA

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**Call for On-Farm/Site Workshops**
NOFA/Mass is looking for workshop presenters statewide including Metro-Boston. We are currently looking for workshop presenters on Small Engine Maintenance, Fruit Trees and Grafting, Cheese Making, Carbon Farming, Permaculture, Edible Landscaping, Butchering, Value-added Products and Beekeeping. Please send an email to Education Events Organizer, Jamie Lombardo at [jamie@nofamass.org](mailto:jamie@nofamass.org) with your interest.
New and Renewing NOFA/Mass Members in February:

Jennifer Akey  
Chris Allaire  
Steven Allen  
Ellen Anderson  
Sonia Baehruck  
Jonathan Bates  
Wayne Benson  
Jane Bernstein  
Paul Bertler  
Barbara Boothby  
Jeff and Olga Box  
Pauline Briere  
Andrew Brosseau  
Lisa Brulikacchio  
Jennifer Brunelle  
Gareth Buckley  
Loree Griffin Burns  
Jeffrey Canter  
Clare Carter  
Giovanni Cicero  
Barbara Clancy  
Kathy Conway  
Julie Correia  
Margaret Crawford  
Bruce Davidson & Linda Reimer  
Karen Davis  
Sharrieff Davis  
Jeff & Beth Deck  
Delicious Living Nutrition  
Joe & Deb D’Eramo  
Karen DiFranza & Robin Langer  
Tricia Diggins  
Tim and Charlotte Dugan  
Alicia Dwyer  
John Dymon & Mary Blake  
Velma Emery  
Jacqueline Fein-Zachary  
Mitch Feldmesser & Maureen Sullivan  
Amy Ferber & Anton Prenneis  
Bob & Sally Fitz  
Kevin Fitzgerald  
Betty Forster  
Stephen Fowler  
Linda Fuchs  
Michael Gallagher  
Kathleen Geary & David Lockesmith  
Ann Gibson & Annie Cheatham  
Massachusetts State Grange  
Ruth Green  

Mara & Harry Hahn  
Susanne Hale  
Jane Hammer  
Anna Hanchett  
Timothy Hanrahan  
Mark Hanson  
Sonya Harms  
Cathy Harragian  
Richard Harrison & Sarah Lincoln  
Harrison  
Bruce Hartley  
Deb Hayes  
Allen Healy & Caitlin Jones  
Helfand Farm Community Gardens  
Eric Helmuth  
Christie Higginbottom  
Melissa Hoffer  
Lise Holdorf  
Erika Hollister  
Jean Iversen  
Erik Jacobs  
Hannah Jacobson-Hardy  
Kamal Jain & JoAnn Robichaud  
Randi and Tom Jordan  
Liz Joseph  
Noah Kellerman  
Jack Kittredge & Julie Rawson  
Daniel Klatz  
Karen & Tim Kowalik  
Ari Kurtz & Moira Donnell  
John La Stella  
Barbara & Raul Laborde  
Grace Lam  
Barbara Link  
Mike Lombard  
Linda MacMillan  
John Maddox  
Madison Realty  
Erin Martineau  
Linda Maznick & Peter Cromwick  
Terence McCue  
Catherine McDonald & Walter Frederics  
Ann McGinley  
Richard McNulty  
Roberta McQuaid  
Nancy McShea  
Bridget Meigs  
Anna Meyer  
John Migliorini  
Donald & Louisa Morgan  
Dale Moss  
Mark Mueller & David Richard  
Stephanie Murray  
Diane Nassif  
Cathy Neal  
Jono Neiger & Kemper Carlsen  
Gary & Shannon Neves  
Kathleen Nolan & Josh Heinemann  
Stacy Obey  
Kate O’Connor  
Elizabeth O’Neal  
Luther Otto & Chris Lyons  
Barbara T. Pantos  
Nick Pappas  
Park Hill Orchard  
Kate Parsons  
Kelly Pelissier  
Dale Perkins  
Sharon Persons  
Sue Peters  
David & Martha Petrovick  
Odessa Piper  
Len Poulin  
Dr. Maureen E. Power  
Susan & Tom Powers  
David Pratt  
Paul & Christine Rainville  
Casey Ravenhurst  
Pamela Raymond & David Turner  
Chris Reeve  
Annie Rockwell  
Sheri Rosenblum  
Rachel Ross  
Sarah Satterthwaite & Royce Buehler  
Seth & Bethany Seeger  
Jessica Seem  
Craig Self  
Serving Ourselves Farm  
Charles D. Sherzi, Jr.  
Stuart Shillaber  
Lydia Silva  
Ed Skricki  
Eva Sommaripa
New and Renewing NOFA/Mass Members in February, continued:

Elizabeth Spencer
William St. Croix
Ann Starbard
Trish Stefanko
Dudley Stephan
Ariel Stimson
Randall Edwin Stratton
Joe Thumann & Tania Jacob-Thumann

Andy Tomolonis
Pamela Trentini
Charlotte Trim
Deb Tyler
Richard & Christine Van Hooft
Charlotte Vesel
Amy Vickers
Steve Walach

Sara Weil
Kenneth Weiss
Michelle Wiggins
Priscilla Williams
Ben & Hannah Wolbach
June Wolfe
Bruce & Jenny Wooster
Julianne Zuck

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