Inside this Issue:

- **International Soil Expert**
  Christine Jones Coming To MA September 1 & 2
  page 8

- **Organic Cut Flowers:**
  For local economies and sustainable agriculture
  page 11

- **How Can We Build Deep Rich Soils in New England?**
  page 18
From the Editor
Nicole Belanger, NOFA/Mass Public Relations Coordinator

You know how sometimes you learn about something and then it’s everywhere? At the moment, carbon sequestration is like that for me.

After an inspiring seminar with Graeme Sait at this February’s Soil and Nutrition Conference, many of our staff, board, and membership were inspired by the idea that growers may be able to trap carbon in soil and plants.

In early May, Rebecca Tuhus-Dubrow wrote an article for the Boston Globe titled “How to solve climate change with cows (maybe)”. She spotlights the work of those researching the positive impacts that livestock grazing can have on land, like providing nutrients to soil through their waste. Increased plant matter and photosynthesis can help sequester carbon from the atmosphere. Tuhus-Dubrow also talks about concerns that carbon sequestration is not a panacea and more than farming alone must be done to reverse climate change. The plethora of comments on her article and on other articles on the subject add dimension to the issue and have further developed my curiosity.

The idea that increased plants, as well as increased organic matter in soils, can suck more carbon into soils piggybacks well with other benefits of increased vegetation. Jim Laurie talks about how replacing pavement with gardens and other growth has allowed cities, like flood prone Somerville, to better control water absorption, as well as other ways to improve soils, in his article “How Can We Build Deep Rich Soils in New England?” on page 18.

Julie Rawson seeks ideas for local projects to connect with during the Sept 1st & 2nd visit of Christine Jones, a renowned Australian agricultural consultant. Julie’s article on page 8 describes Dr. Jones’ work and how this visit ties in with climate change. Sharon Gensler also talks about how she is employing ideas about carbon sequestration on her homestead. Read more on page 13.

We are also exploring this idea in the “Soil, Carbon and Climate” track at the 40th Annual Summer Conference (Aug 8-10 in Amherst). The track features workshops eight workshops on methods and monitoring of successful carbon sequestration in the soil.

With the overwhelming realities of climate change, it’s nice to have some hope in tangible things we as growers can do. Share your knowledge and learn side-by-side with us.

Nicole
Aaron Englander has developed a large body of knowledge regarding Korean Natural Farming. KNF looks very holistically at the entire farm system, including the people in it, and uses inputs that are generally close at hand and relatively inexpensive. The natural farming movement grew in the Far East, while a similar pattern was developing with the organic movement in Europe and America. Both of these “movements” came about out of a response to the Green Revolution and the heavy move toward chemically based agriculture in the 1940’s worldwide.

Over the span of the 7 hour day, about 22 of us learned many of the recipes used in KNF for enhanced farm production through conversation, power point, mutual sharing, and, most importantly, hands on demonstrations. Many thanks to Linda Ugelow who pushed the idea of inviting Aaron in the first place and has been doing a lot of experimentation. She helped a lot during the day, and brought a few completed recipes to help with demonstrations.

Korean Natural Farming recognizes three general stages in plant development, and has developed recipes for products for each of these stages. For the nutritional growth vegetative stage, FAA, FPJ, LAB, and OHN are appropriate to use. For the changeover period (when the plant is in “puberty”), the go-to recipes are LAB, OHN, WCaP, and FFJ. And in the full on reproductive stage, it is advisable to use LAB, WCA, and OHN.

Here are most of the basic recipes and their abbreviations:

**Fermented Plant Juice – FPJ**
At dawn, collect the “meristem” – undifferentiated plant growing tips that are super full of energy. Pack layers of plant material (nettles, comfrey, purslane, mugwort, or other vibrantly growing plants) at a 1:1 ratio with sugar by volume in the appropriate sized jar of your choice, filling only 2/3 full for proper air circulation. As with all recipes of this packing nature, it is important to leave the headspace at the top for adequate oxygenation.

Affix a paper towel with a canning lid ring or rubber band and let this product sit for approximately one week at room temperature. Pour off the liquid and reserve. You can creatively use the liquefied vegetative residue on the farm. When using FPJ, and all the following recipes, dilute to 500:1 (water to FPJ) for use on soil and 1000:1 for use as a foliar. And brew all these recipes at room temperature. In darkness or low light is best. For final storage, the 50-degree range is ideal.

**Lactic Acid Bacteria – LAB**
Soak one cup of rice in water for at least five minutes, stirring the rice to release carbohydrates. Pour off and reserve the rice wash water. Let it settle for 3-5 days and then strain. At a 10:1 ratio, milk to rice wash water, mix these two ingredients into a glass jar filled 2/3 full and cap as before with a paper towel and a canning ring or rubber band. Let sit 5-10 days (depending on time of year) at room temperature until the liquid separates from the solids. Draw off and reserve this liquid and store the LAB as above.
**Fish Amino Acids – FAA**

Kudos to Jane Hammer who hacked up the fish waste that Karen Masterson had brought to us from Twin Seafood. For this we used a 5-gallon pail and layered the fish 1:1 with sugar again (we used about 10 lbs of sugar), put a rock on it for a while, and came back and added some hay in the 1/3 pail headspace. Aaron suggests to then put the lid on the pail loosely, bungee it shut to keep animals out, and let it sit for 3 months. Your homemade fish hydrolate will then be ready for use as FAA. Pour it off and store. Aaron suggests that this product sprayed on the soil 1-2 weeks before planting at a 500:1 dilution will prepare the soil well for planting. The FAA input can also be used similarly to a fish emulsion product, applied as foliar feed at a 1:1000 dilution in water.

**Indigenous Micro-Organism – IMO #1**

Soak 1 cup of rice for 24 hours and save the liquid for LAB. Cook the rice until it is done (2:1 water to rice), but not mushy nor dry. Fill a wicker basket 2/3 full with the rice and wrap it in an old t-shirt. Then either bury the basket beneath an old growth tree that is 500 meters higher than you are, according to Han-Kyu Cho (the father of this process), or bury your treasure in a barrel of mixed, half-cooked compost/leaf mulch about 1 foot deep (perhaps in a 30 gallon container). Then either bury the basket beneath an old growth tree that is 500 meters higher than you are, according to Han-Kyu Cho (the father of this process), or bury your treasure in a barrel of mixed, half-cooked compost/leaf mulch about 1 foot deep (perhaps in a 30 gallon container). IMO #1 is probably the trickiest of the preparations, because what you want is for the rice to be covered (in 4-5 days) in white mold with no more than 25% of other colored molds. If the product is more than 25% colored molds, or if it goes too long and collapses, discard it and try again. Here are some trouble-shooting concerns: is the rice properly cooked, do you have the right temperature for the incubation period (not too hot or cold), and do you have the proper moisture level of the medium surrounding the IMO? The finished IMO #1 must be mixed with sugar immediately to stabilize it. See IMO #2 below.

**Indigenous Micro-Organism – IMO #2**

Mix well 1:1 IMO #1 to sugar. Put into jar 2/3 full; cover as with other preparations, and let sit at room temperature for a week. When it is done, Nigel Palmer stores his in the refrigerator indefinitely. He also uses this as a seed soak prior to planting seeds at 1000:1 ratio water to IMO #2. Here is another tip from Nigel: when weeding, he puts the weeds, roots and all, in a 5 gallon bucket of water and lets them sit for 1-2 days. While the digestion of the weeds is still aerobic, he then strains the mixture and adds it to his foliar spray tank.

**Indigenous Micro-Organism – IMO #3 & #4**

Next we went out to Liz Joseph’s compost pile and proceeded with IMO #3 production. We filled three 5-gallon buckets with water and added to each 2T IMO #2, 2T FAA, 2T FPJ, 1T OHN, 2T WCa (or you could add 2 T apple cider or brown rice vinegar), 2T LAB, a pinch of sea salt, 2T of beer (or you can use rice wine). Then we poured out 150 lbs of wheat bran on the bare soil and slowly added the 15 gallons of liquid while mixing. We ended up adding 2-3 more gallons of water and thoroughly mixed it. We covered it with the paper wheat bran bags (you could use a breathable tarp or straw beach mats) and left it. The pile needs to heat up to 140 degrees and then be turned regularly until it comes back down to around 80 degrees, which takes 7-10 days depending on the weather (faster or slower in warmer or cooler temps, respectively). A compost thermometer is a good investment here. At that point, Liz will add in an equal amount of soil to the bran compost/IMO #3 (and any water to get it to 60% hydration) and let it compost again, getting to 140 degrees, turning it and finishing it. You can add humates, kelp, rock dust and other goodies when you add the soil. This finished product, known as IMO #4, can be stored in plastic mesh bags until it is needed. If over winter, or if it dries out, hydrate before use as pre-plant, side dress (carefully and best under mulch), as a potting mix component, around fruit trees, or brewed and used in a foliar, etc. Fresh weight application rate is 1500-2000 lbs./acre or 35-45 lbs./1000 sq ft, similar to a lightly spread compost.
Water-soluble calcium – WCa
Fry up some crushed eggshells until golden brown (no, don’t use any butter or salt!) and with a 10:1 apple cider vinegar to eggshells ratio, place in a jar 2/3 full, covered as before. It will bubble for about a week as the vinegar extracts the calcium into solution. Strain off the liquid and reserve. You have WCa!

Water-soluble calcium phosphate – WCaP
Linda showed us her nicely charred bones – beef bones in aluminum foil left in the wood stove for awhile, as well as pork bones and chicken bones baked at 300 degrees in a toaster oven for 4 hours. Then she put them in a bowl and crushed them with a rock. As before with the WCa, 10:1 vinegar to bones for 1 week should do the trick. Voilà – WCaP.

Oriental Herbal Nutrient – OHN
First Aaron passed around his jar of OHN and we all had a swig. Mood enhanced, as we were, we proceeded to make some. The herbal ingredients are equal parts garlic, ginger, cinnamon bark, and licorice root and 2 parts angelica root. Keep them separate and crush them. Fill the cinnamon bark, licorice and angelica containers 1/3 full (angelica container will have double the size of the others). Add beer or wine to cover and rehydrate the dry ingredients. Cover as above and let soak for 1-2 days. At this juncture, add sugar 1:1 to all five ingredients (still in their separate jars). Let ferment for 4-5 days, covering jars. Then top off each jar with vodka and cover. Stir every day for two weeks. When complete, strain all ingredients and mix for final storage.

Aaron suggests getting a copy of Agriculture Materials, by Han-Kyu Cho, as a handbook for this technique. He warns that the translation can be challenging, but that Cho is the father and the go to person of this process. Other good resources include the Hawaiian Natural Farming website (www.naturalfarminghawaii.net) and The Unconventional Farmer (www.gilcarandang.com).

What a cool guy is Aaron Englander – a fully humble teacher who lowered his price twice to help us out financially on this event and shared what he had to offer with a complete spirit of generosity. And of course we had lots of fun – an important aspect of the tenets of Korean Natural Farming. And I got to take home the LAB.
Jerry Brunetti needs our help
Julie Rawson, NOFA/Mass Executive and Education Director

Many of us know and love Jerry Brunetti and the work he has done regarding soils. Most known and appreciated by grazers, Jerry has for decades been a source of cutting-edge and practical information for farmers on how to improve their pastures. He has written many articles in Acres USA and has been featured at their conferences. Jerry presents extensively at on-farm and seminar-type educational events and maintains a practical-based website (http://www.agri-dynamics.com).

He is an important agricultural resource for thousands. In recent years, he has been a regular inspiration at NOFA events throughout the region. When he was challenged by cancer in the late nineties, he not only put his disease at bay through nutritional and lifestyle management, but he shared his journey with others who made positive use of the knowledge he gained through this life-threatening experience.

Sadly, his cancer has come back in the form of non-Hodgkin’s lymphoma in his spine. In May he will be undergoing some strong conventional treatments while he continues on a serious nutraceutical campaign. He needs all the help he can get. In whatever form that makes sense to you, please help.

The last thing he said to me as we chatted on the phone about this in late April was YES, he would love to accept our invitation to be the lead speaker at the February 2015 Soil and Nutrition Conference. It will be marvelous if he can be there.
Northeast Organic Farming Association

Summer Conference

August 8-10, 2014
University of Massachusetts
Amherst, MA

♦ Friday: Full and half-day pre-conferences

♦ Saturday and Sunday: Over 200 workshops in eight 90-minute sessions, covering farming, gardening, land care, nutrition, & food politics

♦ Keynote, workshops, and day-long pre-conference with Dr. Elaine Ingham: Soil scientist & researcher teaching growers to foster soil microbial life.

♦ 100+ exhibitors, contra dance, conferences for children & for teens, country fair, organic meals, dorms or camping

www.nofasummerconference.org
We are very pleased and fortunate to be able to host Christine Jones of Australia for two NOFA/Mass events on Monday, September 1 (Labor Day) in Boston, and on Tuesday, September 2 in Amherst. Please make a note to save the date. We are still in the planning stages, but our idea is to have the Boston event start with a tour of a cutting-edge urban agricultural project, followed by an afternoon of classroom-type instruction. We are looking for the best candidate for the tour location – please advise. The Amherst event will start at Simple Gifts Farm, where for years Jeremy Barker-Plotkin and Dave Tepfer have been focusing on soil fertility and animal/plant rotations.

Dr. Christine Jones is an internationally acclaimed agricultural consultant with a specific message regarding sequestration of carbon and humus development through appropriate agricultural practices. According to Dr. Jones, photosynthesis operating at full capacity is the critical element in soil humification. Among the many benefits of high-humus soils are an abundance of soil microorganisms that manage and make available to the plants a broad range of minerals; more effective water management; and more vibrant plant health through improved plant immunity. Dr. Jones’ work focuses on how to maximize photosynthesis through biological processes. Her message is appropriate for anyone who raises food, for those who focus on conserving our natural resources, and for climate activists.

On a personal note, I have recently become “pen pals” with Christine as we plan this visit. Her sense of humor, her willingness to share everything she knows, and her passion for the saving of humanity are intense and inspirational. This is a rare opportunity to learn from one of the world’s experts on climate and agriculture.

Watch our website for more information, or contact me at julie@nofamass.org. You can learn more about Christine’s work by visiting her website: www.amazingcarbon.com.
NOFA/Mass outreach update
Sharon Gensler, NOFA/Mass Outreach Coordinator

Another big month of Outreach attended events. **What a great group of folks are our member-volunteers!** Thank you one and all, especially for braving rain and cold: Caroline Young, Kate Kennedy, Pam Newcombe, Darlene Tetreault, Christie Higgenbottom, Liza Bemis, Lenora Deslandes, Renee Portanova, Jamie Lombardo, Pam Raymond and Sarah Tower.

Our new Metro intern, Malcolm Johnson, represented us at the Franklin Park Zoo, a new venue. We hope to develop this connection into a great collaboration with member and zoo employee Harry Liggett. Malcolm is a student at Tufts specializing in International Environmental Negotiations. I’d also like to welcome our new Pioneer Valley Outreach Intern, Lucy Stockton, a student at Cornell. Both Malcolm and Sally are very interested in local organic food systems and will attend events and help with research and data organization.

**Is it your turn?** We have many great events on tap that need your help. If there’s nothing in your neighborhood listed below check out the website regularly in order to keep up to date on new additions. Remember to let me know of an event in your area that we could attend.

You’ll receive training, learn more about NOFA/Mass, and feel good about doing good work! Plus, you can also get a free NOFA hat OR a $25.00 discount on a NOFA sponsored event. [www.nofamass.org/programs/nofamass-outreach](http://www.nofamass.org/programs/nofamass-outreach)

Let’s talk! Email me if you’re interested or want more info: outreach@nofamass.org

**OUTREACH CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>May 17</td>
<td>REC Spring Garden Festival</td>
<td>Worcester</td>
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<tr>
<td>May 17</td>
<td>Local Food Harvest Coop</td>
<td>Jamaica Plain</td>
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<td>June 21</td>
<td>Solstice Riverfest</td>
<td>Orange</td>
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<td>June 22-25</td>
<td>Revisioning Sustainability</td>
<td>U Mass Amherst</td>
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**GET FRESH WITH A LOCAL FARMER**

Massachusetts Farm Bureau Federation
*Helping small farms since 1915.*
*You can help too*
*Join at [www.MFBF.net](http://www.MFBF.net)*
Organic Cut Flowers: For local economies and sustainable agriculture  
Nicole Belanger, NOFA/Mass Public Relations Coordinator

Education and farming are equally important at Natick Community Organic Farm (NCOF), where Lynda Simkins has been Executive Director for 30 years. Simkins and the staff hosted the first of two Organic Cut Flowers workshops on April 11. Over the years at NCOF, vegetable production has steadily increased while they have moved further from animal husbandry. Their size of their flower production continues to grow the most each year.

Cut flowers are $12 billion per year industry. 4/5 of flowers sold in the US are flown in from outside the US where the regulations are less strict and flowers are treated intensively with chemicals. Simkins touts the benefits of local flowers: supporting local economies, environmental sustainability, a more personalized experience, and chance to get to know your farmer.

All of NCOF’s flowers start in the greenhouse. A creative array of new and repurposed materials are used: pulleys, grow light fixtures pulled from an old building, wrap on cables to heat trays of plants from below, recycled bread flats used to hold trays, and venetian blinds used to mark plant types fill their several greenhouses.

Choose the best varieties for their growing conditions and customer needs is vital, and they’ve learned much through the years. They maintain a spreadsheet of varieties planted and their success in the field (they also track flower color, light needs, temperature, seeding date, and more). Lynda keeps on hand several catalogs (like Fedco, Glockner, Geoseeds) to compare variety traits, as some provide detailed images and others describe head size and stem length better. Variety attributes they look for include vase life, flower head characteristics (size, droopiness, etc), and stem length (stems must be at least 18”). There are also differences in temperature, moisture, soaking, etc for seeding that are important to honor.

There is a year round flower operation. On their farm, dahlias replace roses (which are hard to grow organically). They divide their dahlias just after the first frost, keeping a piece of the stem and the eye for each plant they’ll grow next year. During the winter, they store the dahlias in bins of dirt in the cellar, brought into the greenhouse in February. Perennials go into the greenhouse ground in January, and Larkspur and Snap Dragons get seeded in the greenhouse in November, ready to be transplanted by May.

When the danger of frost passes, seedlings go outside in beds on the 27-acre property. NCOF customarily plants flowers close together. This spacing keeps flower heads small and also chokes out weeds. Simkins digs ditches for many flowers and uses donated rebar to stake up heavy flowers. They mulch with leaves both to kill weeds and insulate plants.

Because of the delicate nature of flowers, they cultivate their flowers by hand. Once picked, the flowers are put into clean buckets (so clean that one could drink from them), filled with warm water and kept out of the sun in the cellar with a fan keeping them cool until market or pick up.

Weddings are an important part of NCOF’s business; they do 3-4 weddings a summer. They also work with florists, offer a flower CSA, and sell arrangements to
local offices, restaurants, and retail businesses.

They offer florists first choice of flowers on Mondays and Wednesdays typically, working with 2 to 3 florists. They do not offer wholesale prices, instead keeping prices low across the board. Their average charge is $7.50-10.50 for ten stems, and they sell dahlias, sunflowers and gladiolas individually. Their Tuesday flower CSA goes for 10 weeks, from the 3rd week in June to the 3rd week in September. They also sometimes sell flowers to other vegetable CSAs as an add on.

Weddings can get laborious quickly, and the NCOF team has learned a lot in their years of hosting them. Lynda suggests early September weddings, as flowers are most plentiful then. To keep things simple, couples provide their own ribbons and vases. Lynda also recommends asking the couple what colors they don’t like, then matching preferred colors with what flowers are seasonally available. She also uses creative embellishments, like asparagus greens, in a bouquet. Lynda says not to underestimate the fussy stuff; planning flowers for weddings does take time. They do work with a variety of budgets, letting couples choose to have flowers arranged or to do it themselves.

NCOF is certified organic by Baystate Organic Certifiers. NCOF has a commitment to organic certification. NCOF has adapted its operation to minimize insect stress and streamlined seed sourcing and documentation for certification. Lynda and her staff shared much practical certifying advice, including keeping three years of documentation and contacting the certifier at year three. Soil must be tested every three years. Track inputs and outputs, where you buy seeds, and develop a field map layout. Water sourcing is important. If you don’t have access to city or town water, you have to get water tested on regular cycle. They amend their soil with compost, leaves, and rocks sands and have 12% organic matter in their soils. The cost to become certified varies, but they paid $895, with the Massachusetts Department of Agricultural Resources (MDAR) paying ¾ of their certifying costs.

They no longer plant corn, pumpkins, or squash as these crops attract pests and are input intensive. Aphids can be an issue for them, so they use neem oil and ladybugs to keep those under control, especially in the greenhouse. They began last year to use a product called Grandevo, which works well with their historically challenging gladiolas.

Sourcing organic seeds can sometimes be problematic for them, as many companies coat or pellet their seeds. Companies are reluctant to tell what the coating is made from, which makes it difficult to know if the coating is certifiable. Organic growers are making noise to get these ingredients revealed, says Lynda, but until then, they usually look for non-pelleted or uncoated seeds.

Lynda also hopes to see the flower growing community come together more. She wants to connect with others bigger than her, as well as help others who are just starting out. She recommends growers consider membership in the Association of Specialty Cut Flower Growers (www.ascfg.org), who offers benefits like online business listing and forums for growing advice. Membership is not cheap, but Lynda suggests signing up through a payment plan. Other helpful resources include the Mass Flower Growers Association (www.massflowergrowers.com) and the Flower Farmers Facebook group (www.facebook.com/groups/flowerfarmers). NCOF keeps its own seed and divides bulbs where they can, and is always open to trades with and sales to other growers.

The second of the Organic Cut Flowers workshops takes place on Friday, August 29th at Natick Community Organic Farm. Part two explores harvest and post harvest of certified organic cut flowers, weed management, marketing and selling, and strategies for season extension. Attendance at part one is not necessary to attend part two. For more information on this workshop, see www.nofamass.org/events/growing-certified-organic-cut-flowers.
Homesteading observations: Carbon Sequestration
Sharon Gensler, Homesteader and NOFA/Mass Outreach Coordinator

It’s an exciting time. Everything is greening, the fruit trees are about to flower, and early crops are planted. Last month I wrote that my 2014 focus would be on SRI (wide spacing of plants) gardening, and now I’m going to expand that focus to include carbon sequestration (CS). I believe these go hand in hand, not only to secure my personal “food security,” but also to actually do something positive to negate climate change.

After attending the February NOFA/Mass Soil and Nutrition Conference and hearing Graeme Sait talk about the potential for CS by increasing organic matter (OM) in our soils, I’ve decided to give myself the challenge. (Julie Rawson has written in both the March and April NOFA/Mass Newsletters regarding this topic, its importance and urgency.) After this rain stops, I will take soil samples and send them to Prof. Davies at Northeastern University for a free OM analysis. I will then attempt to raise the level of my OM by a minimum of 1%.

How about you? Are you ready to take another step to stabilize and even decrease atmospheric carbon? Yesterday, I read a new study from the Rodale Institute on this very topic. More and more scientists, farmers, gardeners, and even suburban lawn keepers are seeing the value of regenerative growing, a sustainable/organic form of agriculture based on regeneration of renewable resources.

The easiest way to increase garden OM is thru mulching and cover cropping. The Summer 2011 issue of The Natural Farmer does a great job of discussing cover crops. It really is not hard and the benefits are many. I will be offering a workshop at the NOFA Summer Conference on this topic. In the NOFA/Mass June 2013 Newsletter I wrote about using cover crops in the garden: “They prevent erosion; maintain and build soil fertility, organic matter and soil life; disrupt pest and pathogen habitats and life cycles; smother weeds; increase crop diversity; and offer habitat and food for beneficial insects, amphibians, reptiles and birds. Plus they’re beautiful.”

Mulching thickly is another simple method we employ. Its many additional benefits include reducing weeds, retaining and moderating soil moisture, preventing erosion, and nourishing the soil and its creatures. Edges are areas in nature that encourage diversity, and the edge where soil meets mulch is no exception. It is teeming with life. As the mulch decomposes, it feeds worms, bacteria, yeasts, fungi, and many creatures about which we know little, but who are intricately involved in soil health and fertility.

Of course there are draw backs to mulch, but I believe the benefits far outweigh the supposed disadvantages. Mulch could harbor slugs. Some think it looks unsightly or that it may contain insect pests and disease organisms. However, if we continue to “grow” healthy soil, we’ll have healthy plants and those problems will cease.

Another consideration is the type, availability, and cost of mulch. We use whatever organic matter we can obtain free or cheaply. Leaves are fantastic, gathered in the fall and left to compost a year or two unless you are lucky enough to find them shredded. Moldy hay and grass clippings are next on my list, again left to compost so weed and grass seed are decreased. Straw
is great but expensive. Hardwood chips composted until they are filled with beneficial mycelium are excellent, as is any cover crop residue. Remember, none of these are mixed into the soil but placed on top. If mixed, they might take nutrients from the soil rather than adding them. It’s the slow decomposition at soil level that incorporates the carbon into the soil thus sequestering it, keeping it from the atmosphere.

As a member of a local book group I’ve recently read *The More Beautiful World Our Hearts Know is Possible* by Charles Eisenstein. What a great title and book! It deals with climate change and the individual. He writes of creating a “New Story” which is dependent on the importance of our personal actions. Doing a small simple action that in our hearts feels right is powerful. For me, I’ll make organic matter. How about you?

Here’s a view around the homestead: We produced 2 gallons of maple syrup. Daffodils are in full and amazing bloom. We are re-fencing the garden and adding some new electric fence. The greenhouse is popping with new seedlings. I had to harvest all of the kale and other greens to make room. The asparagus is almost edible. I planted the onions out with a wider grid spacing the day before we got 3 inches of snow. The peas are up, as are the eight beds of oat/field pea cover crop. I also am designing a series of workshops here on the farm about cover cropping through the seasons.
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
One Thousand Orchards
Suzy Konecky, Beginning Farmer Program Coordinator

Charlotte Trim has been a Journeyperson Farmer in the NOFA/Mass Beginning Farmer Program for the past year. Over this year, she has formed a strong bond with her mentor Linda Hoffman of Old Frog Pond Farm. The Journeyperson program matches a beginning farmer with a more experienced one for a two-year period. While Charlotte has significant growing experience, she is scaling up her orchard and wanted to work with a farmer who has more orcharding experience than she does.

Last year was a success for Charlotte on many levels - not only did her trees do well, but she and Linda connected well and now collaborate in many ways, including dividing up the interesting conferences and workshops and then swapping notes. They are going together to consult with another farm that is going to be putting in an apple orchard, to offer their experience and insight. Charlotte will specifically be looking at the soils in the new orchard, and Linda will be advising on tree varieties. Charlotte shares that her long-term goal is to plant one thousand orchards. “I wasn’t kidding about that goal. I don’t care if those orchards have 4 trees, 40 trees, or 400 trees. Although I would prefer that they have 400 trees,” Charlotte says of her goal.

Charlotte’s Lincoln, MA farm is growing this year - she is doubling the number of peach trees that she has planted. She feels that her mentorship with Linda Hoffman has been crucial in her development of her own orchard. Linda either “pushes me forward a step, or pulls me back if I am moving too fast.” There are very few organic orchards in this region, so Charlotte feels especially lucky to have such a good relationship with one of the few other organic orchardists. Sometimes it can be isolating to grow a crop that so few other people grow, especially since organic orcharding is a whole different ballgame. She also is grateful that she and Linda share broader goals. “Linda is really bright and really knows her stuff. It is good that we are heading in the same direction: healing and helping the greater community.”

Given the small community of orchardists in this area, Charlotte thinks a lot about the varieties that she plants. There is one peach breeder who she relies on heavily; she looks for varieties that are cold hardy, that don’t all bloom at the same time, and that have healthy root stock, as the ground can be quite wet. When she finds a new variety, she tries it at home first and sees if she encounters problems. If the trial goes well, then she will plant them at the farm.

Farming is a constant reminder that we have so much to learn, and that mistakes can turn into educational opportunities and positive change. Charlotte shares that “some of my mistakes have been my greatest discoveries.” When something goes wrong she tells herself that she may wind up learning something from this, and she usually does. In a bad storm the main branch from a Japanese Plum tree was ripped off. Everyone told her to cut down the tree, and that there was nothing that she could do to save it. She wanted to heal it, but there was no blueprint for how to do so, it was a dire situation. She gave it lots of time and care and covered the wound with a biological mudpack. Eventually it healed up beautifully, and now the tree is getting big. This story of healing a tree is a great example to show that even with an experienced mentor to learn from, sometimes there isn’t a prescribed recipe for how to mend a tough situation. Charlotte hopes that through years of caring for fruit trees, she will able to better and better understand them.

Charlotte is going to be giving a talk to her community about edible landscapes and nutrient dense agriculture. She hopes to inspire people to put in orchards themselves and prioritize how to mineralize the land and put the carbon, as she says, “back where it belongs - in the soil!” She has a dream of our region becoming self sufficient in fruit some day. Not only do orchards have the benefit of fruit production, but also there is a host of other auxiliary benefits from healthy fruit trees. Charlotte has pictures of root systems to share, “this helps make the connection between agriculture and climate change.” She hopes that her talk really motivates people so that someday she really will have helped create 1,000 new orchards.

To find out more about the NOFA/Mass Journeyperson program, visit www.nofamass.org/programs/beginningfarmerprogram or contact Suzy Konecky at suzy@nofamass.org
How cows help grow their own food: Grazing and soil restoration
Winton Pitcoff, Raw Milk Network Coordinator

You need good grass for forage for your livestock, and for good grass you need good soil. Fortunately, the animals that want to eat your grass can also help you improve how it grows.

A webinar entitled Soil Health and Production Benefits of Mob Grazing focuses on how both soil health and productivity can be improved by fostering high plant diversity, intensive grazing, trampling of vegetation, and long rest periods. Reduced root mass, increased weed pressure, compacted soils, greater surface runoff, and diminished soil habitat are all symptoms of poor forage and soil management. These can be corrected through intensive grazing.

This webinar talks about the impacts of stock density on utilization, weeds competition, manure distribution, and regeneration, concluding that managing stock density has the potential to improve and build more soil than we ever thought possible. A pdf of the presentation is available at www.forestrywebinars.net/webinars/soil-health-and-production-benefits-of-mob-grazing, and a video of

Also worth reading is Cows Save the Planet: And Other Improbable Ways of Restoring Soil to Heal the Earth, a book by Judith D. Schwartz that looks at how the effects of grazing can be far more beneficial to grasslands than any human intervention or abandonment. Leaning heavily on the teachings of Allan Savory, the book is not a ‘how-to’ for graziers, but rather an examination of a range of soil conservation and restoration efforts and their potential impacts on agriculture and the planet.

This is part of an ongoing series of notes on resources available to graziers and livestock farmers. If you have suggestions about websites or other publications we should include, please contact winton@nofamass.org.

Johnny's Selected Seeds

AVAILABLE AS ORGANIC FOR 2014

'JWS 6823 PMR' Winter Squash
'Dolly' Basil
'Dragoon' Lettuce
'Sugar Ann' Pea
'Cha Cha' Winter Squash

Ask for Ken Fine, your Johnny’s Sales Representative
Email: kfine@johnnyseeds.com  Direct Line: 207-238-5307
Johnnyseeds.com 1-877-564-6697
How Can We Build Deep Rich Soils in New England?

Jim Laurie

The work of Allan Savory and others has shown that holistically planned grazing can restore soils and wildlife habitat, improve the water cycle, feed people, and sustain rural livelihoods. Hundreds of ranches and farms on four continents have restored land using grazing as their primary tool even in very dry climates with only seasonal rainfall.

What about New England? Can grazing be used successfully here as well?

I am a restoration ecologist working with Biodiversity for a Livable Climate, a New England non-profit dedicated to building biologically diverse soils as a carbon sink to ameliorate climate change. We invite you to our workshop “Building Deep Rich Soils in New England” at the NOFA Summer Conference in August.

Many of us complain that New England has thin and rocky soils. Was that always true? How much topsoil has been lost on our hillsides as forests were cut and croplands planted? Plowing may have been difficult with all our rocks, but when it was done, much of the soil washed away. In the last 100 years, forests have returned to New England, but are they growing as rapidly as they might if we had deeper carbon rich soils? What can we do now to restore soil depth and health? Can we increase organic matter to levels we haven’t seen since colonial times? Or do even better?

In Pastures of Plenty: The Future of Food, Agriculture, and Environmental Conservation in New England, Professor John Carroll at the University of New Hampshire proposes that “grazing represents, more than any other form of agriculture, the best insurance that New England has against future food insecurity.” Well-timed, high intensity grazing can rebuild the soils and generate profits in most parts of New England, part of a local, diverse agriculture sustaining a healthy landscape.

The Importance of Animal Impact: From Buffalo to Passenger Pigeons

Many of us are aware that huge herds of millions of buffalo, pronghorn, and elk once roamed the continent, depositing several million tons of dung and urine every day as free fertilizer to soils from the Great Lakes to the Rocky Mountains. When the herds vanished in the late nineteenth century, several feet of topsoil began to disintegrate throughout these lands. We used to blame overgrazing for desertification, but despite not having animals on them for decades, many former grassland areas have never recovered! We now see animal impact was critical to maintaining rich soils.

Forested New England never had huge herds of wild ruminants so presumably we didn’t benefit from the migrations of millions of animals bringing their nutrients from afar. However, 200 years ago there were several billion passenger pigeons in North America, representing about one-fourth of all the birds on the continent. Every spring they would come north through the forests toward the Great Lakes and New England and on into Ontario and Nova Scotia, nesting for several weeks in huge roosting areas, often several hundred miles in size and 100 nests per tree. One roost in Wisconsin was estimated at 136 million birds covering 850 square miles. Imagine how much soil must have been deposited; several inches of bird poop might rain down in the roosting areas every time the pigeons chose to stop. Is it possible that New England soils, supplemented by migrating birds, was once much richer than it is today?

100 years ago, Martha, the last known passenger pigeon, died in the Cincinnati Zoo. Passenger pigeons were extinct after a century of hunting and deforestation in the northeastern United States. Was the loss of these birds as detrimental to our New England soils as the loss of buffalo and pronghorn herds was to the prairie soils? We may never know, but perhaps a more important question is this: What can we do now to encourage animal impact that will help us build deeper

Ridge Shinn’s herd of Rotakawa Devons, Hardwick, Massachusetts.
Soil Building Examples: Grazing, Earthworms, and Climate Activists.

Joel Salatin’s family moved to Virginia’s Shenandoah Valley in 1960. Estimates of soil lost by plowing in the valley since colonial times range from 3 to 8 feet. When Joel’s father began grazing, there were areas of bare shale rock as extensive as 100 feet in diameter. In 2000, after 40 years of grazing, the largest of these rocky galls had been reduced to a few feet in diameter. By 2010, he couldn’t find any of these areas with less than 8 inches of new soil. He is making a case for 8 inches of soil created within a decade using a grazing plan with high-density herd impact followed by ample recovery time. (The Sheer Ecstasy of Being a Lunatic Farmer, Joel Salatin, 2011)

Greg Judy’s Earthworms

Greg Judy owns and leases several farms in central Missouri, grazing cattle, sheep, goats, and pigs. Yet he considers his most important “livestock” resource to be earthworms. Judy’s goal is 25 earthworms per square foot, which he estimates would yield 100 tons/acre/year of worm castings at no expense. Many of Judy’s fields now have worm densities of 17 per square foot (perhaps 65 tons of castings per acre).

Judy’s grazing strategy built on Holistic Planned Grazing, uses high-density animal herds grazing a paddock for one day then moved to the next paddock. The goal is for animals to consume a third of the grass in the paddock and trample the rest into the soil to feed earthworms and soil microbes.

Importantly, he does not use de-worming agents and other chemicals poisonous to soil biota like dung beetles, whose beneficial impact is significant. Dung beetle holes help create paths for earthworm activity and other soil biota, and the dung dried out by beetle activity and taken below ground reduces fly populations. Pat and Dick Richardson, Ecology Professors at University of Texas, have estimated that dung beetles following dense herds of cattle can bury a ton of wet manure per acre overnight.

From soil depth measurements, Judy estimates that his grazing practice built 3 inches of soil in many fields in 4 years. The trampled grass, animal manure, and worm casting mix makes very rich topsoil. Dry worm castings are typically 70% organic matter and 30% minerals. Estimating organic matter of Judy’s new soil conservatively at 8%, three inches of new soil would represent 15 tons of organic carbon added per acre in 4 years. That is 3.75 tons organic carbon per acre per year. This new soil should hold 60 tons more water per acre than before, a difference of about 14,000 gallons/acre.

Dung beetles carrying animal dung balls as much as three feet downward and the increased flow of sugars from healthy plants to support mycorrhizal fungi scouting minerals will also increase soil organic matter and therefore, soil carbon.

Conventional soil scientists generally consider 1 ton of carbon sequestered per acre each year to be significant, but when these biological pathways are added the true soil carbon sequestering potential may be much larger.

His two books discuss these as integral to profitable grazing operations. No Risk Ranching: Custom Grazing on Leased Land (2002) describes how he started his grazing business with little capital. Comeback Farms: Rejuvenating Soil, Pastures, and Profits with Livestock Grazing Management (2008), worth reading several times, focuses on Holistic Planned Grazing using high density and multi-species grazing with movable electric fences.

Greg’s excellent presentation Holistic Resource Management for Profitable & Sustainable Production of Crops and Livestock, at the Virginia Association for Biological Farming in 2011, includes slides showing his Green Pastures Farm and observations of soil biodiversity. See more at www.youtu.be/W6HGKSvjk5Q and www.greenpasturesfarm.net.

Bringing Soils Back to the City - Somerville Climate Action “DePaving the Way”

Somerville Climate Action (SCA), a non-profit in Massachusetts alerting the public to the dangers of Climate Change for over a decade, has gone beyond emissions reduction, advocating the growing of local food. They understand that building soil takes carbon out of the air and puts it back in the ground, but very urban Somerville is about 77% impervious surface.

In 2010, Somerville had several floods because rainwater had nowhere to go, prompting SCA to start its depaving campaign. Finding several homeowners with asphalt and concrete backyards they no longer wanted, SCA responded with 30 volunteers and tools to “DePave the Way.” Several depaved yards have become gardens
growing food for local residents. The City supports these efforts as a way to help reduce flooding, a constant concern.


**Urban and Suburban Landscapes: Turf Grass Lawn or Local Agriculture?**

Many suburbs are dominated by grass lawns requiring quite an investment to maintain what is essentially a monoculture. Turf grasses generally have shallow roots and often need watering, even in our moist climate. The campaign against dandelions is another counterproductive example. Dandelions feed wildlife and their taproots bring calcium from deep in the soil to the surface. Higher calcium encourages clovers, which add free nitrogen to your soil.

Many forms of agriculture are now returning to cities and towns. Chickens, goats, and even pigs are being raised in places that had not seen them in many decades. Imagine growing vegetables in your front yard: you can pick your dinner as you go from car to house. One home in Woburn grows most of its own vegetables. Neighbors now follow their example and grow home gardens of their own.

Some city folks don’t like grass-eating geese on their lawns. Geese need large open areas to take flight and are easily discouraged by blueberry bushes and tall growing tomatoes. The Woburn house doesn’t get geese, but many turkeys stop to see the plantings.

**Hope to see you at our Building Soils Workshop at the NOFA Summer Conference!**

Jim Laurie is a biologist and chemist who built wetlands to treat sewage and chemical wastewater working with John Todd, has studied restoration strategies in California salmon streams and redwood forests, and worked with graziers in Texas, Montana, and New England. Biodiversity for a Livable Climate (BLC) paved the way for Allan Savory to come to Boston twice in 2013, and promotes soil building as the best antidote to climate change while providing many other benefits mentioned above.
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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!

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• 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.

WHOLEFOODSMARKET.COM
Atlas Farm
635 River Road, Deerfield, MA
413-695-2728, 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. every day. Beginning May 13, we’ll also be at the Copley Square Farmers Market, Tuesdays and Fridays 11 a.m. to 6 p.m. Certified organic strawberries, asparagus, greenhouse tomatoes, greenhouse cucumbers, head lettuces, arugula, herbs (dill, parsley, cilantro), scallions, radishes, carrots, beets, bunched greens (kale, chard, collards, dandelion greens), and certified organic plant starts for home gardeners.

Barrett’s Mill Farm
449 Barrett’s Mill Road, Concord, MA
978-254-5609, melissa@barrettsmillfarm.com and lise@barrettsmillfarm.com
www.barrettsmillfarm.com
Starting June 17, open Tuesday and Thursday 3 to 6 p.m., Saturday 11 a.m. to 4 p.m. Our vegetables will be for sale through our CSA as well as in our Farm Store. Arugula, beets, bok choy, broccoli, broccoli raab, cabbage, Chinese cabbage, carrots, cauliflower, celery, celeriac, slicing cucumbers, pickling cucumbers, eggplant, fennel, kale, kohlrabi, leeks, head lettuce, mesclun mix, onions, parsnips, pea tendrils, salad turnips, storage turnips, sweet peppers, potatoes, radishes, shallots, spinach, summer squash, winter squash, Swiss chard, heirloom tomatoes, slicing tomatoes, plum tomatoes, watermelon and zucchini.

Bird of the Hand Farm
33 School St., Sterling, MA
978-422-6217, birdofthehandfarm@gmail.com
www.birdofthehand.com
Bird of the Hand Farm 2nd annual plant sale on May 31, 8 a.m. to 4 p.m. in Sterling, MA. Organic perennials: bee balm, lemon balm, aloe, bromeliads, solomon seal, golden seal, bloodroot, day lilies, Japanese maples, sugar maples, black cohosh, American ginger, oregano, thyme. Seedlings: Kale, lettuce, corn, parsley, basil, green bean, Swiss chard.

Blue Heron Organic Farm
PO Box 67, Lincoln, MA
781-254-3727, farmer@blueheronfarmlincoln.com
www.blueheronfarmlincoln.com
We will be opening the farm stand in mid-May (Fridays-Sundays 10 a.m. to 5 p.m.) with an Organic Plant Sale! We sell to many Boston area restaurants; please see website (click on ‘Restaurants’) for seasonal availability. The farm stand is open June-October, please visit website for more information about farm stand hours and farmers’ markets. Please email the farmer if interested in volunteering!

Brookfield Farm
24 Hulst Road, Amherst, MA
413-253-7991, info@brookfieldfarm.org
www.brookfieldfarm.org
Tuesday and Thursday 3 to 7 p.m. and Saturday 8 a.m. to 1 p.m. CSA shares available at www.brookfieldfarm.org/JoinBostonOrLocal.cfm.

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

If you would like your farm or business listed on the Organic Food Guide website, contact Rebecca Buell at foodguide@nofamass.org or 978-724-3561.

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

www.nofamass.org
Bug Hill Farm
502 Bug Hill Road, Ashfield, MA
413-628-3980, info@bughillfarm.org
www.bughillfarm.org
Farm Store and PYO on weekends during summer:
email or call for hours and what’s ripe when. Farmers’
Markets (check website for times): Northampton,
Tuesdays; Great Barrington, Saturdays; Davis Square
Somerville, Mondays; others. Summer: PYO certified
organic native blueberries, cultivated raspberries,
currants, aronia, gooseberry. Pre-pick with advance
notice. Value added farm produced fruit products
(conserves, condiments, chutneys, cordials, syrups) at
farm store.

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.

Holly Hill Farm
236 Jerusalem Road, Cohasset, MA
781-383-1455, farmmgrdeehollyhillfarm@verizon.net
www.hollyhillfarm.org
Farm Stand open 11 a.m. to 6 p.m., Wednesday,
Saturday, and Sunday (seasonally, check website for
details). A wide range of certified organic produce,
flowers, herbs, and plants as well as small batch
and organic products from other local producers.
At our Annual Plant Sale we sell dozens of varieties
of vegetables, flowers, and herbs that we start
from seed as well as organic seeds, organic soil
amendments, bags of soil mix, compost, fertilizers,
organic pest controls, and more. Spring Plant Sale
is on May 17, 18, 24, & 25 from 10 a.m. to 4 p.m.
Details are on our website.

Chestnut Farms
404 Turkey St., Hardwick, MA
413-477-6656, kim@chestnutfarms.org
chestnutfarm.org
Meat CSA Shares: visit website for details.

Colchester Neighborhood Farm
90 Brook St., Plympton, MA
781-422-3921, mmartinez@newenglandvillage.org
www.colchesterneighborhoodfarm.com
Our farm stand and pick-your-own will open June 1.
Right now we have farm fresh eggs and CSA shares
for sale.

First Root Farm
Farm Location: 955 Lexington Road; Mailing Address:
PO Box 673, Concord, MA
firstrootfarm@gmail.com, www.firstrootfarm.com
2014 CSA shares now available! 21 weeks of delicious
produce grown using organic & sustainable methods.
$650 full share/$350 small share. Pickups in Concord
& Somerville. Weekly handmade CSA news zine,
pick-your-own, flower bouquet share option, kid &
family friendly. We also have fall shares (November,
four weeks) and winter shares (two bulk pickups
November/December). Read all about it and sign up

Chestnut Farms
502 Bug Hill Road, Ashfield, MA
413-628-3980, info@bughillfarm.org
www.bughillfarm.org
Farm Store and PYO on weekends during summer:
email or call for hours and what’s ripe when. Farmers’
Markets (check website for times): Northampton,
Tuesdays; Great Barrington, Saturdays; Davis Square
Somerville, Mondays; others. Summer: PYO certified
organic native blueberries, cultivated raspberries,
currants, aronia, gooseberry. Pre-pick with advance
notice. Value added farm produced fruit products
(conserves, condiments, chutneys, cordials, syrups) at
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28 High St., Hubbardston, MA
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www.highmeadowfarms.com
Farm stand open 9 a.m. to dusk daily. 100% grass-fed
beef, woodland raised pork, pure maple syrup and
honey.

Holly Hill Farm
236 Jerusalem Road, Cohasset, MA
781-383-1455, farmmgrdeehollyhillfarm@verizon.net
www.hollyhillfarm.org
Farm Stand open 11 a.m. to 6 p.m., Wednesday,
Saturday, and Sunday (seasonally, check website for
details). A wide range of certified organic produce,
flowers, herbs, and plants as well as small batch
and organic products from other local producers.
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amendments, bags of soil mix, compost, fertilizers,
organic pest controls, and more. Spring Plant Sale
is on May 17, 18, 24, & 25 from 10 a.m. to 4 p.m.
Details are on our website.

Lindentree Farm CSA
10 Old Concord Road, Lincoln, MA
781-259-1259, lindentreecsa@gmail.com
Lindentreefarm.com
Summer vegetable shares including berries,
melons, and flowers. We have 20 years of experience
growing, certified organic with biological farming
emphasis. 20-22 week CSA, from June-October,
with pick-ups on site in Lincoln, three pick-up days
to choose from: Tuesday, Thursday, Saturday. Some
work participation and preseason orientation. We
also have openings on our crew for interns, and an
assistant farmer position with housing on site (for
that position only). Pay according to experience.
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.
vegetables for you or your family each week from June 17 – October 14. Weekly pick-ups are available on our farm site in Sutton on Tuesdays or in downtown Worcester on Wednesdays from 4-7 p.m. To learn more about our CSA and become a member, email or call Sara Tower or visit our website.

Robinson Farm
42 Jackson Road, Hardwick, MA
413-477-6988, info@robinsonfarm.org
www.robinsonfarm.org
Farm Shop hours 7 a.m. to 6 p.m. daily. Check our website for retail cheese locations. Offering our “Award winning” Farmstead aged cheeses (cow), our grass-fed 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.

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, our farm-shop-only Sour Cream, and pork from the first SideHill Farm forest pigs. All from our grass-fed cows and forest raised pigs and available in the farm shop. Come visit! Yogurt and Solar Smoothies at the Amherst Market.

Simple Gifts Farm
1089 North Pleasant St., Amherst, MA
413-549-1585, simplegiftsfarm@gmail.com
simplegiftsfarmcsa.com
Farm stand open dawn to dusk. Amherst Farmers’ Market, Saturdays 7:30 a.m. to 1:30 p.m. Salad greens, strawberries, garden starts, kale, chard, lettuce, radishes, arugula, spinach, pork, eggs. CSA starts the first Tuesday in June!

Sweet Autumn Farm
180 Prospect St., Carlisle, MA
978-287-0025, sweetautumnfarmma@gmail.com
Farm Stand: Tuesday 2 p.m. to 6 p.m. and Saturday
10 a.m. to 2 p.m. (starting June 3). Special Tomato/Pepper Seedling Sale: Sunday, May 18, 1 to 6 p.m. Chicken eggs, Duck eggs, Rhubarb, Herbs, Snow Peas, and more. Also Registered Nigerian Dwarf yearlings and babies available for sale. See capradiemndg.com for availability.

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
Farm stand and farm store in barn open daily sun-up to sundown. Summer shares for the 2014 season. We’ll have vegetable, herb, and flower starts, hanging baskets, perennials and more out at our farm stand. All grown without the use of chemical fertilizers and pesticides and with varieties that do well in our area. Check out our website for more information. We have Walpole Creamery Ice Cream, Smith Country Cheese, Eggs from Monte Rosa Farm, raw honey, jam, maple syrup and soap in our farm store located in the barn.

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.

Federal Crop Insurance Programs
Because bad things can happen to good farmers

USDA Risk Management Agency (RMA) Programs cover many Massachusetts commodities.

Non-insurable crop Assistance Program (NAP) available for most other crops through county FSA.

Visit RMA on the web at RMA.USDA.gov

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(413) 773-9639

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www.greenfieldfarmerscooop.com
Events

2014 Twilight Grower Series Workshop 1: Raising Nigerian Dwarf Dairy Goats
Thursday, May 22 - 6pm to 8pm
Rosasharn Farm, Rehoboth, MA 02769

Anne breeds Nigerian dwarf dairy goats for show as well as for milk for her own consumption. Anne will discuss the characteristics and basics of raising Nigerian dwarf dairy goats, with a focus on how she uses her livestock to create a healthier, more sustainable farm system at Rosasharn. This workshop will be a wonderful learning experience for anyone interested in starting or expanding a pasture-based small livestock operation, or anyone interested in learning more about breeding and caring for Nigerian dwarf dairy goats.

Registration Fee: $5.00 for Beginning Farmers, $15.00 SEMAP Members, $20.00 non-SEMAP Members. To register, or for more info, visit www.conta.cc/1j6ysik

Hidden Treasures: Issues in Grassland Bird Conservation
Friday, May 30 - 9am to 5pm w/ field trip, or 1-5pm conference only
The Center at Eagle Hill, Hardwick, MA & EQLT grassland properties

Bird species associated with grasslands represent some of the most recognizable and treasured birds in Massachusetts, but this group is also one of the most imperiled and rapidly declining avian guilds in North America. Morning field trip and expert afternoon speakers will focus on these concerns and discuss the many opportunities for practicing bird-friendly grassland management on public and private lands.

Cost: $40 inc. lunch/ $30. Contact hubbardstonnatureclub@yahoo.com for registration info.

Slow Living Summit
June 4 - 6, 2014
157 Main Street Brattleboro, Vermont

A unique conversation about connections, between life, health and happiness; between soil, soul and food; between money, community and bioregions; between arts, humor and love. Behind those connections are stories. What we really need is not a cure but a story that enables us to understand the problem and find the solution on our own. At the Summit, nationally known speakers and artists will present and perform together, telling stories and exploring narratives. Let’s come together, listen, share, and learn how to be the artists of our own lives.

For more info, visit www.slowlivingsummit.org/2014-summit-registration or contact Martin Langeveld at 802-380-0226 or martin@strollingoftheheifers.com

Green Roof Workshop with Marie Stella
Friday, June 20, 3pm to 8pm & Saturday, June 21, 9am to 5 pm
Beaver Lodge, 719 Barnes Road, Shelburne Falls, MA

Enjoy an ecological design design-build intensive focused on green roofs and native plant material at the ‘Beaver
Community Happenings

Lodge’, a LEED PLATINUM building designed by Marie Stella. We will follow visit wetland and native plant nurseries, culminating with the completion of a small green roof on a children’s playhouse. Dormitory accommodations available Friday night. A Green Roof Tutorial at a specialty green roof in Somerville, MA on Friday, May 30, 10:30 AM to 12:30 PM is included in the fee.

REGISTRATION FEE: $220.00 Contact: Marie Stella, Landscape Institute Faculty, 413 625-2009, mariestellabcaverlodge.com.

Announcements

Old Ireland Street Orchards Reopening in Chesterfield
We are reopening our doors this month, featuring Bare Roots Farm organic edible plants and organic fruit this summer. Please join us at 330 Ireland Street, Chesterfield, MA May- November on Fridays, Saturdays, & Sundays 9am to 5pm. More info at www.barerootsfarm.com

Marketing for Profit: Tools for Success
There is no charge for the course, which can be taken by farmers at their convenience asynchronously and is accessible any time, day or night. The course materials are also available at no charge for use by extension educators or other educators who wish to use the materials to teach this as an in-person class.

After completing the course, participants will have all the knowledge needed to create their complete farm business and marketing plan. Farmers who complete the course in its entirety will be eligible for borrower training credits through the USDA Farm Services Agency.

To register, visit www.nyfarmersmarket.com/work-shop-programs/online-marketing-for-profit-course.html

Metta Earth Leadership Training Summer Institute
Lincoln, Vermont

Out of chaotic turbulence, remarkable initiatives are coalescing - with immense passion & energy an emerging generation leads in new directions.

Three courses are offered: PERMACULTURE & ECOVILLAGE DESIGN June 15-28 w/ Service Practicum June 29-July 5; SOCIAL CHANGE ACTIVISM July 6-19 w/ Service Practicum July 20-July 26; & WILDERNESS & ECO-PSYCHOLOGY July 27-Aug 9 w/ Service Practicum Aug 10-Aug 16.

More info at www.mettaearth.org
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NOFA/Mass Workshops & Events

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

Urban Agriculture Soil Restoration Workshop
June 1 - 9:30am to 4:30pm
Gardening the Community Office, Springfield, MA
Cost: $65 for members, $75 for non-members (Limited Partial Scholarships are Available, if interested contact Kristin at kristin@nofamass.org.)
Learn to reduce pests and diseases in the garden, increase the strength and productivity of vegetable crops, and maximize the nutrient quality of your homegrown food. This workshop is offered in collaboration with Project Bread and Gardening the Community. Instructor: Dan Kittredge, Bionutrient Food Association

Vermicomposting 101
June 8 - 1:00pm to 4:00pm
Hyde Park, MA
Cost: $30 NOFA members; $36 non-members
Build your own worm bin, fill it with worms, and learn to care for your new friends/free laborers. The class will start with a review of composting basics. We will briefly discuss different types of composting, including: traditional, hot, bokashi, and black soldier fly larvae. We will then focus on vermicomposting (composting with earthworms). Topics include the science of vermicomposting, how to create a hospitable home for your worms, dos and don’ts for feeding your worms food scraps, troubleshooting problems with your bin, and ways to harvest your vermicompost. Participants will then use the tools and supplies provided to build their own worm bin from recycled 3 and 5 gallon food grade buckets, make worm bedding, and bring 1000 or so worms home with you after the workshop. Instructor: George Zahka

Food Forest Swales: Design and Implementation
June 21 – 1:00pm to 4:00pm
47 Union Avenue, Westport, MA
Cost: $25 NOFA members; $31 non-members
In this workshop participants will learn how to site swales in the landscape and lay out a swale on contour using an A-Frame level. They will then design a plant polyculture that is suitable for a Linear Food Forest Swale and help plant an existing swale with Food Forest trees and perennial vegetables! Wear your get dirty clothes. Instructor: Lydia Silva

Organic Growing 101
June 21 & 22 - 9:00am to 4:00pm
Many Hands Organic Farm, 411 Sheldon Road, Barre, MA
Cost: $244
Jack and Julie, who have owned and operated Many Hands Organic Farm for over 30 years, will combine hands on work with discussion of principles of organic growing. Besides participating in daily animal chores and one or two specific field tasks, participants will harvest and prepare lunch on both days. Topics include sustainable farming systems, appropriate energy use, recycling and resource conservation. Offered in collaboration with Worcester State University. College credit available. Instructors: Julie Rawson and Jack Kittredge
Mushroom Log Inoculation
June 28 – 1:00pm to 3:00pm
Nantucket Mushrooms LLC, Chatham, MA
Cost: $32 NOFA members; $38 non-members
Join Nantucket Mushrooms LLC Cofounder for an inspirational and educational, mushroom log cultivation workshop. Topics covered include: Hands on inoculation, fruiting, harvesting, choosing a location, force fruiting, pests, choosing your logs and building outdoor grow beds.
Instructor: Wesley Price

Hands-on Hog Slaughter on the Homestead
June 29 – 10:00am to 4:00pm
Many Hands Organic Farm, 411 Sheldon Road, Barre, MA
Cost: $40 NOFA members; $48 non-members
At this hands on workshop, with the help of Many Hand’s farm tractor and bucket, Jake Levin will lead us in the slaughter of a four month old pig, bleed it, scald it in a cast iron bathtub, eviscerate it, and eventually cut it into standard pork cuts. A tour of the Many Hands Organic Farm certified organic pig operation will be included. Instructors: Jake Levin, Andrew Kelly & Jason Cucchiara

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
### New and Renewing NOFA/Mass Members in April

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<th>Adrienne Altstatt</th>
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<td>Mick and Louise Dwyer Huppert</td>
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### Thank you to Spring Appeal Donors in April

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