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FROM THE EDITOR
Mindy Harris
NOFA/Mass Public Relations Coordinator

It is officially spring. The daffodils have arrived, the Red Sox opened at Fenway, there are baby goats bouncing around and there is no more snow. Hooray!

With this season of rebirth, we are very proud to announce a new policy initiative that NOFA/Mass has undertaken in April. We recently became plaintiffs on a lawsuit filed against biotech giant Monsanto. The Public Patent Foundation in New York is seeking to prevent future legal action by the Midwest agro-chemical corporation against small farmers nationwide. At the heart of the lawsuit is the validity of Monsanto’s genetically modified seed patents. The organic community has been strongly opposed to genetically modified crops for many years. This lawsuit, however, comes in the wake of a recent USDA decision to deregulate genetically modified alfalfa. We will keep you abreast of the developments in this case as it moves along.

This April we are hosting a series of Boston-area beekeeping workshops, lead by Jean-Claude Bourrut. Jean-Claude is well known for his expertise in naturalistic methods, and in particular, his knowledge of the Top Bar Hive mechanism for raising bees. We’ve focused on bees and honey in this issue. We hope to see you at these upcoming events.

We want to thank all those who participated in the Spring Bulk Order. Our hosts were particularly generous with their space, their energy and their time, in helping us to facilitate this helpful discount ordering process for our members. Volunteering at a distribution site is a great way to get to know the farmers and gardeners in your community, and become connected to NOFA/Mass.

Save the date! August 12-14th. NOFA Summer Conference. Online registration will be online in May - we promise to have an outstanding event this year (as always). Stay tuned for monthly updates, including this month’s article by keynote speaker Eric Toensmeier on how edible perennial gardening can help the earth by sequestering carbon. See you in the summer...

Mindy
WILL ORGANIC CROPS AND FOOD BE CONTAMINATED OUT OF EXISTENCE?

By Ed Stockman

The recent deregulation of genetically engineered alfalfa, sugar beets and ethanol corn by the USDA certainly was a blow to organic agriculture and eventually to organic foods. Those of us who want to eat organic foods uncontaminated by genetically engineered DNA will have a real problem finding such foods in the future and growing your own non-GMO foods may no longer be an option because our seed supply will also be contaminated. Will organic food be contaminated to the point that it is no longer organic? There will probably always be foods labeled organic even after all the seeds and crops are contaminated. After all the USDA owns the word organic and they set the final rules. This is the same agency that is deregulating one GMO crop after another so they can be grown in the open environment to contaminate organic and non-GMO crops. This is the same agency that refuses to test, regulate or label GMO crops so why wouldn’t they redefine the word organic to allow contaminated crops and seeds to be sold as some kind of organic in the future.

Reality check

The recent deregulations taught me a valuable lesson. To prevent the deregulation of GE crops, naive Americans, like me, thought electronic petitions emailed to our President, elected representatives and federal agencies (USDA, FDA) would influence federal agricultural regulatory decision making. Signing those petitions made me feel good and gave me a sense that I was being active (at one point I even felt hopeful). Unfortunately, the electronic petitions were ignored by the USDA. Should we stop signing the petitions? Probably not but the thought that they might be effective with this administration is now passé. Agency officials (like Agriculture Secretary Vilsack) are appointed by our elected representatives. These elected representatives depend on corporate dollars to get reelected so they can continue on their paths as career politicians. Corporations donate tremendous amounts of money to political campaigns and will continue to contribute even more in the future. As we recently saw corporate dollars were able to buy influence that resulted in decisions by the USDA that disregarded the public’s safety and consumer choice. Little hope remains that either the Democrats or the Republicans will stop the USDA and the advancement of GMOs in agriculture and our food. Many of our politicians have turned their begging eyes toward corporate money and a blind eye toward their constituent needs. The mounting evidence connecting genetic engineering to health, environmental and agricultural dangers paints the future for healthy organic food and pure uncontaminated seeds in shades of grey. All this grey reality makes the GMO problem seem insurmountable but it’s not. Defeating biotech will not be easy but it is possible. Don’t forget the power at the top always depends on the silence of the people on the bottom.

Let’s not be silent

A 2011 MSNBC poll found 96% of voters want GMO foods labeled. Others polls found 53% would not eat a product if they knew the product contained GMOs. But don’t expect labeling anytime soon. Food corporations and manufacturers are fearful of labeling because GMO labeling means lost sales and reduced revenues. Losing money gets their attention, so let’s help them lose money. How? First, we need to STOP BUYING AND EATING GMO PRODUCTS or products with GMO ingredients. But how do I know if a product contains GMO ingredients if they are not labeled? Essentially, they are labeled. If a product contains non-organic corn or soy or ingredients derived from soy or corn then more than likely the product contains GMOs. How do I know what ingredients are derived from GMO soy and corn? The best way to find out is to print a copy of the free Non-GMO Shopping Guide at NONgmoShoppingGuide.com. It contains a list of invisible GM ingredients.

Secondly, we need to organize, form local groups and educate ourselves and others. Showing a film like “The World According To Monsanto” and signing up the audience is an effective way of forming a group. We saw the power of the internet during the Egyptian uprising and we have to use that same power to remove GMOs from our food. The internet has many web sites dedicated to educating about the dangers of genetic engineering. Educate yourself and talk to your friends, neighbors and store managers. Don’t think health food stores are safe havens from GMOs. They all carry products that contain GMO ingredients. Read the labels, don’t buy those that contain ingredients derived from GMOs and tell store managers why you are not buying a certain product. Educate your-
self and managers as well. It’s not easy but it’s essential. Vote for a GMO-free world with your dollars and your purchases. If you want help forming a local working group contact me at edstockman@verizon.net.

Thirdly, let’s use the power of the internet and consumerism. How do we get food corporations to stop using GMO ingredients? We impact their bottomlines by not buying their products and letting them know why. Email, phone or write manufacturers and ask about the ingredients in their products. Contact information is usually printed on their packaging or Google for contact information. Tell them you like their products but are very concerned about GMOs and will no longer buy or eat products with GMO ingredients. Our government will not stop the madness so we must take the bull by the horns and do it ourselves. We don’t need every person in America to stop buying GMO products, so there is no need to try and convince resistant people. We just need enough to cut into corporate profits and create a tipping point. That’s what happened in Europe to stop GMO foods and more recently with rbGH in milk in the U.S. The word is out — GMOs are unsafe — and once the tipping point is reached the demand for GMO crops and seeds will significantly be reduced and fields will once again grow non-GMO crops.

I’ve been an organic grower for 40 years, all my adult life, and I’m fearful it may all end. I can’t predict the future but one thing is for sure if we remain silent the power at the top will allow organic crops and food to be contaminated with GMO genetics. Let’s not be silent.

Ed Stockman is an organic farmer, biologist and former NOFA/Mass Organic Extension Educator. He is a spokesperson for the Hilltown Non-GMO Working Group and can be reached at edstockman@verizon.net.

A new logo for NOFA/Mass!

We have begun our much needed website redesign and realized our logo needs an update, too. Do you have graphic/artistic skills and want to collaborate with NOFA/Mass as we move forward to recreate our look? Your help and expertise would be much appreciated.

Please contact me at Rebecca@nofamass.org if you are interested in working with us.

FROM THE EXECUTIVE DIRECTOR

By Julie Rawson

Although we are a statewide organic farming association and I don’t often take a stab at commenting on international affairs, I would feel remiss not commenting on what has been going on in the world over the past month. The situation in the Arab world with revolutions and counter-revolutions is reminiscent of historical movements in the past when whole cultures rose up to throw off repressive rulers. It remains to be seen whether the US will enter into yet one more protracted war in Libya (adding to Afghanistan and Iraq), but it should be noted that in Egypt tens of thousands of people were able to peacefully make a regime change — at least for now.

Japan’s troubles with a huge earthquake and then tsunami and then nuclear disaster not only devastated that country but will have unknown consequences for the rest of the world for the foreseeable future. Yet even in the face of this disaster, the people of Japan have been exemplary in their pulling together to surmount this incredible challenge.

Closer to home NOFA/Mass just joined in a suit against Monsanto regarding genetic engineering of food crops, even though this particular multi-national corporation seems unstoppable in their efforts to control seed supplies worldwide.

The fact is that spring is here and with spring there is hope and promise of new beginnings and balance in the natural and human world. NOFA has always been a haven for those who work for a world where natural holistic systems guide our thinking and behavior. Despite the odds, there is a growing movement of young and old alike to walk our talk and relocalize our food, our energy and our governance. Spring is a time of hope.
STABILIZING THE CLIMATE WITH REGENERATIVE AND PERENNIAL FARMING PRACTICES
By Eric Toensmeier, 2011 Summer Conference Keynote Speaker

Climate change is already making our planet less habitable, with droughts, floods, and severe weather events on the rise. Stabilizing the climate is perhaps the central challenge for humanity in the early decades of this century. While reforestation is a critical strategy to sequester carbon, climate change science tells us that we cannot sacrifice agricultural land to plant carbon-capturing trees. But perennial farming practices can offer us the best of both worlds, including agroforestry, coppice, rotational grazing, and remarkable staple crops that literally grow on trees.

Globally, a massive switch to regenerative practices, perennial crops, and regional self-reliance are essential to sequester carbon and reduce emissions. The organic farming and gardening community is already on the forefront of these efforts, but much more is required. Regenerative agriculture is a multipurpose strategy, addressing soil building, regional self-reliance and food sovereignty, perennial farming systems development, climate justice, and productive conservation. As farmers, gardeners, food system organizers, and citizens, it is time for us to reorganize agriculture to address the climate crisis.

The Worldwatch Institute report Mitigating Climate Change Through Food and Land Use lays out a palette of farming practices with a positive climate impact. The first set are improvements to annual agriculture, many of which have been practiced by organic farmers for decades (or centuries), and include various soil building techniques, reduced tillage, and reduced use of chemical fertilizers. The report also notes biochar as an important strategy. Rotational grazing, restoring degraded lands, and protecting intact habitats are also mentioned.

Most interesting to me as a plant geek is the report’s emphasis on the importance of perennial crops and agroforestry systems that integrate annuals with working trees. My research indicates that carbon sequestration by perennial farming systems can be a major contributor to climate stabilization. If we were to convert the world’s sloping farmland from annual to perennial crops or to perennial-annual agroforestry systems we could sequester roughly 8% of the 200 gigatons of atmospheric carbon that need to be removed from the atmosphere (see my article in the upcoming Permaculture Activist for calculations). And we don’t need to limit ourselves to sloping land — agroforestry can improve the productivity of much of the world’s farmland.

This sounds lovely, but what does it mean for the Northeast? Cold humid climates like ours have the best carbon-holding capacity of all the world’s regions. We have strong movements for localization, soil building, and rotational grazing. However, besides fruit orchards, asparagus, and rhubarb, we are not producing or eating many perennial food crops, and our models for perennial food production are mostly small-scale and experimental.

What we do have are a number of interesting crops ready for production in direct-market farm operations. These include some low-maintenance fruits and berries, some very interesting nut species, and a number of perennial vegetables. This last group includes such new specialty crops as climbing spinach (shoots and greens), perennial arugula (salad), sea

Eric Toensmeier in his Edible Perennial Garden, Holyoke, MA

Production rows of neohybrid chestnut, hickory, and hazel at Bagersett Research Corporation test farm in Canton, Minnesota
kale (broccoli), and many interesting perennial alliums from scallions to leeks.

Commercializing the success of the edible forest garden requires some entrepreneurial minds willing to experiment. Around the country farmers are trialing new crops and production systems. Permaculture farms like Three Sisters in Pennsylvania and Forest Agriculture Enterprises in Wisconsin are developing markets for tree crops and the useful perennials that grow beneath and between them, providing pest control and improved fertility as well as specialty products.

Of course we have a long way to go in developing perennial staple crops for cold climates. Two efforts have been under way for several decades. The Land Institute’s work to develop perennial grains is fairly well known in organic circles (as is Rodale’s perennial grain work). Perennial grain breeding is making headway, with recent reports of perennial wheat yielding about 70% as well as annuals. The other direction for perennial staple crop breeding is the work of Badgersett Research Corporation to replace corn and soybeans with chestnut and hazel. Their breeding work has had remarkable results, including chestnuts with nine nuts per burr instead of three to four.

The organic movement is already on the forefront of carbon-friendly farming. It is my hope to use the 2011 NOFA summer conference to put forward additional crops and practices that can solve global problems while simultaneously providing healthy food for our region.

Eric Toensmeier has spent twenty years exploring edible and useful plants of the world and their use in perennial agroecosystems. He is the author of Perennial Vegetables and co-author of Edible Forest Gardens with Dave Jacke. Both books have received multiple awards, including the American Horticultural Society Garden Book of the Year and ForeWord Magazine Home and Garden Gold Medal Book of the Year Award.

OUTREACH E-NEWS APRIL 2011
By Sharon Gensler, Outreach Coordinator

Have you seen any of your NOFA friends and neighbors at any Spring events near you? Don’t know how you could miss them because your fellow members have come forward in large numbers to be active in the organization they love and to take advantage of the new Volunteer Incentive Program. Check it out on the website, you too could join the NOFA Outreach Volunteer Team. There are still many events that need coverage.

Many Big Thank Yous to: Keith Upham, Suzanne Hilfer, Derek Christianson, Rj, Bonita Conlon, Pat Benjamin, and Philip Sjogren.

April is jammed with opportunities for NOFA, so help us educate the public about organics and about NOFA. See the full list on the website (www.nofamass.org) then contact me to sign up for your favorite. Here are a few of the many opportunities: ** indicates volunteers NEEDED**

April 16 & 17 Greenfield Green Fair & Home Show
**April 16 Earth Day Celebration, Harvard University
April 17 Haverhill Goes Green
April 17 Dudley-Webster Earth Day Expo, Webster
April 22 Earth Day at the Eco-Tarium, Worcester
**April 23 Earth Day at Wild Oat Food Coop, Wiliamstown
April 30 Energy and Sustainability Fair, Maynard
April 30 Earth Day, Townsend
April 30 Earth Day, West Springfield
**April 30 Hopkinton Green Expo
**April 30 Earth Day Framingham
**May 10&11 Novartis Employee Health/Environment Fair
** May 14 Hilltown Spring Festival, Cumington
** June 3-5 Strolling of the Heifers, Brattleboro, VT - a multi-state NOFA adventure. We need many, many folks to march in the parade!!

OUTREACH VOLUNTEER INCENTIVE PROGRAM

Volunteers who attend events as NOFA representatives will receive: Training, Community-connections within the NOFA/Mass organization, with other member volunteers and with the event community, NOFA/Mass Products/Merchandise, each event of 4 hours covered earns a $25.00 credit. Choose from: Available apparel, Workshop/conference registration, Publications (manuals, The Natural Farmer subscription), discount on membership dues.
RAISING THE BAR
By Jean-Claude Bourrut, Assistant Director at Natick Community Organic Farm

A Top Bar Hive (TBH) is a simple design, natural abode for honeybees. This horizontal hive allows the bees a gradual and sustainable development of the colony, natural comb configuration and cell size. These characteristics go hand in hand with a more natural and sustainable management approach to beekeeping, a beekeeping more respectful of the honeybees.

The TBH is not a new idea (described in Greek beekeeping in the 17th Century, it may have existed for millennia); its simplicity and appropriate technology make it a favorite in developing countries. It does not require frames, foundations, an extractor (see harvest below), or storage space for extra hive bodies and other parts. The TBH is fast gaining popularity in the USA with the renewed interest in growing and producing our own food in natural ways.

Various designs of Top Bar Hive exist. Sometimes called Kenyan Top Bar Hive or Tanzanian TBH, it resembles a feeding trough 3 to 4 feet long with sloped sides (sides are upright in Tanzanian Hive). The open top is covered with bars one and a quarter to one and a half inch wide running across, side to side and resting on the walls of the hive. A follower board inserted in the hive compartments the space a new colony can best manage. As it develops, more space is provided by moving the board and inserting more bars. The end walls are drilled for entrance and ventilation. Ventilation could also be provided with a section of screened bottom under the brood area toward the front of the hive.

Compared to Langstroth hives, it represents a simpler, gentler beekeeping. For the bees, at each visit, with smaller exposed comb area, little disturbance is created and less stress induced to the colony. For the new beekeeper, it means less apprehension and stings. It is easy to manage for new beekeepers as well as experienced keepers. Ultimately, the goal is to manage the TBH for colony development: comb building, brood rearing and honey gathering.

Working a TBH has very low physical impact which makes it an ideal hive for aging beekeeper, bad backs, and the non rock-climber type: no heavy lifting at the sheer strength of the fingertips, no moving weighty boxes (up to 80 lbs) when inspecting; instead it is a frame at a time (2-3 lbs). The hive is also very easy to build, can be made out of recycled scrap wood, low cost. Even with all new material, one can build a TBH for less than $50.

The TBH is not meant for record honey production. Because

Jean-Claude Bourrut is teaching a NOFA/Mass Organic Beekeeping series in the Boston area in April and May. On April 2nd, participants learned how to build their own Top Bar Hives to take home.

An inside view of the colony
of the possibility of more frequent, smaller harvests, one can obtain small batches of different floral sources and fresh seasonal honeys. Consumers—finally—start to acknowledge the specificities of these multiple honeys and their different flavors.

This type of hive will produce more beeswax because of the way the honey is harvested. The comb is cut underneath the bar, crushed and the honey is strained through a coarse filter. Another possibility is to produce cut comb honey. The bees will have to re-build a clean comb after each harvest. More resources used for wax production means less honey.

This hive is not without its drawbacks. It is hard to get advice from experienced beekeepers as it is still not a very common hive; mentorship is difficult to find. Because there is no standard of construction and size, there is less flexibility in exchanging combs between beekeepers or TB hive to TB hive. The beekeeper has to stay ahead of bee colony development which requires more monitoring (than a Langstroth hive) during the growth period of a new hive. Frequent harvest during nectar flow period could also become a curse! The colony needs a good preparation for winter. Making sure there is enough honey reserve, and that the bees start in the fall at one end of the hive.

Its biggest attraction is its natural concept: close to original honeybee abode, low-impact, sustainable development of the combs which decreases the presence of pests and diseases, hence a chemical-free beekeeping.

Whether you are starting beekeeping or already have some experience, try a Top Bar Hive. As one beekeeper said: “It is sustainable simplicity.”

Top Bar Hive compartments are slanted on the side, and slide into the hive downwards.
NOFA/MASS JOINS SUIT AGAINST MONSANTO

by Jack Kittredge, Policy Director

We were recently approached by a representative of the Public Patent Foundation (PUBPAT). This is a non-profit group associated with the Benjamin N. Cardozo School of Law in New York City. Their website is www.pubpat.org. PUBPAT represents the public interest in the U. S. Patent System. The executive director, Daniel Ravicher, is also a law professor at the school. He used to work for the pharmaceutical industry doing patent law, but became disenchanted with what he saw and so started this foundation.

PUBPAT feels that Monsanto has been abusing the patent system, as well as farmers and the environment, with their GMO patents. He has come up with a rather ingenious plan to challenge Monsanto in court. It is a long term process and will not help us with the current avalanche of GMO seeds entering deregulated status. But it could have a significant impact in the future (3 to 6 years).

There is a provision of US patent law that enables people who feel they might be subject to lawsuits in the future, should they engage in certain activities, to get “declaratory judgments” that protect them from such suits. It is designed to remove the “chilling effect” on innovation that can result from a litigious patent holder filing suits against anyone who they see as a threat.

PUBPAT plans to get a declaratory judgment against Monsanto being able to enforce its patents against a group of individuals and members of organizations who are plaintiffs in the suit. The suit seeks no damages or injunctions against Monsanto – just the ruling that it can’t enforce patents against the plaintiffs. Why is this important? Because, depending on the wording of the judgment, strong new legal tools could be forged by this case that would hamper Monsanto from using its patents:

• to harass farmers,
• to prevent research into the health and environmental impact of those patented products, and even
• to challenge infringers at all, making the patents useless.

NOFA/Mass was contacted as a potential plaintiff. Plaintiffs need to be people who have an active relationship with seeds - farmers, seed dealers, seed breeders, or organizations of the above -- to establish that they could be commercially damaged by potential Monsanto suits and thus to have standing to file this case. It is important to have a number of plaintiffs because some may drop out of the case during the years it winds through the courts, and without plaintiffs the suit would be dismissed. NOFA/Mass has joined with about 60 other organizations (among them NOFA-VT, NODPA and MOFGA), businesses and individuals to become a plaintiff in the suit. The suit was filed on March 29 in New York City, and is available for anyone who would like to read it (it is long). Click here to read the full suit.

Plaintiffs bear no financial costs associated with supporting the case beyond some time to help the legal staff develop documents and statements. During the discovery phase of the case plaintiffs could well be asked to come up with documents and Emails pertaining to dealings with Monsanto, which might also take some staff time.

There is also the possibility that Monsanto could retaliate against plaintiffs via counter-suits, blacklists, and public relations campaigns challenging the credibility and character of plaintiffs. For these reasons PUBPAT has carefully screened plaintiffs to be sure they are not easily vulnerable to such tactics. Any plaintiff wishing to drop out of the suit anytime in the future is free to do so, Ravicher asserts, should the board decide that the going is too rough or time-consuming.

I am very proud of the NOFA/Mass board for agreeing to join this suit. There may be difficulties and expenses ahead for the organization as a result, but they have chosen to take a stand against what is a rogue company abusing our legal system, harassing farmers, resisting public accountability, and threatening to contaminate all seed with transgenic DNA. We will keep you informed of developments as this case proceeds.
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For more information please contact:

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(617) 622-2260

“Agriculture... is our wisest pursuit, because it will in the end contribute most to real wealth, good morals and happiness.”

Thomas Jefferson to George Washington, 1787

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## SUMMER CONFERENCE 2011

**By Laura Fuller, NOFA Summer Conference Fair Coordinator**

What doesn’t say summer like a good old-fashioned fair? As part of the 37th Annual Summer Conference, I would like to invite participants of the conference and community members alike to join us Saturday, August 13 from 3-6 pm for an afternoon of fun, games, prizes and more. Animal demonstrations will occur as part of our newly founded partnership with Animal Power Field Days. We’ll also be holding a taste-test contest open to any farmer looking to enter their best produce of the season. More details will follow.

**NOFA would like to welcome Laura Fuller to the Summer Conference Committee. Laura is originally from Ohio, where she was involved extensively in 4-H and her parents’ large hobby garden. She currently works at Tufts University Cummings School of Veterinary Medicine and resides in Shrewsbury with her husband.**
37th Annual NOFA Summer Conference
with Northeast Animal-Power Field Days

August 12-14, 2011
UMass Amherst

Over 200 workshops on organic farming, gardening, homesteading, food politics, animals, and much more!

Modest registration, inexpensive dorm housing, delicious organic meals.

Entertainment for the whole family: Live evening performances, dancing, a country fair, livestock demonstrations and farmer’s market.

Featuring Keynote Speakers:
Perennial Edibles Expert, Eric Toensmeier;
GMO Activist and UC Berkeley Soils Biology Professor, Ignacio Chapela.

www.nofasummerconference.org
FROM FIELD TO FRIDGE

Farms listed in the NOFA/Mass Organic Food Guide have the opportunity to highlight here what they currently have available for sale. Pick up some of their goods and help support your local organic and sustainable farmers today! To access a farm’s full Organic Food Guide listing, click on that farm’s name.

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<tr>
<th>Farm Name</th>
<th>Address</th>
<th>Contact Information</th>
<th>Products Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astarte Farm</td>
<td>123 West St. Hadley, MA 01035</td>
<td><a href="mailto:dporganic@aol.com">dporganic@aol.com</a></td>
<td>Certified organic sunflower, popcorn and pea shoots, various sprouts, “cat” grass, wheat grass Easter baskets, seasonally appropriate garden plants, over-wintered spinach (sweet and tender), kale napini, fresh green garlic, mini lettuce heads, baby beets with greens, patio tomato plants and more!</td>
</tr>
<tr>
<td>Amherst Winter Farmers’ Market</td>
<td>Amherst Regional Middle School</td>
<td><a href="mailto:waysword@gmail.com">waysword@gmail.com</a></td>
<td>Early vegetable plants, including lettuces, broccoli, kale and cabbage. Herb plants, including parsley. Pansies and other early flowers.</td>
</tr>
<tr>
<td>Billingsgate Farm/Grandpa Tom’s</td>
<td>6 County Road Plympton, MA</td>
<td><a href="mailto:LARfisher@yahoo.com">LARfisher@yahoo.com</a></td>
<td>Organic seedlings in 4-inch pots, $4.00 each, 3 seedlings per pot. Varieties available: Chervil, parsley, dill, fennel, rhubarb and sage. Others available; please call or email.</td>
</tr>
<tr>
<td>Bird of the Hand Farm</td>
<td>33 School St. Sterling, MA</td>
<td><a href="mailto:birdofthehandfarm@gmail.com">birdofthehandfarm@gmail.com</a></td>
<td>We retail raw milk and a variety of local products, including raw honey, raw milk cheeses, ice cream and yogurt.</td>
</tr>
<tr>
<td>Cedar Spring Herb Farm</td>
<td>159 Long Pond Drive Harwich, MA</td>
<td><a href="mailto:donna@cedarspringherbfarm.com">donna@cedarspringherbfarm.com</a></td>
<td>Organic products seasoning blends, lotions, tea blends, salves, aromatherapy blends. Plants: herbs and vegetables.</td>
</tr>
<tr>
<td>Couch Brook Farm</td>
<td>184 Couch Brook Road Bernardston, MA</td>
<td><a href="mailto:couchbrookfarm@verizon.net">couchbrookfarm@verizon.net</a></td>
<td>Opening April 23, Saturdays and Sundays 9 a.m. to 5 p.m., Tuesdays through Thursdays noon to 6 p.m., Fridays 9 a.m. to 6 p.m. Closed Mondays.</td>
</tr>
<tr>
<td>Eastleigh Farm</td>
<td>1062 Edmands Road Framingham, MA</td>
<td><a href="mailto:eastleighfarm@gmail.com">eastleighfarm@gmail.com</a></td>
<td>Opening for the season May 1, Saturday and Sunday 10 a.m. to 4 p.m. We’ll also be at the Harwich Farmers’ Market starting June 16, Thursdays 3 to 6 p.m.</td>
</tr>
<tr>
<td>Golden Oak Farm</td>
<td>44 Plain Road Hatfield, MA</td>
<td><a href="mailto:dandp2002@yahoo.com">dandp2002@yahoo.com</a></td>
<td>Organic seedlings in 4-inch pots, $4.00 each, 3 seedlings per pot. Varieties available: Chervil, parsley, dill, fennel, rhubarb and sage. Others available; please call or email.</td>
</tr>
<tr>
<td>Heritage Fields</td>
<td>309 Gidney Road Orange, MA</td>
<td><a href="mailto:rachelscherer@yahoo.com">rachelscherer@yahoo.com</a></td>
<td>Opening for the season May 1, Saturday and Sunday 10 a.m. to 4 p.m. We’ll also be at the Harwich Farmers’ Market starting June 16, Thursdays 3 to 6 p.m.</td>
</tr>
</tbody>
</table>

Check out www.theorganicfoodguide.com
Justamere Tree Farm  
248 Patterson Road  
Worthington, MA  
413-238-5902  
welch@usa.com  
www.justameretreefarm.com  
Amherst Farmers Market, Spring Street, Saturdays 7:30 a.m. to 1:30 p.m., starting April 23.  
Organic maple syrup products and handcrafted early American brooms.

Many Hands Organic Farm  
411 Sheldon Road  
Barre, MA  
978-355-2853  
farm@mhof.net  
www.mhof.net  
Call ahead.  
Certified organic pork: roasts, country-style ribs and pork chops, $7.25 per pound; chicken feet, 2 pounds for $4. Check our website for 2011 offerings of pre-order chicken, pork, turkey and CSA.

Natick Community Organic Farm  
117 Eliot St.  
Natick MA  
508-655-2204  
ncorganic@verizon.net  
www.natickfarm.org  
Inside workshop farm stand open Monday through Friday 8:30 a.m. to 4:30 p.m. and weekend days at chore time, 9:30 a.m. and 4 p.m. Outside market stand open daily, all daylight hours.  
Certified-organic vegetable and flower seedlings by pre-order, mesclun, potted herbs, eggs, wool and syrup.

Robinson Farm  
42 Jackson Road  
Hardwick, MA  
413-477-6988 home/office  
413-478-9553 Ray’s cell  
413-896-1407 Pam’s cell  
info@robinsonfarm.org  
www.robinsonfarm.org  
Farm stand open daily.  
Our certified organic raw milk, cheese and grass-fed beef, Sidehill Farm yogurt, Hardwick Sugar Shack maple syrup, local jams, Real Pickles and Westfield Farms Capri goat cheese.

Steady Lane Farm  
144 Steady Lane  
Ashfield, MA  
413-628-4689  
farmer@steadylanefarm.com  
www.steadylanefarm.com  
Open weekends by appointment. We will also be at the Ashfield Farmers’ Market starting in June.  
100% grass-fed beef and composted cow manure and bedding.

When Pigs Fly Farm  
222 Sandisfield Road  
Sandisfield, MA  
413-258-3397  
whenpigsflyfarm1@verizon.net  
Farm stand open daily, sunrise until sunset.  
Otis Farmers’ Market, Saturdays 9 a.m. to 1 p.m., starting Mother’s Day  
Bedding plants, greens, mesclun, eggs, maple syrup, honey, chicken, duck and turkey.

White Oak Farm  
275 Jackson St.  
Belchertown, MA  
413-320-7097  
whiteoakgrains@gmail.com  
www.whiteoakgrains.info  
We still have a few organic grain and bean CSA shares left for the 2011 season. We organically grow heirloom and open pollinated varieties of wheat, rye, corn, oats, barley, spelt and more, and offer milling on the farm to members. More info on our website. Call or email to check availability.
Instructors:

**Upingil Farm in Gill**
Instructor: Cliff Hatch of Upingil Farm is a diversified farmer who runs a raw milk dairy and is a cheese-maker. Registration Fee for all Cheesemaking Courses at Upingil Farm: $80

**Robinson Farm in Hardwick**
Instructors: Ray and Pam Robinson, of Robinson Farm; an organic raw milk dairy & creamery. The Robinsons recently introduced Alpine-style washed rind, artisan cheeses on their farm using the milk from their own cows. Cheesemaking Course at Robinson Farm: $100

**Crystal Brook Farm in Sterling**
Instructor: Ann Starbard has operated Crystal Brook Farm and an award winning cheese operation since 1998. Her herd of 70 Saanen and Alpine goats produce all the milk used for the cheese. Cheesemaking Course at Crystal Brook Farm: $60

**Private Homestead in Petersham**
Instructor: Rebecca Buell, Director of Communications for NOFA/Mass and homesteader makes dairy foods with the raw milk from a small herd of Saanen and Toggenburg goats, using experimentation, observation, improvisation, and simple tools. Cheesemaking Course at Buell residence: $70

**Lawton Family Farm in Foxboro**
Instructor: Terri Lawton
Lawtons Family Farm is a small family farm that has passed through the generations since before 1730. It produces raw milk, a range of artisanal cheeses, and grass-fed beef and veal. Cheesemaking Course at Lawton Family Farm: $70

**Dipped Curds and Italian Cheeses**
Saturday, May 14th
8:00AM-5:00PM
Upingil Farm
411 Main Road, Gill, MA
Including cheeses like: Parmesan, Fontina.

**Semi-Hard, Washed-Rind Cheese**
Saturday, April 23
9:00AM-4:00PM
Robinson Farm
42 Jackson Road
Hardwick, MA
The group will produce 5 lb. wheels of the Robinson Family’s cheese called “A Barndance,” styled like the French Alpine, semi-hard, washed-rind cheese, Abondance.

**Fresh Goat Cheese**
Saturday, May 7
1:00 PM-5:00 PM
Crystal Brook Farm
192 Tuttle Road
Sterling, MA
Including cheeses like: Chêvre

**Cheeses on the Homestead**
Saturday, May 21
9:00 AM-2:30PM
Home of Rebecca Buell
196 N Main Street
Petersham, MA
Including Cheeses like: Chêvre, Feta, and Ricotta

**Simple Cheeses**
Saturday, May 28
9:00 AM-3:00 PM
Oake Knoll Ayrshires at Lawton Family Farm
70 North Street
Foxboro, MA
Including Cheeses like: Fresh Mozzarella and Queso Blanco

Discounts Available. NOFA Members receive a discount of $5 per workshop. There is also $5 discount for registering 14 or more days before the workshop you’re registering for. There is a $5 discount for registering for two workshops or a $10 discount for registering for 3 workshops in the series. The full schedule of Cheesemaking Courses is AVAILABLE HERE. For info: Ben Grosscup, 413-658-5374. By email, ben.grosscup@nofamass.org; put “Cheese-Making” in subject.
This April 23rd introductory workshop will cover honeybee hive installation as well as springtime management for a newly installed hive. There will be a live demonstration of honeybee installation. Participants should bring a veil.

On April 30th, come as a family to learn about honeybees as social insects, how a beehive and its colony works, the importance of honeybees in our food production, and the work of a beekeeper through the year. With the help of an observation hive, we’ll understand better the fascinating world of honeybees.

During the May 7th springtime apiary inspection, participants will have the opportunity to closely observe bees in their habitat. Jean Claude will begin the workshop by opening hives to check on spring development. He will discuss bee life and activity within various hives (Top Bar, Nucleus, Langstroth eight and ten frames), hive management on a natural system, and hive splitting. Bring a veil and hive tool if you have them. Registration for those without veils will be limited to 7. Anyone with a veil may register.

*PLEASE NOTE: The Saturday, April 23rd date is an alternative date to the originally scheduled April 9th workshop.

About the Instructor: Jean-Claude Bourrut has been keeping honeybees for 20 years in urban and suburban settings. He currently manages a dozen hives in 3 apiaries.

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**TWILIGHT WILD EDIBLE WALKS**

**Spring Wild Edibles**
Wednesday, May 18th
5:00-7:45
Great Brook Farm State Park
984 Lowell Street
Carlisle, MA

Registration: $25 Members/$30 for Non-members
Instructor: Russ Cohen

**Summer Wild Edibles**
Wednesday, August 3rd
5:00-7:45
Great Brook Farm State Park
984 Lowell Street
Carlisle, MA

Registration: $25 Members/$30 for Non-members
Instructor: Russ Cohen

Russ Cohen, professional environmentalist and wild foods enthusiast, is in his 37th year of teaching courses about wild edibles. His book, *Wild Plants I Have Known...and Eaten*, came out in June of 2004 and is in its fourth printing.

Participants can expect to learn about at least two dozen species of edible wild plants at each walk. Keys to the identification of each species will be provided, along with information on edible portion(s), season(s) of availability and preparation methods, along with general guidelines for safe and environmentally responsible foraging.

The park has an automated parking machine that charges $2 per car. Participants are encouraged to carpool or bike to the location.
THANK YOU TO OUR BULK ORDER PARTICIPANTS!

This year over 320 people participated in our annual Spring Bulk Order. What a wonderful way to start the season! Many thanks to our suppliers and each and every site coordinator who make this program possible during a very busy time of year:

- George Murphy at Crop Production Services
- Jennifer Whitman & Jane Tucker at Vermont Compost Company
- Mike Lombard at Ideal Compost
- David Shipman at Organic Growers Supply & Moose Tubers
- Rich Tredigo at Fertrell
- Deb Zambon at North Country Organics
- Weston Lant & the staff at Jonathan’s Organics in E. Freetown
- Adam Dole & the New England Small Farm Institute in Belchertown
- Rich Matteson & Julie Rawson at Many Hands Organic Farm in Barre
- Matt Celona at Drumlin Farm in Lincoln
- Melissa Maxwell at Appleton Farms in Ipswich
- Desiree & Jesse Robertson-DuBois at Holiday Farm in Dalton
- Jean Claude Bourrut & Lynda Simkins at Natick Community Organic Farm
- Wayne Young at High Hill Orchard in Meriden, CT
- Craig and Emily Totten at Greenview Farm in S. Kingstown, RI.

Fall Bulk Order forms will be available on the website July 15. Orders can be dropped off at the Summer Conference in Amherst, where NOFA/Mass will also be selling BPA-free lids. Distribution is in early-mid September. We’re always looking for good distribution sites in the CT & metro Boston areas. If you are in a central location, have storage capacity, and the ability to easily offload pallets, please contact Cathleen O’Keefe, bulkorder@nofamass.org, 413-584-6786.

Backyard Poultry Workshops

Hatfield
Saturday, April 23rd
9:00 AM-12:00 Noon
Golden Oak Farm
44 Plain Road
Hatfield, MA.
Registration: $30

Instructors: Pam Raymond and David Turner
Pam Raymond and David Turner raise 100 pastured broilers and 17 layers. Participants will learn to select breeds; set up a brooder; raise day old chicks; deal with predator pressure; improve pasture grass and forbs; and provide adequate housing, feed, and supplementation. Potluck lunch after the workshop. Participants should bring a dish to share.

Hubbardston
Saturday, April 30th
9:00am-12:00 Noon
High Meadow Farm
28 High Street
Hubbardston, MA.
Registration: $30

Instructors: Tom and Jassy Bratko
Tom and Jassy Bratko keep a small flock of laying hens and raise 100 meat birds each year. Participants will visit the chicken coop where laying hens are housed in winter and where baby chicks get started in the spring. There will be a demonstration of the chicken tractors. Geared to beginners, this workshop will show how easy it is to produce your own delicious eggs and chicken.

Discounts Available. NOFA Members receive a discount of $5 per workshop. There is also $5 discount for registering 14 or more days before the workshop you’re registering for. The full schedule of Backyard Poultry Workshops is AVAILABLE HERE. For info: Ben Grosscup, 413-658-5374. By email, ben.grosscup@nofamass.org; put “Backyard Poultry” in subject.
We raise our cups to our organic farmers.

Our purchases help to keep more than 180,000 acres in organic cultivation. We couldn’t do that without hundreds of organic farmers like you. Thanks.

Gary Hirshberg
For all the folks at Stonyfield

Stonyfield.com
ANNOUNCEMENTS AND EVENTS

New England Wildflower Society
Saturday, May 21, 10 a.m.-12 noon, Natural Pest Control, Nasami Farm, Whately, MA. Learn to apply natural or “organic” pest control techniques and products in this wide-ranging workshop. Instructor James McSweeney provides information on a variety of insect pests, diseases, and weeds. Find out what control methods work and do not work in the home orchard, ornamental and vegetable gardens. Fee: $24 (Member) / $29 (Nonmember). Cosponsored by New England Wild Flower Society and Hitchcock Center for the Environment. Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

Saturday, May 28, 2011, 10 a.m.-2:30 p.m. (rescheduled from May 21), Discovering Native Shrubs, Arcadia Wildlife Sanctuary, Easthampton, MA. Shrubs are an important component of almost every habitat in New England -- in forests, swamps and bogs, woodland and wetland edges, and even our yards. This introductory course focuses on about 20 shrub species native to New England. Instructor Roland “Boot” Boutwell helps us learn common shrub ID, historic uses, wildflower value, and fascinating shrub lore. Fee: $25 (Member) / $30 (Nonmember). Cosponsored by New England Wild Flower Society and MA Audubon-Arcadia. Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

Collective a Go Go Seeks Garden Intern

The Collective a Go Go, in Worcester, MA, is seeking a garden intern to work with our garden coordinator 20-30 hours per week May 1st through August 31. Dates are flexible and could begin earlier and run later if applicant desires. Internship is not paid, but room and board will be provided during the length of the internship. We are looking for a hard worker with either organic farm/garden/orchard experience or little or no experience but enthusiasm to learn about organic gardening. We have a half acre mixed vegetable garden, a salad/herb garden, fruit trees, and grape vines. If you are interested please contact Anne Lewenberg at anne@riseup.net.

Pfeiffer Center

May 13-15: Chestnut Ridge, NY. Annual Pfeiffer Center plant sale. Your purchase of our beautiful, healthy, biodynamically grown annuals, native perennials, herbs, and vegetables helps support our programs to provide education and training in biodynamic agriculture. Contact The Pfeiffer Center, 845-352-5020 x20 / info@pfeiffercenter.org / www.pfeiffercenter.org.

National Beginning Farmer Survey

Data on the challenges faced by today’s young and beginning farmers is hard to come by. That’s why the National Young Farmers’ Coalition, in partnership with the Greenhorns and Beginningfarmers.org, is conducting a national survey to understand what’s working for beginning farmers, what’s not, and what policies they’d like to see in the next Farm Bill. Survey data will be used in a report illustrating the needs of the next generation and the development of a beginning farmers’ policy platform. The goal is 1,500 surveys — and the National Young Farmers’ Coalition needs your help to reach it: If you’re a farmer, please take the survey now — and afterwards, please send it to five farmer friends. Please direct any questions to Lindsey Lusher Shute, Lindsey@youngfarmers.org.

The Boston Tree Party

The Boston Tree Party is a collaborative campaign to plant 100 pairs of heirloom apple trees in publicly used spaces across Greater Boston. The tree plantings will take place in partnership with a diverse range of institutions, organizations, businesses, and communities. As an urban agriculture project, the campaign will create vital gathering places, build community connections, and improve community health. There are many ways to participate! For more info, please visit: www.bostontreeparty.org

Boston Local Food Festival

The Boston Local Food Festival will once again take place this fall, on Saturday, October 1st, located on the waterfront, in front of the Boston Children’s Museum, in Fort Point Channel. BLFF is currently accepting applications for food vendors, sponsors, non-profits, and exhibitors to participate at the festival. Food producers and sustainable non-profits are particularly welcome to join the fun! $50 vendor registration discount if you register by April 15th. For more information, go to www.bostonlocalfoodfestival.com or email info@bostonlocalfoodfestival.com
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- Bioidentical Hormone Balance
- Holistic Skin Care & Facials
- Therapeutic Baths & Sauna
- Acupuncture
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Jean Nordin-Evans DDS
Gilbert G. Carney DMD BC
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