



BRINGING HOME THE HARVEST

Rural Roots Quarterly Newsletter Volume 9 Number 1 Spring 2007

From the Executive Director

By Colette DePhelps

Now that Spring has arrived and greens are flourishing – in our yards, gardens, CSA boxes and at local farmers market – many people are starting to think about local produce – what’s available, where to buy it, and how best to prepare it. They may even be wondering if they still have time to get their own home or community garden plot going. In this edition of *Bringing Home the Harvest*, we are excited to be able to offer you some regional resources to help you find, grow and/or buy local food!

Enclosed are samples of Rural Roots *Buy Fresh, Buy Local* marketing materials. If you are a producer, using these materials makes a statement that you are committed to both sustainable, local food production and creating connectivity and change on a regional, even national, level. As a consumer, buying from producers and retailers involved in the *Buy Fresh, Buy Local* program ensures your hard-earned dollars are supporting what you value – good food, strong local economies, and a healthy environment.

We are also fortunate to be able to send you a free copy of *Go Local!* the winter 2007 issue of *YES!* – compliments of the journal itself. Focusing on bringing to the fore positive changes happening around the nation and world, this issue of *YES!* features stories about how people are creating and supporting local living economies. We hope you read it and are inspired!

For more resources – on where to find local food, how to start a farm-to-school project, direct marketing, understanding and managing farm-related liabilities or even how to start a cooperative – check out Rural Roots website at www.ruralroots.org. We update the website regularly with information and links to great resources and are sure you will find your time well spent. And, of course, however you choose to spend your time, may you enjoy the sun (and the rain!) and the many tastes and textures of spring.

Fresh From the Field Update

At about this time each year, Rural Roots usually sends out applications for *Fresh from the Field*, Rural Roots guide to locally produced food (formerly called the Rural Roots *Farm Fresh Buying Guide*). This winter, the Rural Roots Board of Directors, with direction from Rural Roots members, via our fall online member survey, voted to publish *Fresh from the Field* every other year, beginning in 2008. This means Rural Roots will not be printing a 2007 edition of *Fresh from the Field*.

Rural Roots Board and Staff will be using the year ahead to develop a publishing and distribution plan for *Fresh from the Field* which will ensure the publication is not only financially sustainable, but better meets the advertising needs of listed farms and businesses and ensures it is distributed in a way that increases consumer access to and use of the directory. Along with biennial printing, strategies for funding and redesign of the directory might include charging an additional small fee for listing and encouraging sponsorship from sustainable businesses.

The Rural Roots Board of Directors and staff welcome your ideas for making *Fresh from the Field* more useful and available throughout the region. Your suggestions and point of view are important to us! Please take a moment to call the Rural Roots office at 208-883-3462 or email sara@ruralroots.org and ariel@ruralroots.org with your questions and/or comments. It would be especially helpful for us to know how you use the guide, whether you distribute all copies sent to you, ideas on improved distribution, or other changes that you would like to see made. We wish you all the best during this production season and will be touching base with you about *Fresh from the Field* and other Buy Fresh, Buy local programming this fall!



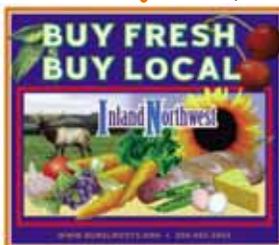
PO Box 8925, Moscow, ID 83843
(208) 883-3462

www.ruralroots.org

Buy Fresh Buy Local!

By Sara Foster

Greenhouse plants and baby lambs aren't the only things growing this spring! The national Buy Fresh Buy Local campaign has also grown to include 40 regions nationwide. The Buy Fresh Buy Local Inland Northwest chapter, organized by Rural Roots, is also growing in local partners. A local partner is a farm, ranch, business, restaurant or retail outlet that uses the Buy Fresh Buy Local materials to spread the word about how important local food systems are! You could be part of this movement!



Take a look at a sample of the nation's Buy Fresh Buy Local labels showcased in part on the left and in full color on the Rural Roots website. Connect with the fact that you are already a part of this exciting movement towards sustainability, as a producer and a consumer, just by being aware of the need for local food. Ask yourself how you can communicate your passion and awareness to others: to your customers, your shoppers, your fellow eaters.

Buy Fresh, Buy Local materials can be the answer to that question. Bumper stickers give other drivers something to think about as they wait behind you at the light. Bookmarks and recipe cards can be handed out at farmers' markets. Product tags can help identify, not only the produce, but information about the product and the message that you care about your local food system. Shelf tags and stickers help restaurants, retail outlets, and farmers and ranchers educate consumers about which foods are local and fresh. In addition, these small, but recognizable shelf tags can help customers who are looking for local food, better appreciate the efforts that your business makes to support your local food system. Rural Roots can also work with you to design personalized products such as signs and calendars to help explain to people why buying local products is so important. The possibilities are huge!

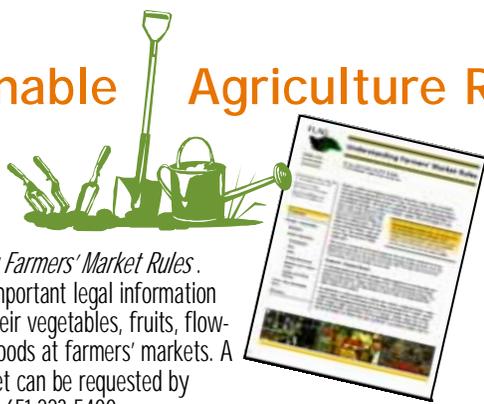
Whatever way you choose to show your support for the local food movement, check out the samples of BFBL marketing materials enclosed in this packet. Rural Roots sells these materials and others included in the marketing brochure enclosed to our partners at the cost of printing only. If you are interested in using the Buy Fresh Buy Local marketing materials, please check out our website, www.ruralroots.org, to find an order form and partner agreements.

Give Rural Roots a call at 208-883-3462 or send Sara Foster an email at sara@ruralroots.org if you have any questions or to sign up to be a Buy Fresh Buy Local partner. Together we can educate, engage, and commit people to supporting their local food systems!

Sustainable Agriculture Resources

Farmers' Legal Action Group, Inc. (FLAG)

announces a new booklet, *Understanding Farmers' Market Rules*. The booklet contains important legal information for farmers who sell their vegetables, fruits, flowers, meats, and other foods at farmers' markets. A free copy of the booklet can be requested by calling FLAG's office at 651-223-5400, or downloaded for free at <http://www.flaginc.org/topics/pubs/arts/FarmersMarket.pdf>.



tration details, please see: www.SpiritLakeNews.com
Save up to 15% when you pre-pay now to reserve your space

Idaho's newest poultry and rabbit processing facility is open. This is a state licensed facility. State licensing means all poultry and rabbits that are processed in this facility may be sold at retail outlets within in the state of Idaho. The facility has been built to meet USDA standards and expects to seek USDA status within the next 2 years. Custom processing will continue, and the facility is planning to retail poultry and rabbits for those growers who do not wish to market their products. 440 West Ada Road New Plymouth, ID. Directions and more information are available at online: www.homegrownpoultry.net

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Editors:

Colette DePhelps colette@ruralroots.org

Sara Kate Foster sara@ruralroots.org

Ariel Agenbroad ariel@ruralroots.org

Spirit Lake Chamber of Commerce Treasures and Farmers Market now seeking new vendors! Especially encouraged: Organic Products, as well as local produce, mountain crafts, antiques and quality used items. Friday afternoons and Saturday mornings, May through September. For regis-



Inland Northwest Food and Farming Calendar

Idaho Living on the Land Mini-Series

April 9 - May 7 in Boise/Caldwell & Parma/Marsing

Boise/Caldwell (Mondays, 6:30-9:30 pm)
To alternate between UI Caldwell R&E Center
1904 E. Chicago, Caldwell and
Ada County Extension Office
5880 Glenwood, Garden City

Parma/Marsing (Tuesdays, 6:30 - 9:30 pm)
To alternate between UI Parma R & E Center, Parma,
and Owyhee County Extension Office, Marsing, Idaho

Topics include:

Rodent & Wildlife Management &
Animal-Human Disease Transfer
Grazing Management /Caring For Your Animals
Marketing Strategies for Produce –
Ways & Means to a Sustainable Enterprise!
So, You Want To Be an Animal Owner
Applying the Principles of Sustainable Farming!
Feeds & Feeding
Organic Production Practices
Market Gardening & Farmers Markets

For more information or to register, contact
Karen Frusti, Living of the Land Program Manager
Ada County Extension
208-642-3102, or 208-377-2107 or fax 208-377-8715
kfrusti@uidaho.edu

MaryJanesFarm Pay Dirt Farm School

May - July in Moscow, ID

May 19 – Marketing value-added products from your produce: body care items, water bath canning, dehydrating, and donating extras to local food banks.

June 9 – Integrated pest management (IPM) – weeds, critters, insects, and planting fall crops.

July 14 – Building soil by planting ground covers, hoop houses, greenhouses, and sprouting. How to grow fresh produce all year.

All classes are from 10:00 a.m. – 12:00 noon at Mary-JanesFarm in Moscow, Idaho and will include handouts, checklists, resources, websites, and book lists. Series \$100 or \$25 per class. Pre-registration with Sunny is necessary: 208-882-6819. www.maryjanesfarm.com

Basics of Cheese Making Workshop, Caldwell, ID

May 15-16, 2007

A "Basics of Cheese Making Workshop" is coming this May 15-16, 2007. The two-day workshop will be held at the University of Idaho, Food Technology Center in Caldwell, ID. Sponsors of the workshop include the University of Idaho-Department of Food Science and Toxicology, UI-Extension, and United Dairymen of Idaho.

The focus of the workshop is the basic principles of cheese making and the production of farmstead and artisan cheeses. The workshop will consist of combination of lectures and hands-on cheese making activities conducted in the UI Food Technology Center. Workshop participants will receive a course manual, refreshments and lunch each day.

The workshop fees are \$200 for Idaho residents and

350 for non-residents. The fees are payable by cash, check (payable to the University of Idaho), credit card or money order. Payment is due no later than the first of the workshop. Enrollment will be limited to 25 participants on a first-come, first-serve basis. For more information about the workshop, contact Jeff Kronenberg, (208) 364-4937 jkron@uidaho.edu or for registration information contact Nickie Bell (208)364-6163 nbell@uidaho.edu.

On-Farm Variety Trials: Field Trainings for Organic Vegetable, Herb and Flower Producers

Sunday, June 24th in Sandpoint, ID

The Organic Seed Alliance will hold a Field Training at Greentree Naturals Certified Organic Farm located twelve miles northeast of Sandpoint, Idaho. The event will start promptly at 11:00 a.m. Cost is \$15.00 which includes a gourmet lunch highlighting local food served at 1:00 p.m. Rural Roots members receive \$2.00 discount!

Hosted by Organic Seed Alliance and Greentree Naturals in partnership with USDA Risk Management Agency
Conducting variety trials to select crops and varieties best suited to local climate, field conditions, and markets is a sound farm management tool that can significantly minimize risk and increase agricultural success. For organic producers variety trials are also a tool for identifying appropriate organic seed sources and complying with organic regulations.

Learn how to:

Plan and conduct scientific on-farm variety trials
Evaluate performance under local, organic conditions
Minimize farm risk and expand market potential

Registration deadline June 20th if you are joining us for lunch. Late registration does not guarantee you a lunch. To register, contact Micaela Colley at 360-385-7192 or micaela@seedalliance.org.

Greentree Naturals Organic Gardening Workshops

May - July in Sandpoint, ID

This is the 12th year that Greentree Naturals has held its Organic Gardening workshop series on the farm. We are dedicated to promoting organic, sustainable agriculture by providing gardeners and small acreage farmers with the information and skills needed to have a bountiful northwest harvest. Our goal is to cultivate awareness and understanding of organic gardening by providing on-farm workshops. We believe that the more people that plant organic gardens and make an effort to be more sustainable in their lifestyles, the better! We can help you grow!

The Organic Gardening workshop series is scheduled every other Monday from 10:00 a.m. to 12:30 p.m. during the growing season beginning May 21 through July 30. Sessions will cover all aspects of organic production and management practices that restore, maintain and enhance ecological harmony in a rural farm and garden setting.

Monday Morning Workshops:

May 21 - Planning the Garden: preparing the soil for planting; direct seeding & transplanting; companion planting; intercropping & crop rotation; planning for succession planting.

June 4 - Fertilizing Organically: fertile soil is the first step in increasing yields and natural pest control; assessing soil health, organic amendments, compost, manures, organic

matter & foliar feeding.

June 18 - Natural Weed Control; mulch management; organic mulches, water saving techniques.

July 2 - Pest Management: assess pro-active control practices, identification, natural pest formulas, catch-cropping and plant-pest relationships for natural pest control.

July 16 - Harvesting the bounty: techniques for optimum yields for vegetables, herbs, cut flowers and post harvest handling; how to get the most out of your garden harvest.

July 30 - Seed Saving: by saving seed from your garden, you can produce plants best suited to your specific site and micro-climate; selection, hand pollination, cleaning and seed storage.

Class size is limited. Registration is required! Sign up for all seven sessions (including Hoop House /season extension workshop) for \$150.00 or pick and choose for individual workshops for \$25.00 per session. Workshops are held at Greentree Naturals, located twelve miles northeast of Sandpoint. All Workshops include handout materials. For registration, directions and more information, please contact Diane Green at 263-8957 or email at greentree@coldreams.com. *Members of Rural Roots will receive a 25% discount* www.greentreenaturals.com

2007 Idaho Ag in the Classroom Tours & Workshops for Teachers

Tours and Workshops will be offered for Idaho teachers in order to offer a view of Idaho Agriculture "Up Close and Personal." Workshops are held in June and July, with tours held in July. Academic credit may be earned. Contact Rick Watley at 208-888-0988 or visit <http://www.idahoaitc.org/index.html>

5th Biennial Organic Seed Growers Conference

Call for Proposals and Input

In preparation for the 2008 Conference, the conference committee seeks input from diverse public and private stakeholders in developing an agenda. Input and proposals for presentations and posters must be submitted by June 1, 2007. Applicants for presentations and posters will be notified by August 1, 2007. Please visit www.seedalliance.org for more information, or write to: Organic Seed Alliance
PO Box 772
Port Townsend, WA 98368
360-385-7192

Multi-Species Grazing Conference and Field Day

May 8-9 in Richland, WA

Washington State University Extension will host a multi-species grazing conference May 8 at WSU Tri-Cities, Richland, and a related field day at the Barker Ranch near Richland on May 9. Registration begins at 8:30 a.m. The conference begins at 9 a.m. and adjourns at 5 p.m. The field day will be held at the Barker Ranch located at 8305 N. Snively Rd., W. Richland. Visit <http://www.ansci.wsu.edu/> and click on the link for the Multi-Species Grazing and Conference and Field Day under the Events heading. Contact Don Nelson, WSU department of animal sciences, at (509) 335-2922 or nelsond@wsu.edu.