



RURAL ROOTS

BRINGING HOME THE HARVEST

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Creating a Community Through Good Food

By Clay Erskine
Peaceful Belly Farm, Boise, Idaho
Rural Roots Board Member

This article was adapted from Clay's closing keynote address at Rural Roots' Making the Local Connection Conference in Moscow, March 18th, 2005.

We all have some idea of what good food is. The taste, the smell, the people around you while you eat, the excitement that fresh food, good food can bring. We are creating community through food, our culture, our practices, the uniting forces of our appetite.

We are in a crisis point in agriculture: diet, health, food distribution are all suffering. But, out of this crisis of McDonalds, Wal-Mart and shrink-wrapped cucumbers, a movement is becoming a force to be reckoned with: the movement towards community based food systems. Buy fresh. Buy local. To many of us this is our blood, our meat and potatoes, so to speak.

I did not come to the local food movement easily. It took about 4 years before I realized what it was all about. My wife, Josie, and I moved to Garmish-Partenkirchen, Germany. In the Bavarian Alps I learned more about food and community based food systems and agriculture in nine months than in my whole life in the US. That is all Germans have. The food tasted amazing. Not only was it fresh and local, but there was nothing fast about it. It was true slow

food. Restaurant meals took hours, and shopping was not one stop. You went to the baker and the butcher and the market. Milk was local and in a glass jar that you had no choice about recycling. You were fined heftily if you did not. Food was respected, but also were the people who raised and prepared it. We had to see it to believe it. **Our stay in Europe changed our taste of food and the way we celebrated it, drastically.**

We then walked through parts of Asia, we saw truly self-sustaining cultures and agriculture based purely on local food. This was a way of survival in a village at 10,000 feet with no roads. Everything used was carried in on someone's back. In a Himalayan mountain village, our dinner mates asked for chicken curry. A moment later we heard a chicken being killed and slaughtered in the back of the building. Two hours later it was a great chicken curry. Something that simple made a huge impact on me. In all my years in the U.S., I had never even thought about where the chicken curry I was eating had come from. I had no clue! Despite reaching dizzying heights in the Himalayas we did not reach enlightenment.

Shortly, we found ourselves back in the US with no idea what we were going to do with the rest of our lives. We also felt com-

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Clay, Josie and Daisy Erskine at Peaceful Belly Farm

pletely disconnected from American food culture. From there we did internships on Organic farms in Oregon. We not only learned how to farm, we

also found out we were good at it. Farming came naturally. The enlightenment we were searching for came the first time we

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Bringing Home the Harvest is a quarterly newsletter of Rural Roots, Inc.

Bringing Home the Harvest's goal is to make connections between producers and consumers by sharing the knowledge and experience of people working in community food systems and the opportunities and challenges facing sustainable and organic family farmers, ranchers, and market gardeners in the Inland Northwest (all of Idaho and the easternmost counties of Washington and Oregon).

Articles for publication and letters to the editors are welcome and must include the name and address of the author.

Opinions expressed in the newsletter are those of the individual authors and not necessarily those of Rural Roots.

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Deadline for Next Issue:
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A Word From the Executive Director

By Colette DePhelps
Executive Director

When I think about this past year, the growth and change Rural Roots has seen, both within our own organization and within the wider sustainable agriculture community, I am amazed and excited.

My amazement comes from seeing how rapid change happens when people work together toward a common vision – for instance we have seen the Cultivating Success program take flight this past year with courses offered in 14 locations, 9 of them new. And, in Washington, Legislators have responded to the public's call for a focus on local and sustainable food and farming by allocating \$300,000 to support the State Department of Agriculture's Small Farms and Direct Marketing Program. My excitement comes from the new possibilities and energy people feel from seeing positive changes like these happen.

Here at Rural Roots, our vision for a healthy, vibrant and equitable Inland Northwest food system has led us to some big changes! This past January, Rural Roots

and Idaho Organic Alliance joined forces by merging into one organization. With this merger, a new wave of talent and energy is moving through our organization.

In March, we hosted an extraordinary annual meeting and conference in Moscow that focused on Making the Local Connection through Direct Marketing (page 12). Following the conference, the new Rural Roots Board (page 8) worked together to revise Rural Roots mission and goals to better reflect the interests and priorities of our expanded membership (see page 23 for the mission and goals and page 10 for a list of members) and to begin the process of identifying new program areas and priorities for Rural Roots work.

As Rural Roots grows, we are not only increasing the number of programs we offer, we are expanding and refining our existing programs so to better serve our members.

This summer, Cultivating Success' Sustainable Food Systems Field Analysis course will take place in the greater Spokane area. In the fall, the Sustainable Small Acreage Farming and

Ranching course will be available in Spokane, Plummer, Moscow and Boise (page 11) and a new Sustainable Animal Production course will be piloted in Moscow and Twin Falls. Meanwhile, a team of educators from UI, WSU and Wenatchee Valley College are developing an Ecological Soils class that will be available on-line in fall 2006, and we will be expanding the Cultivating Success mentoring / apprenticeship program (www.cultivatesuccess.org).

In terms of marketing and community education, this season, members have the opportunity to become involved in the Inland Northwest Buy Fresh, Buy Local campaign and to expand the campaign to include new retail partners (page 14-15). They are also helping increase access to local food by helping staff distribute 10,000 buying guides across the region (this is double the number of Guides distributed last year).

On behalf of Rural Roots Board and staff, I invite you to share the excitement and to get involved in one of the many programs or activities Rural Roots has to offer!



Creating a Community Through Good Food

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popped a sungold into our mouth or ate the heart out of a yellow doll watermelon. **Food at last, thank God almighty, food at last.** Not only was the food incredible, but through this thing called a CSA, a community of farmers, interns and food lovers was created. It existed; here in the U.S., everything that we fell in love with on our travels was here. We knew this was where we belonged.

Making community through good food is basic in our society. As a people we gather at the table. The problem is, as Americans, our standards for taste have plunged. For many Americans, the convenience of fast, processed food makes more sense than preserving farmland, eating seasonally and conscious consuming, all combined. As fellow travelers towards sustainability, quoting Janie Burns, we need to reach out to the ones who are willing to change. There are so many stories among us. People

from all across the Inland Northwest have developed inventive ways of bringing local food to local folks. The connection between grower and farmer has become so distant in the past decade that we need to do all we can to reconnect. I have heard many great ideas and programs from farmers I've talked with that help connect the people who eat great food to the people who grow, raise and cook it. Now, our challenge is to continue down those paths and to share our stories, challenges and successes.

Sharing of such stories took place at the Rural Roots Small Farm Conference in Moscow, Idaho on March 17th and 18th, this spring. Henning Sehmsdorf, from Lopez Island, gave a talk on living holistically on a self sufficient small farm. Henning spoke of his regard for soils as a living system, and his practices to cultivate the soil's rich vital energy. He told of his grand-

father's idea of the "power bite", the vital essence in the last bite of each appreciated meal. Henning connected the good food that his family raises to the health of his family and interns who raise the food.

In the U.S., Americans spend more money on their health care than on their food. To save our health and our hearts, we need to return to local community based food systems and to establish the local connection within our communities.

Aaron Silverman talked during the conference about cooperative farming, about its joys and its challenges. He talked about customers as collaborators and how through all the trials and tribulations, a simple "Thanks" at a farmers' market stand from one of his loyal customers makes all the difference.

Diane Green spoke about Sunday Brunch at Greentree Naturals, about connecting

Creating a Community Through Good Food

to her community of customers through great food served on a beautiful farm. On-farm meals prepared from food grown right there on the farm help Diane connect with the act of growing food, cooking it and celebrating the eating of it. Diane had words of wisdom like, "Follow your passion," and my favorite, "Do all you can then do some more."

At Peaceful Belly, our goal is to get people out on to our farm and talking to others in the community interested in food. We do everything we can to make the farm a community and then extend that connection to our customers.

At our farm we have a lunch cook. By hiring a cook for 4 days a week we have created a meal for our employees, farming partners, volunteers, and the occasional neighbor that is the highlight of our day. The lady who cooks for us is a voluptuous red-head with the tattoo of pie and coffee on her arms. She is known to us as Miss April.

Miss April's food rocks. It has created a community within our farm. It has also freed my wife so that her hands can touch the soil instead of just boss people around, which she is also very good at. After hearing about Diane's Sunday Brunches where she hosts a meal for the public on her farm, I am super excited about setting up a similar thing at our farm.

Anytime you invite people to your farm, you are creating relationships. CSA members love to visit and they love to pick their own produce. It makes it real. Many people who are new to our CSA and pickup their veggies at the farm look at us like we are crazy when we tell them that they are welcome to go and pick a pint of raspberries. A lot of them need us to walk them over to the row of raspberries and show them how to find them on the cane. They have never picked raspberries in their life. But after fifteen minutes or so of stuffing their face as well as the pint, they come back to tell us that it was the most fun they have had in weeks. Many people are so far removed from traditional hunter-gatherer activities that when they participate in them, they experience a wonderful sense of deep instinctual fulfillment. We all do things for a reason and sometimes it

only takes one foot print in the soil on a farm to validate every reason someone wanted to join a CSA.

Along with farm pick-ups for the CSA, we have four other pick up points around town. Friends that have been involved with our CSA for years set up tables in a shady part of their yard and the produce for the week is laid out for members to gather according to a list. These pick up points are a wonderful, bustling social event. For two hours CSA members file in and chat with each other, make new friends, meet their neighbors, see friends they haven't seen for years, and are able to connect in a way that just isn't possible anywhere else. They all are very passionate and dedicated about good food and eating locally. This is a great foundation for developing lasting relationships with each other.

I see the benefits of CSAs that deliver the shares to customers' doors. It allows many more people to enjoy local fresh produce that would otherwise not sign up due to schedule conflicts with the pick up system. However, I would like to invite the CSA farms who deliver to think of the community they could build with pick-up points, rather than allowing their customers to remain an isolated island of good food. Pick-up points allow customers to put their minds together weekly, for fun, support and maybe even community action beyond the dinner table.

Along with having a CSA pick up at the farm, we host several events in order to bring more people out to the farm. We hold a harvest festival for the CSA members every fall. We go all out! We have activities set up make t-shirts, hire bands, and my personal favorite: melon bowling. We save all the under ripe frosted out melons and set up pins and let the kids go. Our members love the harvest fest. Some stay all day long and still don't want to go home at the end of the day. We also have a glean day for the CSA

members the day before the first killing frost.

Anything you can think of to bring people out to the farm is a benefit. Many people do farm tours or classes, and we have found that they are some of the most important activities we coordinate. Because we are located in the middle of Boise, we are very accessible to daycare and pre-school groups. Children love farms. And we have found that even though it takes a lot of effort, it's well worth it. We charge \$2 per child and we lead them on a 30 minute tour with their mouth. Children who say at the start of the tour that they hate veggies have their basket full of

...it's about doing what excites you, about connecting with people, and concentrating on one aspect of the whole picture... It only takes one CSA member telling me how wonderful the Bok Choy was last week to make it all come into focus.

cherry tomatoes, raspberries and green beans at the end. We do about ten children tours a year, but we have requests to do about thirty. We hear

comments like "This is a cool job." Or "I want to do this for a job." Or "Do you hire teenagers?"

Often members join the CSA or shop at our market booth for the sake of their children. We've found that a great way to hook more paying parents into great local food is to host school groups and get their kids hooked on great food. We also create kid friendly spaces on the farm. Our daughter, Daisy, who is two, wanders for hours every day. She found the first spring ladybug and always finds the first ground bird nest of the year. Children belong on farms and they are the next generation of local foodies and future farmers. The luxury of giving farm tours to children is not something we all have time for. But we are trying to make whatever connection we can with as many people we can. And for that we have to step back a little and realize that the weeds in the onions can sometimes wait a little while in order to insure that there will always be someone to buy them and enjoy them when they are ready to be harvested.

How do we find the time to do one more thing? Maybe that's not the way to look at it. Maybe it's about doing what excites you, about connecting with people, and concentrating on one aspect of the whole picture. Sometimes I get so overwhelmed by thinking of the huge seemingly immobile picture of agriculture in America. But it only takes one CSA member telling me how wonderful the Bok Choy was last week to make it all come into focus.

As farmers, we have our own community, as well. We need to use this community to buy local as well, not only the food we eat, but also all the products we need to raise the food we sell. In this local community there are seed growers, dairy producers, ranchers, veggie growers, secondary processors, chefs, and educators. Together we are the community we need to survive.

At Peaceful Belly farm we use straw mulch from Nate Jones and Beth Rasgor-shek, both located in Southern Idaho. We get all our vetch cover crop seed from Beth Rasgorshek. We get manure from Peter Dill in Emmett for compost. Bill Ward is a great welder and ironworker as well as a great tool designer. Janie Burns has great chicken that I love to eat and great advice and knowledge to fill my brain. Gilbert Rice has wonderful stories to make me smile. And that's just in Southern Idaho. I have just begun to make connections with people in the north of Idaho, as well as Eastern Oregon and Washington. I look forward to strengthening and building on these relationships.

Above all, be passionate about what you do and work to create a bond with the people who consume your food. Whether it's through CSAs, farmers' market, the food co-op, restaurants, on-farm sales or whatever other system that works for you. It's the connection between the people who grow the food and the people who enjoy it that matters. And it all comes from an enjoyment and celebration of great food.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has."
— Margaret Mead



The History of Rural Roots

**By Colette DePhelps
Rural Roots Executive
Director**

Rural Roots began as the Inland Northwest Community Food Systems Task Force in September 1997 following a series of farm and food system tours and a community food systems workshop sponsored by the Palouse Clearwater-Environmental Institute (PCEI), University of Idaho (UI) and Washington State University. At the community food systems workshop, participants went through an exercise of mapping out the current regional food system and then the food system as they would like it to be. With the map as their guide, workshop participants pooled their collective experience and identified priority actions to create their ideal food system. They then decided to form the Inland Northwest Community Food Systems Task Force with the purpose of connecting people in eastern Washington and north Idaho interested or working in food and farming systems. The task force leadership team included 2 people from UI and 2 people from PCEI. The workshop's priority actions provided the first road map for Task Force's community food system and small farm work.

Between September 1997 and March 1999, the Task Force focused on creating educational opportunities for beginning and existing small farmers in the region and for citizens interested in creating and supporting local food systems. These activities included farm tours and on-farm workshops, classroom workshops, Bringing Home the Harvest Newsletter, a web site and list serve, and a regional small acreage farming conference. They also researched and organized a shared-use commercial kitchen network in Kootenai and Benewah counties and assisted with Eating on the Palouse dinner series and a workshop which highlighted locally grown food in the Moscow – Pullman area. During this time, the Task

Force met about three times a year at the Kootenai County Extension office in Coeur d'Alene.

In the fall of 1998, the Task Force decided to become a membership organization, and in the winter of 1999, adopted the name of Rural Roots: The Inland Northwest Community Food Systems Association. Non-profit fiscal sponsorship for Rural Roots was provided by Pay Dirt Farm School, Inc. (Pay Dirt was organized and incorporated by Mary Jane Butters of Paradise Farm Organics). Members agreed that Rural Roots needed to focus on the regional food system and involving and meeting the needs of both consumers (non-farm community members) and small acreage farmers, ranchers and market gardeners. The Task Force's purpose and objectives formed the foundation for Rural Roots vision, mission and goals.

By the end of summer of 1999, Rural Roots' leadership team had transitioned to a farmer-community member team with agency/institutional folks becoming leadership team advisors. Rural Roots members saw this transition as an important step to grounding the organization in the community it formed to serve. The Rural Roots Leadership Team members and staff provided programmatic direction for the organization and helped to plan and implement Rural Roots' activities. They took direction from Rural Roots members and meeting participants (whether or not they are official Rural Roots members) and sought to build collaborative relationships with other small farm organizations in the region such as Spokane Tilth, farmers market associations and the NE Washington Small Farm Association.

To make Rural Roots meetings available more to farmers and community members, the Rural Roots Leadership Team decided to rotate meetings between Spokane, Moscow, Sandpoint and Coeur d'Alene. At these meetings, participants dis-

cussed and planned Rural Roots projects and activities. In the fall of 1999, Rural Roots members identified marketing and small farm economics as a high priority for Rural Roots work and launched several new initiatives which ultimately evolved into the annual Farm Fresh Buying Guide and on-line Find Farm Fresh Food Directory.

In the year 2000, Rural Roots' Leadership Team, staff and members worked hard to clarify Rural Roots vision, mission and goals and to garner funding to support research, educational and marketing activities that would move the organization towards its vision. Between 2000 and 2004, Rural Roots partnered with local universities and regional sustainable agriculture organizations to create the Cultivating Success: Sustainable Small Acreage Farming and Ranching Education program; coordinate the Washington / Idaho Partnership 2020 Sustainable Food Systems Initiative; expand the funding base for sustainable agriculture through the Funding Diversity Partnership (FDP); and to improve direct marketing opportunities through the Northwest Direct: Improving Markets for Small Farms research project. (All of these programs are described in detail on Rural Roots' website at www.ruralroots.org).

As Rural Roots' programs and activities grew in number and complexity, the Leadership Team and staff began discussing the importance of improving the leadership skills and building the capacity of the organization and its members to do sustainable agriculture and local food systems work. They applied and were accepted into a new leadership development program called Cultivating Leadership for a Changing Agriculture (CLCA) (www.cultivateleaders.org). As a result of the training and consultation they received in 2003-2004, the Leadership Team and staff decided it was time for Rural Roots' to become and

independent non-profit organization and to create a Board of Directors that would provide administrative oversight and direction to Rural Roots. With the help of CLCA consultants, Rural Roots new Board and staff re-visioned and drafted by-laws for the organization, keeping in mind the programmatic direction and priorities they were hearing from Rural Roots members and other constituencies in the region.

In summer 2004, about the time the new by-laws were complete, Rural Roots and Idaho Organic Alliance entered into discussions about the potential of joining energies and forming a larger organization that would serve all of Idaho, eastern Washington and eastern Oregon. The opportunities for expanding programs, improving visibility and access to local food and the ability to work as one voice to create policies that support family farmers and local food entrepreneurs that could result from creating a unified sustainable agriculture community across the Inland Northwest excited both the Board and staff.

At the same time, Board members wanted to maintain the organizations' emphasis on small acreage farms and ranches, sustainable production methods (that included, but were not limited to, organic methods) and community food systems. Merger discussions continued through the fall of 2004 and culminated in both organizations' leadership agreeing that a merger would be beneficial for members and the larger agricultural community and that the concerns of both organizations could be successfully addressed. A special joint membership meeting was called to discuss and vote on merging Rural Roots and Idaho Organic Alliance into one organization in January 2005. Rural Roots Board and membership voted in favor of the merger and a new chapter in Rural Roots' history began.



The History of Idaho Organic Alliance

**By Rebecca Mirsky, Former
IOA Director and Colette
DePhelps, Rural Roots' Ex-
ecutive Director**

The Idaho Organic Alliance was formed in 1989 as the

Idaho Organic Producers Association (IOPA). IOPA was started by organic growers who sought to establish a viable organic industry in Idaho. Since then, the organization has helped es-

tablish Idaho State Organic Certification standards for produce, livestock and the education required for certified organic growers.

In order to have a broader

impact on sustainable agriculture in Idaho, in 2000, members of IOA redirected their focus and mission, including changing their name, to be an organization that included a diverse citi-

zenry seeking to support a sustainable food and agriculture system in Idaho.

IOA leadership and members believed that sustainable, organic agriculture is that which builds the soil, returns what is taken out; provides healthful food, free of chemicals and genetically modified organisms; provides a profit for the farmers who employ it; and supports local communities. And, as an organization, IOA sought to put the "culture" back in agriculture by putting the emphasis on people, not big business — meaning crop diversity and soil building rather than monoculture; profitable small-scale farming; clean food; and fostering relationships between growers and buyers. The organization's purpose was to:

- Grow safe and healthful food and make it available to all.
 - Protect natural resources on the farm and in the garden.
 - Promote sustainable farming and support rural communities.
 - Educate consumers about the connections among food, farming, and the environment.
- Groundbreaking work for

the formation and initial growth of IOA was due to the dedication of IOA's first volunteer director, Shelley Hawkins-Clark, and IOA Board members Nate Jones, Mike Heath, Fred Brossy, Janie Burns, and Jeff Rast. In September 2002, IOA received approval of their Federal 501(c)3 application, which gave them official non-profit status. Until then, IOA had been working under the fiscal sponsorship of the Idaho Rural Council in order to apply for non-profit funding.

Also in 2002, thanks to the hard work of the IOA staff and Board, IOA received \$35,000 in Specialty Crop Grant funding from the Idaho State Department of Agriculture. This funding allowed IOA to accomplish some important projects over the next two years including the creation of their website, publication of the 2003 Local Foods Guide to Southern Idaho, and organization of four local farm tours. (The final stage of this work, research into the needs and perspectives of Idaho's certified and registered organic producers, was completed this spring. Visit www.ruralroots.org to view the organic research

reports.)

At the end of 2002, Shelley found that due to health reasons, she needed to turn the organization over to new leadership. In November 2002, Rebecca Mirsky was selected to continue the exciting work that Shelley had started. Between 2002-2004, Rebecca, IOA's second volunteer director, made it a priority to follow through on the ISDA grant projects and to keep in touch with IOA's members through publication of the IOA newsletter and moderating the IOA email listserve.

As a full time environmental engineer, Rebecca had limited amounts of time she could devote to growing IOA. Rebecca's available time was necessarily dedicated primarily to project management and member outreach. When it became apparent that Rebecca's time was too stretched between her job as an environmental engineer and her directorship, she and the IOA Board began discussing solutions.

At the IOA Board meeting in January 2004, the idea of proposing a merger be-

tween Rural Roots and IOA was put on the table for discussion. Looking closely at both organizations, it became apparent that they shared similar organizational values and their visions for agriculture in Idaho were quite compatible.

The IOA Board recognized that the experiences the IOA members shared when working with mid and large scale family farmers, with the Idaho State Department of Agriculture, and the Idaho Legislature would benefit Rural Roots' programs and members. Board members believed that IOA would benefit by an increase in organizational capacity, especially funded staff who could dedicate their time to program development and implementation to address organic issues within the state.

One concern the Board had was not losing the identity, visibility and emphasis on the importance of organic agriculture in Idaho. The Board realized with the merger, it made the most sense to retain the name of Rural Roots as it was most inclusive of the combined membership (sustainable and organic producers and

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A Board Member Shares Her Perspective on the Rural Roots / IOA Merger

By Janie Burns
Meadowlark Farm, Nampa, ID
Rural Roots Board Member

Imagine it. You're selling at the farmers' market. Your table, once overflowing with lettuces, tomatoes, herbs, flowers, is now reduced to two heads of lettuce, a lonely bok choy, three bunches of summer savory, and a wispy bunch of flowers you now claim is a table decoration and not for sale. There are no customers in sight. There is still an hour left in the market. An hour we fondly call the "Wine and Whine Hour", assuming there is a wine seller with samples in the market. And what do we do in that hour? Of course we whine about this and that, but we talk to our fellow farmers. We think of great ideas that we'll work on together over the winter.

I have a theory which I shall call, for lack of better, "Janie's Wave Theory". My theory suggests that great ideas from farmers start out as small discussions out in the ocean of thought (at the market), build over the winter into a great wave, crescendo into "we could really

do this" in the late spring and crash onto the beach of reality (right close to the first planting date in the spring). Those great ideas, like the tiny bit of water at your feet, were hardly waves of success. We are cursed by the irony of knowing what to do, but not having the time to do it.

But we have come far in many areas. The Idaho Organic Alliance, earlier known as the Idaho Organic Producers Association helped create organic standards and build a strong program in the state. The IOA sponsored wildly successful farm tours and provided grower education.

Those successes, waves of success if you will, that helped farmers and helped educate consumers, were exhausting. The Idaho Organic Alliance found itself as part of a growing organic movement, but with little time, energy, or funding to address many opportunities. We realized there are two important components to powerful farmer organization: the farmers themselves and staff members who are not farmers, folks

who are not seduced by the siren call of seed packets and warm soil.

The Idaho Organic Alliance merger with Rural Roots was not easy for some. We all tend to view change to organizations in which we have much time and energy investment to be an affront. We think something will be lost, something will be compromised. I would suggest that we have taken two organizations with much rich history and are building upon their past successes.

I saw the merger as offering two immediate advantages to Idaho farmers and consumers. First, an organization, able to represent the whole of Idaho (and even more broadly, the Inland Northwest Region), was formed. There are plenty of issues around agriculture that are set by state laws or policies. Idaho Organic Alliance members, being close to Boise, have testified before the legislature and visited state offices to get organic legislation enacted. Now Rural Roots has that same opportunity. Also, it's easier to sell an idea if you can say it will benefit folks

across the state, instead of just one area. A group that represents growers in all regions can speak with one loud voice to state officials.

The second advantage is the opportunity for growers around the state to benefit from the close relationship of Rural Roots and the University of Idaho. Southern Idaho farmers who direct market or who are organic have often felt the U of I was not helpful to them. Now that I know the programs that Rural Roots and U of I Small Farm Team are working on, I am very encouraged.

I still like my wave theory to understand why many of the great ideas from farmers don't get very far, or if they do, it takes forever. But I really like knowing that those ideas can be presented to a new Rural Roots. Together we can move these great ideas higher on the beach covering more ground, reaching more people and helping more farmers stay on the land.



The History of Idaho Organic Alliance

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people committed to local food systems). They also realized the change of name would mean the combined organization would need to develop strategies to maintain the visibility of the organic community in Idaho. The Board agreed that as long as the emphasis on organic would not be lost, Rural Roots and IOA were a natural match.

In August 2004, IOA opened

a dialogue with Rural Roots about merging organizations. At their December 2004 Board meeting in Boise, all participants in the meeting (the IOA Board, Rebecca, Shelley and IOA member Clay Erskine) voted unanimously in favor of the merger and to call a vote of the IOA membership about merging organizations. When the merger was approved by a membership vote, Fred Brossy, Janie

Burns, and Clay Erskine were elected to the new Rural Roots' Board of Directors and Rebecca agreed to serve as a program advisor to Rural Roots. In these new roles, they are maintaining IOA's commitment to organics while enhancing the viability and visibility of sustainable agriculture and local food in the Inland Northwest.



Rural Roots: What Does Our Name Say?



By Mary E. Rohlfing, Morning Owl Farm, Boise, ID & J.D. Wulfhorst, Mountain View Gardens, Moscow, ID Rural Roots Board Members

Most who have lived in eastern Washington, Oregon, or throughout Idaho for even a few years recognize that some areas in the Inland Northwest are growing by leaps and bounds, while others face decline or new social and economic barriers. Many folks continue to move to this region for the same reasons people stay — to savor and enjoy the wild and open feel of this country. Ironically though, our expanded presence can also affect the qualities that attracted us in the first place, such as a sense of connection we want to feel to the land and to each other. In short, our sense of rootedness to landscapes and lifestyles that sustain rural life in the Inland Northwest is also impacted by our very love for and use of these places and resources.

As newer leaders within the organization, we want to offer our perspectives on the name of the organization we're both proud to serve: **Rural Roots**. To us, the name represents two key things. First, the name reflects the deep and robust connection between *where* we live and *how* we live. Second, the name **Rural Roots** serves as a call to action to retain our roots—the legacies, the heritage, & the seeds—by doing something for them and the rural landscapes in which those roots plunge. The cry, rural roots, guides us to engage in the work necessary to create and retain sustainable food-producing and consuming practices. It serves as a beacon to support those

who have staked their livelihoods on ensuring that the food we eat is local, healthy, and increasingly sustainable.

The goals, mission, and vision of **Rural Roots** (page 23) embrace and celebrate the direct and vital link between our identities, the places we call home, the practices of sustainability we enact, and the collective qualities of our lives. As we watch rapid conversions of productive ranches and fertile farms to shopping malls, tract housing, golf courses, and new highways, we experience not only the loss of biodiversity in the region, but we also put our connection to the land that feeds us in greater jeopardy.

The changes surrounding us translate to community impacts when we see a favorite farm sold to developers or cattle guards covered with indistinguishable malls and box-stores. Amidst that change, **Rural Roots** seeks to retain the qualities of production that are integrally tied to communities. For instance, the awareness that people of the Inland Northwest want to be involved with and have some intimate knowledge of the farms and ranches that are the chosen origins of their food continues to increase dramatically.

The desire to be able to trust the source of one's supper propels a variety of opportunities for those with the know-how and land to satisfy that interest. For example, while a city like Boise now touts multiple farmers' markets that operate throughout the week, not just on Sat-

urday, almost all of those markets are hungry for local growers to provide them with adequate amounts of produce to sell to a burgeoning population. In less populated areas as well, increasing numbers of families seek out and join subscription-based, farm-share CSAs wherein they pay farmers a fee to grow their vegetables. The demand for the relationships between eaters and farmers is now so strong that many CSAs sell out of their shares months before the first spinach leaves are snipped, and in some cases, even planted. Lots of folks are also "buying" a fruit tree each year at a local orchard where they can take their kids for an enjoyable afternoon of picking fresh fruit straight from "their" tree.

Others are hunting for naturally or organically grown local lamb, beef, and pork or free-range poultry raised by a rancher that they can get to know and trust. For many such ranchers, finding eaters for their livestock is not the issue; finding enough organically certified feed, or that which meets an operator's standards can be most challenging. There are many parents who want their kids to pet a real cow or see a real turkey strut his stuff on a genuine farm. They can't always find farms nearby enough to give their kids these experiences. Thus, the name **Rural Roots** symbolizes these attachments that bring together supply and demand, people and place, food and health, and the past and future.

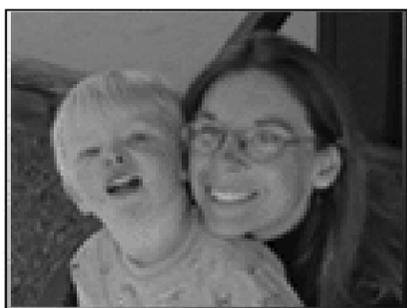
Although the population growth of the Inland Northwest region overall strains the rural character of some areas, many who are part of

the increasing urbanization of our open spaces also want to support viable, sustainable, and healthy local food systems. **Rural Roots** supports that desire and is working to turn those challenges into opportunities by educating eaters and growers about the value and necessity of the interconnections between a rural Inland Northwest landscape and support for those who work sustainable farms and market gardens that put quality local food on our tables.

Education, though, is not enough. We must all take up the challenges of food stewardship to act by examining our own practices. We can shop at local markets and support locally-owned restaurants that support local growers. These actions also embody what we expect you to feel when someone says 'Rural Roots'. We can demand that our elected officials do everything in their power to encourage rural spaces in urbanizing places. We can encourage others to learn more about sustainability and to act on their knowledge.

The challenge of our era is also an opportunity as we find ways to integrate our rural roots with our increasing urbanization. Meeting this challenge will require us to listen, to teach, and to learn from each other, and then to act. In short, we must stay mindful of our own rural roots by taking courage and energy from the beauty in the land that still surrounds us, and in the potential of those relationships yet to be built between the people and the land. Join us in digging in deeper.





Colette DePhelps
Executive Director

Colette has been in leadership positions with Rural Roots since its inception in 1997 (leadership team member, program coordinator, and now as executive director) and was one of the organizers and leaders of the task force from which Rural Roots formed. Colette has strong working relationships with faculty at both Washington State University and the University of Idaho. Currently, Colette serves on the University of Idaho College of Agriculture and Life Science's statewide Extension Advisory Board and the Dean's Advisory Board.

Since getting her Master's degree in Environmental Science from Washington State University, Colette has been in coordinating positions in the Palouse-Clearwater Environmental Institute, as well as at WSU's Center for Sustaining Agriculture and Natural Resources. Colette lives with her son Forest in a great old bungalow with a big yard in Moscow, Idaho. Her hobbies include making, sharing, and eating great food with friends, organic gardening, hiking, canoeing, kayaking and collage art.



Jennifer Farley
Membership and
Communications Coordinator

Jennifer has been a member of Rural Roots and on our staff since early 2003. From February '03 to August '04, Jennifer served as both the University of Idaho's Sustainable Ag Program Assistant and Rural Roots' Communications Coordinator, where she organized several small acreage farming events and workshops. Jennifer also updated Rural Roots' and the University of Idaho's Sustainable Ag web sites and designed and edited Rural Roots' quarterly newsletter until August 2004, when she began graduate school and interned as a field instructor at the McCall Outdoor Science School. She is back with Rural Roots full-time this summer and is currently working on Rural Roots' web site and membership duties. Jennifer lives outside of Moscow in Troy, Idaho where she enjoys small town life and access to outdoor recreation areas. Her hobbies include yoga, organic gardening, knitting, rock climbing, snowboarding, and doing most outdoor activities.



Karen Faunce
Northwest Direct Case
Studies
Technical Writer

Karen Faunce began working for Rural Roots in July of 2004. She was hired to do transcription work for the Northwest Direct Case Studies project, part of a large USDA grant shared by Rural Roots, UI, WSU, Washington Department of Agriculture, and OSU. Under this grant, farmers and producers were interviewed by Rural Roots staff on their direct marketing strategies and production methods. Karen has since begun writing and editing these case studies.

Karen holds a BA in Anthropology, and has what she calls a "colorful résumé." She has a natural interest in people and culture, and believes strongly in the need for creating local, sustainable food systems. She says, "Living and eating sustainably is both a practical and spiritual goal for me. The chance to work for Rural Roots and learn more about food systems, production methods, and local resources has been a real opportunity for growth for me and my family."

Karen is a student of yoga, art, parenting and religion. She lives in Moscow with her husband Ken, four children, two dogs, two cats, two fish, and two rodents.

Meet Our Staff

Welcome to Rural Roots Sara Kate Foster!

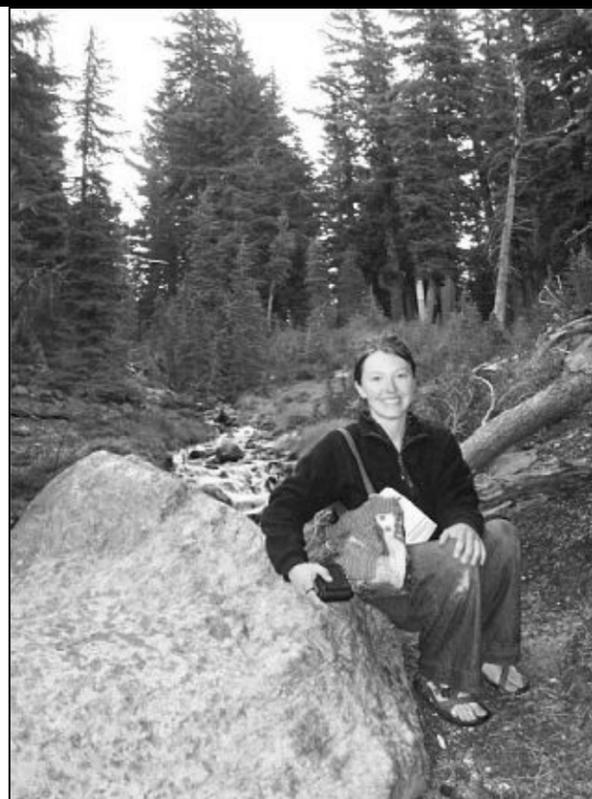
Hi, I am thrilled to be the new Education Coordinator for Rural Roots. It seems like I have been headed towards this job for a long while! I grew up in Colorado in two vastly different settings, in the suburbs of Denver and on a farm in the mountains of Northwest Colorado. Seeing so much land in Colorado swallowed up by urban growth in both locations instilled in me a desire for land preservation. I earned a bachelor's degree in Botany at University of Wyoming and went onto graduate school here in the Northwest. When I came to the Palouse for an interview at WSU, I fell in love with the landscape and the community on the Palouse.

During graduate school, I found such a joy and satisfaction in community involvement. I have never known community like I've met in Moscow in any place I have ever lived. In 2003, I earned my Masters Degree in Botany by researching an eradication campaign of

Common Barberry, a plant which carries a rust that devastates wheat crops. The eradication campaign began in Whitman County, Washington in 1944 and included a massive education campaign to inform the public about the dangers of Common Barberry as an introduced plant. I interviewed men who worked on the original campaign and resurveyed large areas in Whitman County for surviving Barberry plants, during which time I met many farming families. I thoroughly enjoyed interacting with local farmers and hearing about their joys and challenges. During work on my project and when participating in the local community, I learned the importance of grassroots education.

After graduate school, I started down a different path, away from the university life. In the last two years, I have traveled in Ecuador, apprenticed as a yoga teacher, learned dance and worked at the Moscow

Food CO-OP. I love to travel, spend time with friends, hike, and paint, as well as practice and teach yoga. I recently began massage school here in Moscow as well. Apparently, I like to be busy! Each experience only makes me surer of the importance of being connected with my community. I am excited to work to promote eating and buying local through education here at Rural Roots. I am delighted to bring all that I have learned and been inspired by to the table at Rural Roots, so that I can give a little back to the Northwest for all it's given me. I am looking forward to learning more about sustainable farming, as well as interacting with a whole group of



Sara at her last job in Three Sisters' Wilderness

new people dedicated to positive change.



Meet Our Board Members

Gary Angell

Gary Angell bought his farm, Rocky Ridge Ranch, in Reardan, Washington, with his pension from the military. He, and his wife, So, have developed it into a diversified small farm with cattle, hogs, goats, poultry, pets, and a market garden. Gary has experience with direct marketing and various sustainable farming practices and is well known in the Spokane area for answering questions from folks about small farming techniques. Gary also serves on the Washington Sustainable Food and Farming Network Leadership Team. He is committed to helping fellow farmers, both by being a resource and by taking leadership roles, including serving on the Rural Roots Board to support the Rural Roots mission.



Fred Brossy

Fred is an active supporter of organic seed production in Idaho, and grows organic seed crops for Seeds of Change. Fred and his wife, Judy, manage Ernie's Organics in Shoshone, where, in addition to their organic seed crops, they raise asparagus, heirloom tomatoes and vegetables, soft and white wheat, potatoes, pinto and red beans, laying chickens, and grass mix hay. Not only is Fred on the Board of Directors for Rural Roots, he is also on the Idaho Organic Foods Advisory Council.



Janie Burns

Janie Burns raises sheep, chickens, turkeys, and a few organic vegetables on her Meadowlark Farm south of Nampa, Idaho. Since her first gardening experience in 1989, she has direct marketed all of her products through a variety of means -- Community Supported Agriculture project, restaurants, natural food stores. -- Today she sells principally at the Capital City Public Market in downtown Boise. Janie is also co-owner and manager of HomeGrown Poultry, LLC, a custom-exempt poultry processing facility in New Plymouth.

In addition to serving on the board for Rural Roots, Janie also serves on the Idaho Organic Foods Advisory Council.



Diane Green

Diane's business, Greentree Naturals, Inc. has been a certified organic farm since 1992. This small acreage farm is located outside of Sandpoint, Idaho where the growing season is 100 to 120 days. With the use of season extension and careful planning, Diane Green and her husband Thom Sadoski have created a 'niche' in a rural community. Diversity is the name of the game at Greentree Naturals, Inc. The farm provides Sunday brunches, summer farm tours, workshops, fresh flower and/or produce CSA subscriptions, as well as an apprenticeship program which partners with the Cultivating Success program. Diane serves on a number of boards for organizations such as the State of Idaho Organic Foods Advisory Council, UI College of Ag and Life Sciences, Department of Plant, Soil and Entomological Sciences Advisory Board representing small acreage farmers for the state of Idaho, and is the Chair of the Board of Directors for Rural Roots.

Mary Rohlifing

Mary Rohlifing founded Morning Owl Farm in 2004 after giving up a twelve year career as an Associate Professor of Communication at Boise State University. She chose her new career by following her joy that she receives from being on her farm. On Morning Owl Farm, Mary grows herbs, flowers and vegetables, and raises heritage turkeys and duck eggs for her CSA eaters, all on a half acre of land. It is Mary's second year of farming and her first year as a board member for Rural Roots.



Toni Carey

Toni Carey and her husband, Ron, farm on the Four Seasons Farm in Priest River, Idaho. There they raise steers, hogs, Boer-cross goats, and Cornish-cross chickens for meat, by special order. They have a market garden and also sell produce in the summer at the Newport Farmers' Market. Toni believes in helping Rural Roots educate the public on the importance of buying and eating locally raised products. She continues to be encouraged by the difference she has seen in the attitudes of her customers as they learn more about local food and sustainable farming.



Clay Erskine

Clay Erskine, his wife, Josie, and daughter, Daisy, run Peaceful Belly Farm in the heart of Boise. Their three-acre farm supports 175 families through a CSA program. Clay and Josie grow their produce in permanently raised beds at the base of the Boise foothills using sustainable methods without the use of any herbicides or pesticides, and they consciously build community with their urban farm. In addition to CSA shares, the Erskines sell their produce at the Boise Farmers' Market and at the Boise CO-OP, as well as through a cooperative to local restaurants, and they hold an annual harvest festival on their farm in October. Clay serves on both the Rural Roots Board of Directors and the Idaho Organic Foods Advisory Council.



Tom Torrano

Tom Torrano, a long-time Rural Roots member, lives and gardens on five acres of land near Post Falls, Idaho. Raised in the city and having a background in engineering, Tom takes an analytical approach to problem solving, always keeping in mind there are several solutions. Tom is passionate about the purity of food being produced and the stewardship of the organisms and the land on which the food is produced. Tom enjoys working and meeting people who, like himself, are committed to living a simple and sustainable lifestyle. He joined the Rural Roots Board of Directors in 2004.

**Cathy Weston**

Cathy Weston's interest in Rural Roots stems from her love of local foods and organics. In 1995 she opened an organic bakery and vegetarian café, and found it difficult to acquire local, organic foods. Not only did she see this as a problem for herself, but for the community as a whole. She believes people need to be aware of their local food system, and feels strongly that consumers need to be educated about healthier, local products. She delights in her seven raised garden beds nestled in the forest, where she grows lettuce, snow peas, string beans and zucchini. Cathy has been with Rural Roots since it was still an idea in 1997 and has served on the Leadership Team and Board since its inception in 1999.

**J.D. Wulfhorst**

J.D. Wulfhorst and his family are currently operating Mountain View Gardens, a small business focused on native plant restoration efforts. J.D. loves to garden and spend time outside in the elements. His favorite things to grow are all the raw ingredients of good, fresh salsa. He and his wife, Julia, aspire to eventually develop a roasted chili operation. As a rural sociologist, much of J.D.'s work revolves around communities and understanding why people do the things they do, with a focus on places tied to agriculture and natural resources. He believes in Rural Roots because he has a commitment to enhancing rural community sustainability, by integrating high-quality, local food and the people who care about the land and its resources.



**Do you value soil?
Do you wish more people cherished and understood it?**

Well – there is going to be an interactive **SOILS EXHIBIT** at the Smithsonian Institute in D.C.!! The exhibit is going to happen – though its size and scope will depend on grassroots and corporate donation levels.

To raise funds for the exhibit, the *Soil Science Society of America*, *Washington Society of Professional Soil Scientists* and other organizations are working together, and have set a goal of each state raising \$10,000 from grassroots efforts – and of course, corporate donations are encouraged too!

You can help – no donation is too small! And if you (or your group) can raise \$1000, you will be listed on the plaque celebrating the state soil. For more information, check out:

<http://css.wsu.edu/smithsonian.htm> or contact:
Cathy Perillo (WA) 509-335-2851
Paul McDaniel (ID) (208-885-7012)
or
<http://www.soils.org/smithsonian/>
(national effort)

Organic Gardening Workshop Series at Greentree Naturals, Inc.

This is the tenth year for the Organic Gardening Workshop Series on the farm at Greentree Naturals, Inc. Workshops are scheduled *every other Monday* from 10:00 a.m. to 12:30 p.m. during the growing season. The workshops began May 16 and run through July 25. 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. Register now for upcoming sessions.

July 11 - 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 25 - 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 for \$150.00 or pick and choose 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 us at (208)263-8957 or greentree@coldreams.com

Garlic braiding workshop will be held after the garlic harvest. We can't schedule this workshop until we harvest and we never harvest the same time each year, so if you are interested, let us know and we will put you on the contact list for when we do make a date for this event. This workshop is \$35.00, and you leave with a beautiful garlic braid! Date to be announced...

****Rural Roots members receive a 25% discount!**



**INLAND NORTHWEST
RESTORATION
CONFERENCE**
OCTOBER 28-30, 2005
WASHINGTON STATE UNIVERSITY



**Improving
Ecological Health and
Economic Viability
in Local Communities**

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RURAL ROOTS MEMBER LIST

**Thank you Rural Roots Members
for your innovative ideas,
direction in developing
Rural Roots programs
and participation in Rural Roots events.**

**Your ideas are the seeds for Rural Roots programs and activities
and your energy is the fertile soil and abundant waters
that bring them to life!**

- Jessie Alger, Spokane Tilth, Spokane, WA
 Billy & Rhetta Anderson, RTR Black Angus Farm, Clark Fork, ID
 Steve & Julie Anderson, Turner Creek Landscape, Harrison, ID
 So & Gary Angell, Rocky Ridge Ranch, Reardan, WA
 Barb Arnold, Nothing But Herbs, Hayden, ID
 Del & Bobby Baker, Baker's Acres, Nine Mile Falls, WA
 Bruce Baldwin, Palouse Grain Growers, Inc., Palouse, WA
 Del & Bobbie Baker, Baker's Acres, Nine Mile Falls, WA
 Cathy F. Bean, St. Maries, ID
 Vickie & David Bearman, Kooskia, ID
 Theresa Beaver, Rural Roots/University of Idaho/Theresa's Garden, Moscow, ID
 Jack Bowlin, Jack Fruit & Berry Farm, Plummer, ID
 Doreen Bradshaw, Seven Oaks Farm & Livestock, Central Point, OR
 Janie Burns, Meadowlark Farm, Nampa, ID
 Ron & Toni Carey, Four Seasons Farm, Priest River, ID
 Terry & Laurie Carlson, Red Barn Farm, Cheney, WA
 Mikki Clark, Almost Eden, Sandpoint, ID
 Cathy Cochran, Colfax, WA
 Janet Crocket, Boise, ID
 Judith Cullinane, Ellensburg, WA
 Joe & Sara DeLong, Sara-Joe's Organic Products, St. John, WA
 Margaret Demoss, Hayden, ID
 Elizabeth DeNiro, Mead WA
 Colette DePhelps, Rural Roots, Moscow, ID
 Glenn & Caryl Elzinga, Alderspring Ranch, Tendoy, ID
 Clay & Josie Erskine, Peaceful Belly LLC, Boise, ID
 Jennifer Farley, Rural Roots/University of Idaho, Moscow, ID
 Mimi Feuling & Rob Fredericks, Emmi's Eggs/Full Moon Farm, Hayden, ID
 Sharon Fisher, Kuna, ID
 Brenda & Thomas Fletcher, Pack River Organics, Sandpoint, ID
 Jim & Meryl Flocchini, Two Ravens Herbals, Kooksia, ID
 Mary Jane Fluegal, Colfax, WA
 Tom Foerstel, Foerstel Design, Boise, ID
 Lahde Forbes, Moscow, ID
 Robin Fox, Fox-Trot Lavender, Wilder, ID
 Elizabeth Gibans, Backyard Gardens, Joseph, OR
 Mary Giddings, Happy Hens, Potlatch, ID
 Margaret Gilman, Fussy Farms, Noxon, MT
 Benjamin Gisin, Touch the Soil, Idaho Falls, ID
 Robert & Jenny Glenn, Glenn Gardens, Meridian, ID
 Kim Golden, Panhandle Lakes RC&D, Coeur d' Alene, ID
 Diane Green, Greentree Naturals, Inc., Sandpoint, ID
 Bob & Bonnie Gregson, Spokane, WA
 Margaret Hall, Priest River, ID
 Bev & Harmony Hammons, Worley, ID
 Shelley Hawkins-Clark, Emmet, ID
 Mike & Marie Heath, M & M Heath Farms, Buhl, ID
 Chad Henneman, Laxy Lightning R Ranch, Tonasket, WA
 Jamie Henneman, Laxy Lightning R Ranch, Addy, WA
 Wilbur & Luana Hiebert, Heritage Farms, Cocolalla, ID
 Marvin & Diane Hollen, Daily Blessing Foods, Inc., Ketchum, ID
 Sora Huff, Paradise Valley Organics, Bonners Ferry, ID
 Brad & Kate Jaeckel, Orchard Farm, Moscow, ID
 Carolyn Jarvis, Nine Mile Falls, WA
 Steven Jewett, Noxon, MT
 Nathan Jones, King's Crown Organic Farm, King Hill, ID
 Tom & Cheryl Kammerzell, Maple K Farms, Colfax, WA
 Joan Kerrtu, Desmet, ID
 Mary & Darold Kiele, Kiele's Collectables & Homegrown Produce, Lewiston, ID
 Kathie & Gary Lauber, Two Hearts Farm, Rice, WA
 Nancy Laux, Rancho De Laux Blueberries, Sandpoint, ID
 Chip & Lynn Lawrence, The Selkirk Ranch, Sandpoint, ID
 David & Tara Lee, Destiny Farm & Flowers, Sandpoint, ID
 Melissa Lines, SkyLines Farm, Harvard, ID
 Richard Linville, Emmett, ID
 Bill Loftus, Genesee, ID
 Phil Gage & Skeeter Lynch, Full Circle Farm, Princeton, ID
 Carol Mack, Pend Oreille Co Coop Extension, Newport, WA
 Craig & Sue Lani Madsen, Healing Hooves LLC, Edwall, WA
 Bill Magnetti, Paris Springs Farm, Paris, ID
 Halley Manion, Everson, WA
 Margo Kay & Ken Marble, The Spinners Flock at Rosebrush Farm, Lenore, ID
 John & Cathy McBeth, Morning Glory Farm, Fairfield, WA
 Jim & Pat McGinty, Higher Ground Farm, Elk, WA
 Rhoderick & Barbara McIntosh, McIntosh Angus Ranch, Pullman, WA
 Mike & Elizabeth Medes, Rocky Fence Farm, Emmett, ID
 Susan & John Medlin, Boise, ID
 Lori Mefford, Seven Oaks Farm & Livestock, Central Point, OR
 Carl Melina, Lonehawk Farm, Moscow, ID
 Jill & Brian Meyer, Farm-to-Market Gourmet Take Out & North Fork Café, McCall, ID
 Jennifer Miller, Northwest Coalition for Alternatives to Pesticides, Boise, ID
 Lora Lea & Rick Mysterly, Quillisascut Cheese Company, Rice, WA
 Michael Robison & Dr. Denise Moffat, The Healing Center, Moscow, ID
 Stacia & David Moffett, Moffett's Organics, Colton, WA
 Colleen Mooney & Mitch Rivkin, Solstice Farm, Bonners Ferry, ID
 Kathleen Moyer, Nampa, ID
 Rob Nelson, Apple Valley Organic Farm, Parma, ID
 Laura & Steven Nittolo, Moscow, ID
 Carol Olsen, Spokane Valley, WA
 Erin O'Rourke, Three Sisters Eggs, Deary, ID
 Karen Ososki & Karl Ottenstein, Spring Creek Organic Farm, Sandpoint, ID
 Judith & Tom Pagliasotti, Cocalalla, ID
 Jennifer & Dennis Parent, Parent's Pastures, Hayden, ID
 Vickie Parker-Clark, University of Idaho - Coeur d' Alene, Coeur d'Alene, ID
 Scott Paulin, Bliss, ID
 Cathy Perillo, Washington State University, Pullman, WA
 Wilmina & Ivan Phelps, Black Pine Deer Farm, McCall, ID
 Kelly Kingsland & Russell Poe, Affinity Farm, Moscow, ID
 Paul & Susan Puhek, Double P Ranch Produce, Otis Orchards, WA
 Gary Queen, Rose Lake Elk Ranch, Cataldo, ID
 Beth Rasgorshek, Canyon Bounty Farm, Nampa, ID
 Rachel & Ron Rassmussen, Do Little Farm, Loon Lake, WA
 Carol & Jeff Rast, Prairie Sun Farm, Nampa, ID
 Fern McLeod & Penny Rice, Ballyhoo Farm, Troy, ID
 Maurice Robinette, Lazy R Ranch, Cheney, WA
 Mary E. Rohlfing, Morning Owl Farm, Boise, ID
 David & Caryl Ronniger, Ronniger's Potato Farm, Moyie Springs, ID
 Elizabeth Schwartz, Flannigan Creek Farm LLC, Viola, ID
 Heather & Andrew Scott, The Fruit Cellar Roadside Stand, Blanchard, ID
 Paul Smith & Ellen Scriven, Killarney Farm, Cataldo, ID
 Pam Secord, Calico Creations, Elk, WA
 Marsha Semar, Cottage Garden, Moyie Springs, ID
 Sarah Skaar, Skaar Ranches, Kendrick, ID
 Mike Stevens & Cheryl Bennett, Lava Lake Land & Livestock, LLC, Hailey, ID
 Janet Stevens, Glacier Valley Farm, Hayden, ID
 Pete Stoltz, Rathdrum, ID
 Daryl Swanstrom, Deary ID
 Tom Torrano, Organic Matters, Post Falls, ID
 Brooke Tseng, Shoreline, WA
 Stan Urmann, Riley Creek Farms, Laclede, ID
 Jeannie Van Houten-Matheison, Moscow, ID
 Marten Vonk, Boise, ID
 Daniell C. Walters, Earth Institute, Boise, ID
 Carol Ann Wassmuth, Monastery of St. Gertrude, Cottonwood, ID
 George Webb, Spokane, WA
 Margo Welch & Jeff Ennis, Little Rock Farms, Deary, ID
 Cathy Weston, Talking Creek, Hauser, ID
 Paul & Brenda Wheaton, Nine Springs Permaculture Farm, Chattaroy, WA
 Cinda Williams, University of Idaho, Moscow, ID
 Julia Parker & J.D. Wulfhorst, Mountain View Gardens, Moscow, ID
 Anna Wulfsong Belt, Boise, ID
 Kristine Zakarison & Sheryl Hagen-Zakarison, Zakarison Partnership, Pullman, WA

CULTIVATING SUCCESS

A COMMUNITY-BASED SUSTAINABLE SMALL FARMS EDUCATION PROGRAM



Our goal is to grow new farmers and foster the success of sustainable small acreage farmers and ranchers



Rural Roots

New Format for Sustainable Small Acreage Farming and Ranching Class

By Theresa Beaver
Program Coordinator

By now you may have heard about the Cultivating Success course 'Sustainable Small Acreage Farming and Ranching' that the University of Idaho has been offering to the community since the fall of 2001. Since that time 87 students and community members have taken the course. It will be offered again this fall, but with a twist.

For many community mem-

bers, taking an evening class for 15 weeks is not feasible. This fall the course will be offered primarily as a web course, with just four meetings. During these meetings students will tour farms, hear from farmers and other resource people as guest speakers, and develop their own farm plans. The web part of the course will involve readings and interactive slide shows that will guide you in developing your farm plan. This course is designed to be applied

and focuses on real life application. The instructor, Cinda Williams, has taught the course for 4 years and will be available to assist you with your individual farm plan.

The fee to community members is only \$120. The initial course meeting is Thursday, August 25th, 5:00-8:00 p.m. For more information, or to sign up for the course contact Cinda Williams at 885-7787 or cindaw@uidaho.edu

This web/field trip course model will also be piloted in Boise. The instructor, Mary Roling is a communication professor at Boise State University, a Rural Roots board member and a farmer. To sign up for the Boise course, contact the Ada County Extension Office at 208-377-2107.

Sustainable Small Acreage Farming and Ranching Course Locations

Pullman/Moscow
Cinda Williams
208-885-7787

Plummer, Idaho
Laura Laumatia
208-686-1716

Boise, Idaho
Mary Roling
208-387-0131

Spokane, Washington
Jennifer Hall
509-477-2171

Sustainable Small Acreage Farming and Ranching Now Offered in Plummer, ID and Spokane, WA

The Sustainable Small Acreage Farming and Ranching will be offered for the first time in Spokane, Washington and Plummer, Idaho. This course will meet weekly for 12-15 weeks with short field trips. For more info or to sign up for the Spokane course contact Jennifer Hall at 509-477-2171 or jhall@spokanecounty.org or for Plummer contact Laura Laumatia at 208-686-1716 or laural@uidaho.edu.

Sustainable Food Systems Field Course Offered

Want to learn more about Sustainable Food Systems by visiting with farmers & related professionals? Want a class outside the traditional classroom? Or a unique summer vacation? Interested in sustainability and want to see what's happening in the Inland Northwest? Then the week-long course 'Field Analysis of Sustainable Food Systems' is for you.

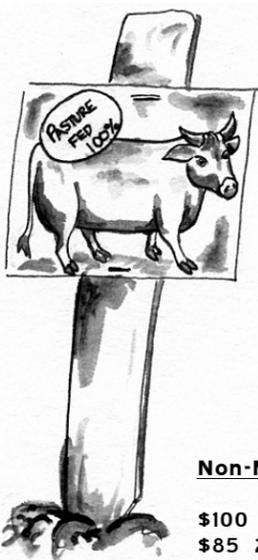
Offered August 4th-11th, this 8-day field course will be of interest to anyone interested in farming or food production who wants to understand all the challenges and opportunities that await you. Participants will stay in dormitory type lodging in the Spokane and Moses Lake areas. The week will consist of visiting farms, processing, and marketing facilities of various types and sizes, and other 'steps' important in food

production and marketing systems. Most evenings will consist of large or small group discussions related to the day's activities.

The fee is only \$120 to community members registering for Continuing Education Units and is available to academic students signing up for summer school. Housing will be provided and some meals may be included.

This course is offered as part of Cultivating Success, a Small-Acreage Farming Educational Program developed by Rural Roots, University of Idaho and Washington State University.

For more information or to sign up, contact the course instructor Cathy Perillo, at cperillo@wsu.edu or (509) 335-2851.



Would you like to place a display advertisement in a future issue of *Bringing Home the Harvest*?

Advertising Rates*:

Non-Members:	Rural Roots Members: (approximately 25% discount)
\$100 full page	\$75 full page
\$85 2/3rds page	\$60 2/3rds page
\$60 1/2 page	\$45 1/2 page
\$35 1/4 page	\$25 1/4 page
\$10 business card size	\$8 business card size

*Advertisements will be reviewed by Rural Roots' Board and Staff and must fit with Rural Roots vision and mission.

Deadline for Next Issue:
Fri. August 26, 2005

Please contact Rural Roots
at 208-883-3462 or
info@ruralroots.org



Making the Local Connection: Small Farm Conference

By Sara Foster
RR Educational Coordinator

A diverse array of people attended Rural Roots annual conference this year, titled **Making the Local Connection: Direct Marketing in the Inland Northwest**. I came to the conference, as a newcomer to the Rural Roots staff, and as someone with much to learn about local food systems and small farming. I was ready to soak up as much knowledge as I could on Direct Marketing, as well as information on

descriptions of the soil that he works with as part of his community, as a living portion of his farm. Henning succeeded in passing the energy that he gets from his love of farming, right out into the audience in the form of inspiration to be as bold as he has been in pursuit of his goals. Many people commented in their evaluations that they are interested in learning more about biodynamic farming because of Henning's talk.

After the opening keynote,

produce as possible to deliver it ready for the kitchens to use (ie. washing, removing unusable parts, etc).

Aaron Silverman (co-owner of Creative Growers and Greener Pastures Poultry, L.L.C.) gave his perspective from the other

side of the interaction. As a supplier of produce, Aaron talked about his experiences selling produce to restau-



Phil Gage, Daryl Swanstrom, and John McBeth

food service demands. Bon Appetit does this by purchasing from several different growers. Aaron also

spoke of cooperatives and said that it is imperative to have good management and a mission statement if you are to form one..

Upstairs in the University of Idaho's Commons, Vance Corum (Farmers' Mar-

ket Consultant) talked to participants interested in farmer's markets. He enthusiastically showed pictures of farmer's markets around the Inland Northwest and talked about how to better the markets that the audience members were involved with. He also spoke to the concerns of starting up a farmer's market, particularly in how to deal with resistant city councils. His suggestions included designing a survey which would provide data to be used in city council meetings to help business owners understand how a farmer's market can benefit everyone in the area, including local businesses. A simple tally of how much consumers had spent at the market and in local businesses that morning would provide this kind of data to persuade an unsure council member.



Diane Green, Mary Rohlfing, and Toni Carey

rants and chefs. Aaron is especially knowledgeable about this topic because all his produce and most of his poultry is intended for sale to restaurants and retailers. His tips for the farmer breaking into this market included:

- Go to the back of the restaurant and ask if there are any prep positions open at the restaurants to get a good idea about how the restaurant works.
- Talk to the head chef about what produce is needed because the chefs generally know best what will be used in the menu, as well as the quantity required.
- Read trendy cooking magazines and look for trends 1 to 2 years in advance.

Both Jennifer and Aaron said that you need to team up with a group of farmers to meet the restauranteurs and

participants broke into workshop sessions titled: **Selling to Restaurants and Retailers, Organizing and Managing Your Local Farmer's Market, and Orga-**

nizing and Hosting On-Farm Events, Tours, Brunches, and On-Farm Sales.

In the workshop on selling produce to restaurants and retailers, Jennifer Hall (now with the WSU Small Farms Program) spoke about her perspective, as a manager for Bon Apetit, working with growers to use local foods in their food service. She had some great tips for the farmer who is looking to sell to chefs such as:

- Contact them before the growing season to find out what kinds of produce they are interested in using.
- Call them or come by the restaurant to talk with them when they will have adequate time to talk and are not swamped by customers.
- Do as much work with the



Erin O'Rourke and Prairie Hale discussing the latest talk

sustainable farming in general. I wasn't alone in my eagerness. There was a general feeling of excitement and eagerness to learn that flowed through keynote speeches and workshops alike, throughout the weekend.

The conference opened with a keynote by Henning Sehmsdorf (Owner of S&S Homestead Farm), from

Lopez Island. Henning captured the audience's attention by talking openly about both his production style and his inspirations for becoming and persevering as a farmer. Henning and his wife operate a biodynamic farm where outputs from the animals fertilize the plants and where the plants help nourish and sustain his animals and his family. Sustainability is more than just a theory to Henning. He had hard numbers to present to conference goers about how he and his wife are able to run their farm as an economically sustainable business. He also had equally compelling stories of what it's like, philosophically, to be a farmer. I'm sure that many people in the room felt a connection to his de-



Sara Foster and Jane Fluegal



Gary Angell, J.D. Wulforth, and Brad Jaeckel

Just down the hall, conference participants were eagerly listening to ideas about drawing more people onto farms in the form

Direct Marketing in the Inland Northwest

March 18th & 19th, 2005

of tours and brunches. Diane Green (owner of Greentree Naturals, Inc. and RR Board Member) and Clay Erskine (owner of Peaceful Belly Farm and RR Board Member) are both quite familiar with the idea of inviting their community members to share in the joys of their farms. Diane offers a Sunday Brunch every other Sunday during the growing season where she brings community members together to share wonderful food, increases the visibility of her farm and educates her customers on the joys and worth of small, sustainable farming and local food systems. Clay and his wife, Josie, run tours with kids during their growing season and then hold an annual Harvest Festival at the end of the season to get people out to the farm to build community and educate about the importance of local food.

After a short break to share experiences from the different workshops, participants crowded into a presentation room to hear about a more practical, sobering, side of farming: Risk Management. Jo Lynne Seuffer (Risk Management Specialist with the USDA/Risk Management Agency) came to Moscow to talk to the conference participants about what they

discussed in this talk was beneficial to everyone involved, and Jo Lynne walked away with more knowledge about the risk management needs of small farmers that she can take back to her colleagues in the USDA Risk Management Office.

After a delicious dinner of locally grown foods prepared as lentil pilaf, Moroccan soup, and wonderful desserts, Aaron Silverman (owner of Creative Growers and Greener Pastures Poultry, L.L.C.) began the evening keynote speech, this time speaking about the pros and cons of creating a cooperative farm. In the evaluations, participants reported that they appreciated his frankness about the pitfalls of forming a cooperative with other farmers. Aaron's message centered around the idea that while working together sounds great in theory while you think of all the time you will save in pooling your resources, that the same cooperative can carry with it the disadvantage of having many people trying to turn out one product. He warned that people who farm are, by nature, independent, strong minded people and that one must seriously think about the benefits and

data that portrayed how much interest had grown in sustainable farming between 1997, when Rural Roots began as the Inland Northwest Community Food Systems Network, and 2005 after seven years of sustainable farming program development in the Inland Northwest. When I talked with people about her talk, farmers, across the board, were expressing that Colette's talk grounded them in the reality of how much has changed for the better in

is like to work with a researcher. Carol explained that researchers are often reluctant to work with farmers because when extra time is short at the harvest, many farmers find that they have to end the research project to keep up with harvesting demands. Carol reminded farmers that her job is to get results and that means that the farmers have to plan to put in the extra time to ensure the success of their joint experiment. Despite these diffi-



Colette DePhelps and other conference participants enjoying a chance to talk

just seven years here in the Inland Northwest.

After the first day of talks and Colette's presentation, people seemed to feel inspired about their role in the future of sustainable farming. The next step was to get people involved and following the opening address on Saturday were working groups where farmers could give their feedback on the developments that they were looking for in three key areas: Small Acreage Research Priorities and the On-Farm Research Process, the Inland Northwest Buy Fresh, Buy Local Campaign, and also Small Acreage Educational Priorities.

As people split up, the main conference room became a place for the university and the farm to meet. Carol Miles (Agriculture Systems Specialist at WSU Vancouver) began the working group by giving a presentation about the research work that she was currently doing with farmers, which included dry bean crop research. Again, farmers were provided with a balanced view of what it

culties, she encouraged farmers to let the challenges on their farm be a doorway to work with a researcher, who can help them approach their problem in a new way. Cinda Williams (UI Sustainable Agriculture Coordinator, Extension Support Scientist, and RR Program Advisor) led the discussion about what kinds of research was needed for small farms. She encouraged farmers to contact Carol with problems that can be turned into experiments. If you have a research idea, you can contact Carol at milesc@wsu.edu or by phone at 360-576-6030.

In the Buy Fresh, Buy Local (BFBL) session, Kenna Eaton, manager of the Moscow Food CO-OP, discussed the how the Co-op promotes local food throughout the



Kenna Eaton discussing the Buy Fresh, Buy Local Campaign

can do to protect their investment. In her talk, information flowed both ways. Jo Lynne normally works with large scale farms to develop risk management plans. The figures she had for farm worth ran in the hundreds of thousands of dollars and the expense for some of the programs she talked about was out of the range of many people participating, who only farm a few acres. She was there to share her expertise, but she was also ready to learn more about what kinds of risk management a small farm might need. The dis-

costs involved in gathering such people together in a legally binding way. His talk had a thoughtful blend of pragmatism and encouragement for farmers who were thinking about saving time by working with others.

Saturday morning the conference reconvened with the opening address by Rural Roots Executive Director, Colette DePhelps. Colette gave people a sort of State of the Inland Northwest in respect to sustainable farming. She presented conference participants with hard

Continued on page 17...



Aaron Silverman and Jennifer Hall

Join the Inland Northwest Buy Fresh, Buy Local Campaign!



By Jennifer Farley
Communications and Membership Programs and Colette DePhelps
Executive Director

Its summer and local farmers are busy growing and harvesting their crops. Community members are flocking to farmers' markets and CSA pick-up points eager to partake in the bounty of the season. Some of this bounty, including many fine meat products, are being sold at local grocery stores and in local restaurants. Rural Roots, in cooperation with FoodRoutes Network (www.foodroutes.org), is excited to offer a means for farmers and retailers to raise the visibility and establish a broader community around local, sustainable produced food and farm products – participation in our Inland Northwest Buy Fresh, Buy Local campaign.

The purpose of the Inland Northwest Buy Fresh, Buy

Local campaign is multi-fold. In addition to making it easier to find local food and increase sales, the program aims to bridge the gaps between local producers and eaters by educating community members about the benefits of supporting and purchasing sustainably produced Inland Northwest food and farm products.

Through our Buy Fresh, Buy Local campaign, we are letting community members, policy makers and others know that supporting locally grown and processed food through their food purchases contributes to the health of their local economy, and when they buy locally grown food, they are supporting their neighbors. One of the exciting aspects of the Inland Northwest Buy Fresh, Buy Local campaign is that it is designed to promote *local, sustainably produced* food and farm products. The campaign's focus on both these aspects of food production make it unique to the region. We all

know that place matters! Rural Roots members also know that how we produce our food directly affects our communities' long term economic viability and our very own quality of life. With that in mind, the following criteria for participating in the campaign have been developed...

- Farmers, ranchers, market gardeners, & value-added businesses must be Rural Roots members to use BFBL materials.
- Farm and ranch products labeled must be produced using sustainable practices.
- Retailers need to have a clear commitment to local, sustainable food and farm products.

All businesses using BFBL materials must have the authority to make product purchasing decisions at the local level (includes grocers, restaurants, processors, and non-food related supporters).

Last summer, Rural Roots

piloted the Inland Northwest Buy Fresh, Buy Local campaign in Moscow with the Moscow Food Co-op. The response to the campaign has been fantastic. We are continuing to partner with the Co-op this year and are prepared to expand the Campaign into other communities.

The Rural Roots Board of Directors and staff have been working with members and other partners to identify opportunities to expand the Buy Fresh, Buy Local campaign outside of Moscow. With support from New Priorities Foundation, we held "Buy Local" community roundtable meetings in Spokane, Sandpoint, and Coeur d'Alene last fall and at our annual conference in Moscow. As a result of these meetings and the outreach done by farmer members, we have developed several new marketing tools and many sustainable producers and local retailers are interested in joining the Buy Fresh, Buy Local cam-

Buy Fresh, Buy Local Materials Available

Product Produce Tags

Produce/Product Tags in two sizes and three designs make it easy to identify local products right on the shelf.
(You can laminate and use them again & again.)



Horizontal Product Tag
5.25" x 3"



Horizontal Logo Shelf Tag
(below)
2.75" x 1.75"



Larger Vertical Product Tag
4" x 5.25"



Vertical Product Tag
3" x 5.5"

These three full-color product tags work in a variety of settings, are small enough to fit easily into displays, and yet large enough to catch the customer's eye.

Spread the word! As the link between producer and consumer, you have the unique opportunity to play a part in celebrating what the Inland Northwest has to offer.

Stickers and Bumper Stickers Also Available!

Window Clings and Bumper Stickers ...personalized with your contact information.
7.5" x 3.5"



Stickers of the Buy Fresh Buy Local Label and Logo can be distributed or added to



3.5" x 3"



3.25 x 1"

Continued from previous page...

paign. We also received received \$9000 from the Bullitt Foundation to support expanding the campaign throughout the Inland Northwest region.

This season, Rural Roots members throughout the entire Inland Northwest region can join the campaign and purchase Buy Fresh, Buy Local marketing materials to promote their products. A convenient ordering form is below. If a member is interested in introducing a local grocer, retailer or farmers' market to the campaign, they can contact Colette DePhelps, Rural Roots Executive Director at (208)883-3462 or at colette@ruralroots.org and she will assist them in that process. Retailers wanting to know more about the Buy Fresh, Buy Local campaign, can also contact Colette directly.

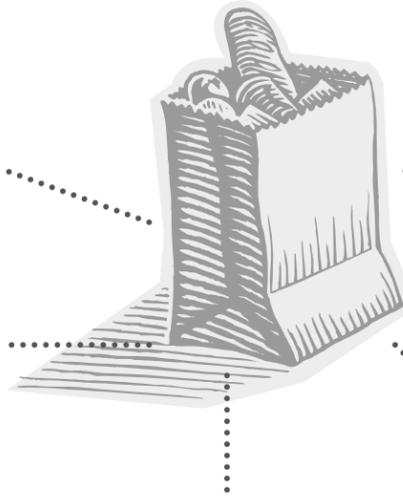
Whether you are a producer, retailer or consumer, we invite you to support local food by participating in the Inland Northwest Buy Fresh, Buy Local campaign. Look for the label and logo at farmers' markets and stores near you!

Why advertise



Proudly display evidence of your support for local farmers, ranchers, market gardeners, bakers, cheese-makers, dairy and egg producers...you get the idea!

Wide range of customizable materials allow for flexibility



Ready-made, easy to use materials designed to build a dramatically larger, broader and more loyal audience for locally grown food

Consistent imagery helps consumers quickly recognize local products

Build local economies by keeping food dollars in the Inland Northwest

Emphasize the taste, freshness and quality customers appreciate in locally-produced food

Inland Northwest Buy Fresh, Buy Local 2005 Order Form

Item #	Description	Dimensions	Price Each	Quantity	Total
1	Horizontal Product Tag	5.75" x 3"	\$0.10		
2	Vertical Product Tag	3" x 5.5"	\$0.10		
3	Vertical Product Tag	4" x 5.25"	\$0.10		
4	Horizontal Logo Shelf Tag	2.75" x 1.25"	\$0.05		
5	Logo Bookmarks	7" x 2"	\$0.10		
6	Postcards/Recipe Cards	4.5" x 5.25"	\$0.10		
7	Laminated Label Poster	12.5" x 11"	\$3.00		
8	Laminated Logo Poster	9" x 4"	\$1.00		
9	Black & White Label Sticker	3.5" x 3"	\$0.10		
10	Black & White Logo Sticker	3.25" x 1"	\$0.05		
11	Window Clings & Bumper Stickers	7.5"x3.5"	variable*		
12	Farm Fresh Buying Guide	8.5" x 11"	Free		
13	INW Farmers' Market Directory	8.5" x 11"	Free		

Sub-total	
ID Sales Tax 6%	
S/H**	
Total	

Please mail check or money order payable to Rural Roots
PO Box 8925, Moscow, ID 83843

*To order window clings, bumper stickers, or other custom materials please contact Rural Roots at 208-883-3462 or info@ruralroots.org for more information and prices.

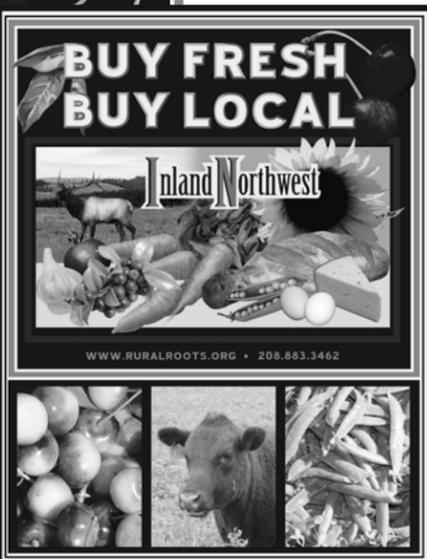
**Shipping & Handling	Fees		
	\$0 - \$10.00		\$2.00
	\$10.01 - \$20.00		\$3.50
	\$20.01 - \$35.00		\$5.00
	\$35.01 - \$60.00		\$6.50



Bookmarks...
The back encourages consumers to "Buy Local to:

- Provide High Quality Fresh Food.
- Strengthen Your Economy
- Protect the Environment
- Protect Your Family's Health"

7" x 2"



Use as Postcards or Recipe Cards ...advertise specials, events or new products with these USPS-approved mailers ready for you to personalize.
4.5" x 5.25"

Back-To-School With the UI Soil Stewards: CSA Shares Now Available!

By Ariel Spaeth
Rural Roots Designer and
UI Soil Stewards Member

Members of Soil Stewards, the University of Idaho Organic and Sustainable Farming and Gardening Club are busy planting this year's crop and are pleased to announce that a limited number of shares are now available in their CSA Program. Now is the time to get involved in the farm, or order a share.

President Heidi Heffernan has been growing organic seedlings on campus, and has demonstrated success with organic fertilizers in a greenhouse setting. Her tomatoes, peppers, eggplants and herbs look healthy and ready to transplant.

Farm Manager Gordon Toevs has been tirelessly preparing the plots at Parker Research Farm and planting has begun. A small but dedicated group of members have been giving up evenings and weekends to make this year's crop successful.

Advisor Jodi Johnson-Maynard, professor of Soil and Land Resources at the

University of Idaho is coordinating subscriptions for this year's "Back-to-School" CSA.

What is a CSA?
CSA Stands for Community Supported Agriculture.

Who is the community served?
Residents of Moscow and the surrounding communities are invited to participate...

What are you supporting when you buy a share?
Valuable education and research opportunities in sustainable agriculture and food systems!

What's in a share? Shares typically feed 2-4 people. They contain a mix of in-season, clean, ripe vegetables and herbs picked fresh the day you receive them.

Who are the Soil Stewards and what do they do?
Soil Stewards is a University of Idaho student organization whose members created and continue to run an organic farm within the UI Plant Science Research Farm. Goals of the project are to promote the preservation of natural resources

and sustainability through community outreach, research, and experiential learning.

The club is open to students of all majors, both undergraduate and graduate, as well as community members interested in organic farming and sustainable food systems.

The Soil Stewards farm nearly three acres of land which is in the process of becoming certified organic by the State of Idaho. Students work to produce the best quality vegetables, herbs and flowers sustainably, and without the use of pesticides or herbicides.

This year, "Back-to-School" shares will be available for the months of August to October for 10 continuous weeks of fresh produce. Shareholders may expect to see the following in their boxes from week to week:*

Tomatoes - in a rainbow of colors and variety of shapes & sizes
Peppers
Eggplants
Salad Greens
Summer and Winter Squash

Carrots
Cucumbers
Potatoes of all kinds
Green Beans
Onions
Cabbage, Kale & Chard
Sweet Basil
Italian Parsley
...even Fresh Flowers!

Remember, due to timing, weather, pests, and other factors, not everything listed will be available or abundant every season, & selection may be subject to change.

There are two ways to participate.

Shareholder: \$15 a week, or \$150 for the season.

Soil Stewards Member: members may volunteer at the farm at least 3 hours per week to receive a share at no cost.

There are only a limited number of shares available. To reserve your share of the harvest, please contact Jodi Johnson-Maynard, Club Advisor, at 208-885-9245, or email Soil Stewards at soilstewards@stuorgs.uidaho.edu



Sunday Brunch on the Farm

By Diane Green
Greentree Naturals and
Rural Roots Board Member

Three years ago, we hosted a fund raiser for a local non-profit organization on our farm at Greentree Naturals. This event was in collaboration with chef Sora Huff to provide a scrumptious luncheon for 25+ attendees, and raise 'seed' money for speakers to present at the Public Forum on Sustainability. Afterwards, we sat exhausted from our hours of volunteer efforts and talked about how this endeavor might be something that we should consider as a fund raiser for ourselves.

We decided that we should indeed come up with some sort of

on-farm event that would allow us to work together to combine our farm fresh organic produce with Sora's talents as a chef. The idea for a Sunday brunch came purely from the fact that this was the only day that we could work in this kind of activity. We both sell at the Saturday farmers market, (Sora sells in Boundary County, and we sell in Bonner County); we both have small CSA's to process and deliver during the week: I have organic gardening workshops on our farm



Sunday Brunch at Greentree Naturals

every other Monday and frankly, there just wasn't room to do it any

other time slot. Due to our busy schedules, we decided to schedule the brunch every other Sunday.

I have to say that when we made this decision, we really were not clear on all that would be involved with coordinating between our two small farms and getting produce from our farm to her kitchen forty-five miles north of us. We did not do the best of planning for the procedure, but had the passion and desire to create this event. We pretty much created a model for this on-farm affair as we muddled our way through the process.

I always tell people when I teach small farm marketing that you had better love what you do and have a passion for farming. If you love it, you are willing to do

whatever it takes to make it a success. I believe in the power of positive thought and vision. So far, so good!

We launched our first Sunday brunch of the season the third week of June last year. As the hour ap-



Sora Huff in the Kitchen

proached for our first brunch visitors to arrive, the sky grew dark, and the weather turned into the typical north Idaho blustery spring storm. We adapted our plan and moved our guests inside the house as we had not planned for rain. What was most amazing about this experience was that our visitors didn't seem to care about the rain. When it came time to take a

Continued on next page...

Farming Famous Potatoes Organically

By Jennifer Miller
Sustainable Agriculture
Program Coordinator
Northwest Coalition for
Alternatives to Pesticides

Organic potato farmers in southern Idaho are helping others transition to organic potato production. In April, the Bullitt Foundation funded a Rural Roots' proposal to assess the needs of potato growers transitioning to organic potato production and hold educational sessions.

When people think of Idaho, they think of potatoes. This is no coincidence: Years of marketing and commitment to high-quality potato production by both the state and the non-profit Potato Growers of Idaho has created one of the most regularly recognized state brands. It's not all hype, either. The Pacific Northwest is the leading producer

of potatoes in the United States, with Idaho consistently turning out some 30% of the country's spuds.

While Idaho is known as the potato state, it is lacking distinction in organic potato production. Less than 0.1% of the state's 365,000 potato-growing acres are in organic production.

The project funded by the Bullitt Foundation is a collaborative effort of the Northwest Coalition for Alternatives to Pesticides, Potato Growers of Idaho and organic potato growers from the Idaho Organic Alliance (now merged with Rural Roots).

The idea for this project was identified last summer when Potato Growers of Idaho and the Idaho Potato Commission held an informational meeting in Twin Falls about the opportunities

in organic potato production. The Idaho Potato Commission regularly receives inquiries for organic Idaho potatoes, but cannot meet these requests. In order to meet this potential market and promote organic farming, the partnering organizations decided to work together to identify the needs of transitioning growers.

The Organic Potato Project Team met in Boise June 1, 2005, to discuss the project. Fred Brossy, Mike Heath and Nate Jones described their organic potato cropping systems. Potato growers and University of Idaho researchers learned about the pest management and rotational crops employed by the organic potato farmers. The greatest concerns expressed by the transitioning growers regarded the rotational crops in the organic potato cropping system and the markets for those crops.

need a mentor, someone who will listen and hold their hand," said Nate Jones. This project is providing that support for new growers to successfully transition to organic potato production.

The group will meet again this fall to continue assessing the needs of growers transitioning to organic potato production. An organic potato field day will be held later in the summer, tentatively August 8th or 10th, and a workshop will be developed for the University of Idaho potato conference in January 2006. Tour dates and specifics will be posted on the Rural Roots website later this summer.

For more information, please contact Rural Roots or Jennifer Miller at: Northwest Coalition for Alternatives to Pesticides (NCAP)
5902 S Brian Way
Boise, ID 83716
(208) 850-6504
www.pesticide.org

"Growers transitioning to organic farming



Sunday Brunch on the Farm...



Introductions Teach Community about Local Foods

Continued from previous page...

garden walk, everyone was happy to use umbrellas or raincoats to have a walk-about. We received the sweetest thank you note from one of the guests, and the words of this little note made us realize that no matter what happened, we would be alright with the rest of the scheduled brunch events.

We never advertised other than a brochure outlining Sunday Brunch on the Farm that we handed out at the farmers market. We did, however, have an incredible review written by Laura Crooks, former food editor of the Spokesman Review. Laura came to our second brunch, and the article that she wrote brought us full

bookings with a waiting list for the rest of the season!

The brunch has been the perfect venue for launching Rural Roots Buy Fresh Buy Local campaign, as this is most certainly the focus of what the event is all about. Rural Roots is the official sponsor and with this, we offer all members a ten percent discount.

For details and photos of Sunday Brunch on the Farm, visit our website www.greentreenaturals.com or contact us and we will mail you a brochure with dates, time and reservation instructions. We only seat twenty-four people at a time and we are already receiving bookings for the summer season, so if interested, plan ahead!



Conference Highlights...

Continued from page 13...

store and their experience working with Rural Roots' to pilot the Inland Northwest BFBL Campaign. Kenna indicated the campaign materials helped customers identify local products in the store which resulted in increased sales of those products. Colette DePhelps then gave an overview of campaign parameters and asked for audience input into campaign rules and marketing materials they would like to see developed. Audience suggestions were used to develop the BFBL materials available to producers and other retailers this season (see page 14).

The working group on Small Acreage Farming Education Opportunities helped participants get a handle on what kind of opportunities were available for continuing education for small acreage farming. Theresa Beaver (Cultivating Success Program Coordinator) and Cathy Perillo (instructor of Sustainable Food Systems course, offered by the Cultivating Success Program) discussed the Cultivating Success Program and Brad Jaekel (manager of WSU Organic Teaching Farm) explained the opportunities at WSU with the WSU Organic

Farm Project. After each gave their introduction, the discussion between participants began. The goal of the workshop was to give the educators information from farmers about what kind of education was most needed. A topic that repeatedly came up was that more education is needed in the Inland Northwest regarding finding and purchasing farms.

After a wonderful lunch of kale slaw and carrot ginger soup, participants went their separate ways again to explore three different workshop topics. Developing a Marketing Cooperative or Collective was led by three people, Ken Duft (WSU Professor of Agribusiness & NW Center for Cooperative Development representative), Diane Green (owner of Greentree Naturals, Inc. in Sandpoint & RR Board member), and Janie Burns (owner of Meadowlark farm in Nampa, ID and RR Board member). A cooperative is a state-chartered business, organized and operating as a corporation with a board of directors. Capital-equity comes from the members rather than outside investors. Earning and losses are allocated to members on the basis of the use of the

Continued on page 18...

Managing Native Wild Stands of Huckleberries for Improved Production & Economic Opportunity

FRIDAY, July 29, 8 AM Registration
8:30 to 4:30 Workshop

Elk River Community Center, Elk River, Idaho

Cost: \$49, or \$35 for paid members of the Western Huckleberry & Bilberry Association (WHBA)
Proceeds support the WHBA (Calendar year membership, \$25)

Cost includes handouts and lunch:
Huckleberry meatballs, vegetarian lasagna, homemade rolls, salad bar, huckleberry desserts, beverages.

Topics include:

- Markets & Opportunities with Wild Huckleberries
- Development of Value-Added Huckleberry Products
- Direct Marketing of Huckleberries
- Role of Brokers & Pickers in the Huckleberry Industry
- Management Practices for Improving Wild Stands
- Field Tour: Cultural Practices
- Landowner Panel: Contracting with Woodland Owners for Huckleberry

How to Start and GROW a Wholesale Nursery Business

SATURDAY, July 30, 8 AM Registration
8:30 to 4:30 Workshop

Nez Perce Hotel/Circle V Inn, Nez Perce, Idaho

Cost: \$49, or \$35 for paid members of Rural Roots or Western Huckleberry & Bilberry Association (WHBA)

Cost includes handouts and lunch:
Choice of roast beef, chicken, or veggie lasagna, plus salad bar, dessert, beverages.

Topics include:

- Markets & Opportunities for Growing Nursery Stock
- Business Plans & Financial Planning for Nurseries
- Sustainable Practices for Nursery Businesses
- Resources & Associations for the Nursery Industry
- Enterprise Analysis for Individual Species
- How to Start and Operate a Successful Wholesale Nursery (by some one who did it!)
- Field Tour: Reggear Tree Farm (210 acre hardwood nursery near Craigmont, Idaho)

Optional Field Tour: Danly Tree Farm (20 acres nursery near Cottonwood, Idaho)

Information (including directions and lodging) & Online Registration:

www.huckleberries.org
www.clearwaterRCD.org
(208) 882-4960 x 102
crcdc@moscow.com



• • •
Display tables available for products and services related to the workshop:
\$25, or \$10 for paid members of Rural Roots, INLA, or WHBA



Conference Highlights...

Continued from page 17...

cooperative. Diane and Janie shared their own experiences and said that cooperatives do not generally pull a profit, but are good to meet the demand, whether at a restaurant or retailer.

The Poultry and Egg Production workshop began with an in-depth discussion of pastured poultry processing by Aaron Silverman. Aaron took participants on visual tour of Greener Pastures Poultry's facility in Noti, Oregon paying special attention to the food safety practices they employ in each stage of the process. Ben Roberts of Richman Gulch Farm in Pomeroy, WA talked about his organic egg production operation and the need for producers to engage in cooperative purchasing and distribution to fill the market niche for local eggs and produce an economically viable product.

In the workshop on direct marketing, Melissa Lines (owner of Skylines Farm), Cinda Williams (Sustainable Agriculture Coordinator, Extension Support Scientist, and RR Program Advisor) and John Potter (University of Idaho Graduate Student) shared their insight into what makes direct marketing successful. Melissa raises sheep for their wool, which she sells primarily through her website. She explained how her online service worked and some pitfalls that she ran into

when designing the site.

The important points that she talked about included:

- It's important to learn how to design your website yourself so that if you need to make small changes, you can do so without contacting your web-designer each time.
- Make your site simple and easy to navigate. (Melissa has a white background and all the main links on the front page).
- Make every effort to be responsive and trustworthy. (Melissa guarantees that she will answer any email within 24 hours and she tries to only promise what she knows she can follow through with).

Cinda Williams followed up with her insights into direct marketing and concluded by talking about the Direct Marketing workshops which were given in several small communities in the early spring of 2005. John Potter followed Cinda with a talk about his work on the Northwest Direct Case Studies. John was involved with these case studies and presented some unique techniques that are being used for direct marketing around the Northwest. To learn more about these techniques, watch for the publication of the Northwest Direct Case Studies on the Rural Roots website www.ruralroots.org.

Two days of learning and eating great food culminated in the closing keynote

address, given by Clay Erskine. Clay, a new board member, farms with his wife Josie on their urban farm in Boise. You may have read his inspiring words on creating community through local farming on the front page of this newsletter. For Clay, and many others involved in the weekend, creating a connected community is one of the major reasons behind farming. Clay ended his speech by playing a rap song about how tantalizing local food can be when cruising through the produce section. As all the participants parted ways, we carried with us the knowledge that we gained, along with our own sense of community and camaraderie that comes from sharing such a learning experience together.



Renewing the Countryside: Washington is a collection of forty-three stories about individuals who are sustaining and revitalizing rural Washington. Six chapters cover topics of community, conservation, farming and ranching, business, restoration, and innovation.

WSU's Center for Sustaining Agriculture and Natural Resources (CSANR) was one of the publishing partners on this stunningly illustrated volume.

For book reviews and ordering information, visit <http://www.sustainablenorthwest.org/rtc/rtcindex.php>.

To learn how CSANR is helping to sustain Washington agriculture, visit <http://csanr.wsu.edu>.



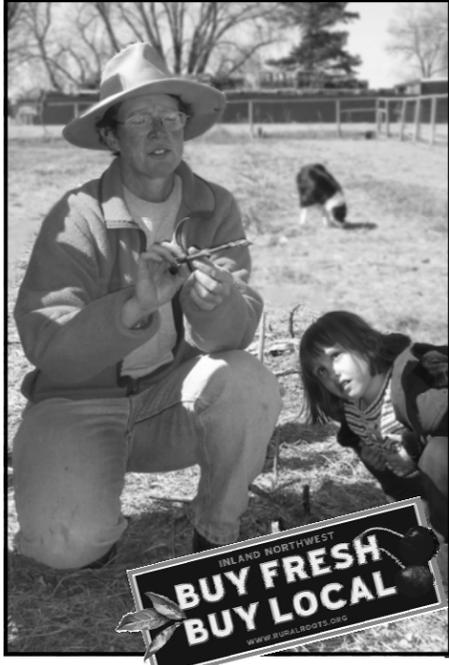
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LOCAL FARM TOURS

COME OUT AND ENJOY THE ACTION!



Boise Farm Tour

**Sunday, September 18th
11:30 a.m. - 5:00 p.m.**

• • •

**Visit local, sustainable farms
in the Boise area!**

**Cost is \$25 and includes a light meal.
For more information, call Rural Roots
at (208)883-3462 or the Ada County
Extension Office at (208)377-2107**

Organic Green Bean Seed Production Field Day

Bryant Ranch • Shoshone, Idaho
July 27, 2005 • 10am-4pm

The following topics will be covered:

Commercial seed production - initial cultivation, planting, maintenance
Stock seed production

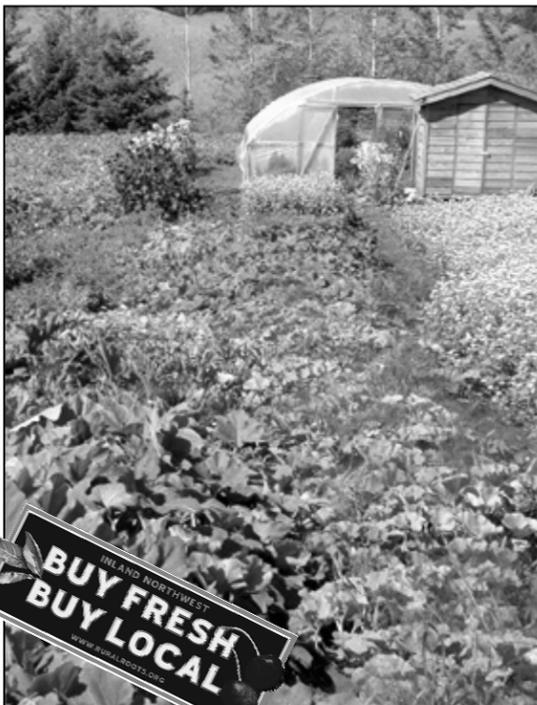
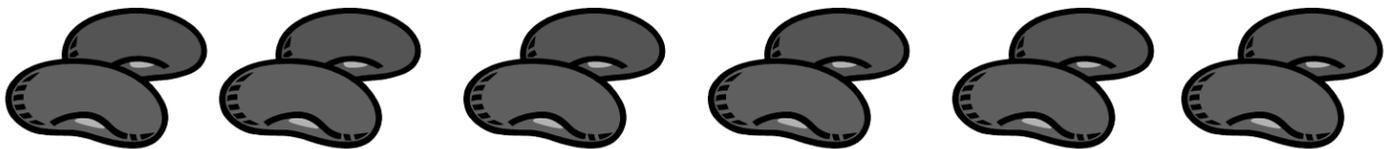
Varietal evaluation - a look at varieties screened for organics

Breeding and varietal maintenance - history of green bean genetics, genetic resistance to disease,
off-types, and roguing

Idaho Foundation Seed Program - history and services

There will be a second field day in September with information on gauging seed maturity, harvest-
ing, cleaning, and conditioning.

Presenters include: Fred Brossy (Bryant Ranch), Mike Heath (M&M Heath Farms), Jim Meyers (Oregon State University), Kathy Stewart Williams (Idaho Foundation Seed Program), John Navazio and Woody Deryckx (Organic Seed Alliance). There will be a second field day in September with information on gauging seed maturity, harvesting, cleaning, and conditioning.



Free WSU Organic Farm Field Tour!!

August 3rd, 9am

**The farm is located inside the
Tukey Horticultural Orchard,
WSU Campus, Pullman, WA.**

**There will be signs inside the
orchard to direct you.**

**Local community and growers
welcome.**

Contact Brad Jaeckel at
jaeckel_bus@hotmail.com for more information
or to register for the tour.

DIGGING DEEPER:

Sustainable Ag Resources & Announcements



WEB RESOURCES

2005 Farming Sourcebook

Now available for download at
http://www.sijournal.com/docs/2005_farming_sourcebook_final.pdf

The Sourcebook features regional information and resources on:

- Certification and labeling
- Soil management
- Seeds
- Pest, Disease and Weed Management
- Sales and Marketing

Recycling, Renewable Energy, and More
 The focus of the publication is on sustainable and certified production.

- Brought you by the publishers of the Sustainable Industries Journal.

- Sponsors include Washington State University Extension, the Center for Sustaining Agriculture & Natural Resources, and Washington State Department of Agriculture.

The 2003-2004 Annual Report for the Washington State Department of Agriculture Small Farm and Direct Marketing Program

Now available on the web!

A PDF of the annual report is available at
<http://www.agr.wa.gov/marketing/smallfarm/Programactivities.htm>

Organic Farming Compliance Handbook

(A project funded by SARE).
 Available on the web at:
<http://www.sarep.ucdavis.edu/organic/complianceguide/>

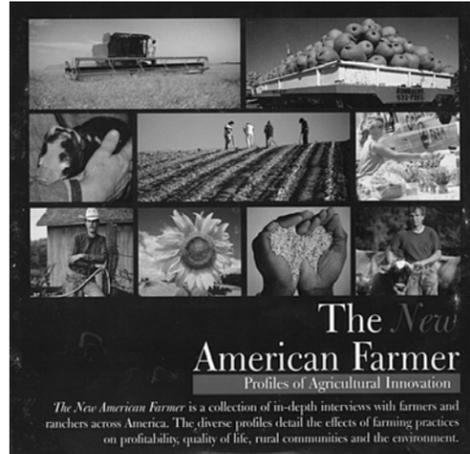
Satellite Broadcasts on the National Organic Standards and Organic Livestock Production

Archived as videostreams at:
<http://ext.wsu.edu/noas/>

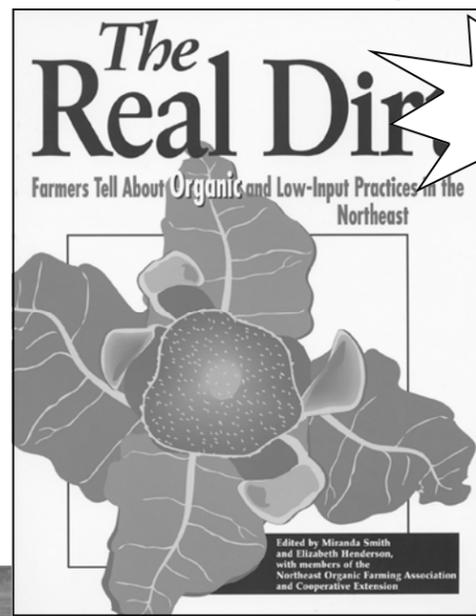
Free Certified Organic Seed Sourcing Service

Save Our Seed has announced that it will offer a free Certified Organic Seed Sourcing Service in 2005, to support certified organic growers in finding the seeds they need, as well as being clear when the seeds they are looking for are not available.

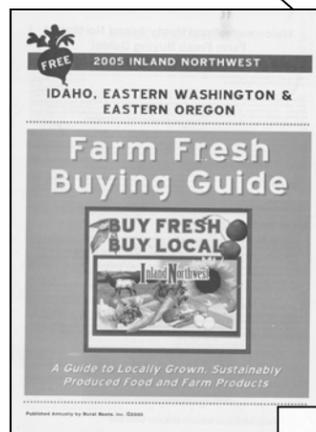
Visit this website for more details!
 URL: <http://www.savingourseed.org/pages/sourcing.htm>



Free copies are available to Rural Roots Members. Get The New American Farmer on cd and The Real Dirt book. Contact Rural Roots' office to have them sent to you.



Get them while they last!!



Check out the 2005 Farm Fresh Buying Guide to find local, farm fresh food. To stock the Guide, contact Rural Roots at (208)883-3462

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INLAND NORTHWEST FOOD AND FARMING CALENDAR

July

Workshops by Clearwater RC&D

July 29th, Friday, Culturing Huckleberries in Native Wild Stands

July 30th, Saturday, How to Start and GROW a Wholesale Nursery Business

Greentree Naturals Sunday Brunch, Sandpoint, ID

Brunches begin at 11am and last until 1pm

July 3rd, July 11th, and July 31st

The cost is \$35 per person (Rural Roots Members get 10% off)

Contact Diane Green at (208)263-8957 to register for brunch.

Organic Gardening Workshop Series at Greentree Naturals, Inc.

Harvesting the Bounty, July 11th, 10am to 12:30pm.

Seed Saving, July 25th, 10am to 12:30pm.

See advertisement for details on page 9.

Tilth Producers of Washington Farm Tours

July 11th, 8am to noon, Gibbs Organic Produce, Leavenworth, WA

July 25th, 8am to noon, Rama Farms, Bridgeport, WA (near Chelan, WA)

The cost is \$10 Tilth Producers and \$15 Non-members

Contact Tilth Producers of Washington at (206)442-7620 or email nancy@tilthproducers.org to sign up for the tours.

Organic Seed Alliance's July Farmer Field Days

Organic Green Bean Seed Production Field Day

July 27th, 10am to 4pm, Bryant Ranch, Shoshone, ID

\$10 fee for lunch. Preregistration is required. Class size limited.

To register for a field day please contact Organic Seed Alliance at (360)385-7192 or info@seedalliance.org

August

WSU Organic Farm Project Farm Tour

August 3rd, 9am.

The farm is located inside the Tukey Horticultural Orchard, WSU Campus, Pullman, WA. There will be signs inside the orchard to find us.

Local community and growers welcome. Tour is free of charge. Contact Brad Jaeckel at jaeckel_bus@hotmail.com for more information or to register for the tour.

Organic Potato Field Day

Tentatively scheduled for August 8th or 9th. See Rural Roots website or contact Jennifer Miller at Northwest Coalition for Alternatives to Pesticides at (208) 850-6504 or MillerJen12@aol.com

Greentree Naturals Sunday Brunch, Sandpoint, ID

Brunches begin at 11am and last until 1pm

August 14th and August 28th

The cost is \$35 per person (Rural Roots Members get 10% off)

Contact Diane Green at (208)263-8957 to register for brunch.

Tilth Producers of Washington Farm Tours

August 22nd, 8am to noon, Alvarez Farm, Mabton, WA

The cost is \$10 Tilth Producers and \$15 Non-members

Contact Tilth Producers of Washington at (206)442-7620 or email nancy@tilthproducers.org to sign up for the tours.

Northwest Herbal Faire

August 19th- August 21st, Near Bellingham, WA

Join us on a 3-day campout weekend featuring educational herbal and healing arts workshops, eclectic and fresh NW main stage music, herb walks and farm tours, arts and crafts for kids, tasty faire cuisine and vendors village, river swimming and beach walking, daily circles and more. For more information, please visit www.nwherbalfaire.com.

September

Boise Buy Fresh, Buy Local Farm Tour

September 18th, 11:30am to 5pm, Visit local, sustainable farms in the Boise area!

Cost is \$25 and includes a light meal.

For more information, call Rural Roots at (208)883-3462 or the Ada County Extension Office at (208)377-2107.

Organic Farming Research Foundation

See their website for these publications!

www.ofrf.org

OFRF Grant List

•A list of all of the organic research and education grants awarded by OFRF since 1990

OFRF Research Results

•A list of research reports available from OFRF-funded projects

State of the States 2nd Edition

•A compilation of organic programs, contacts and resources at the nation's public land grant agriculture schools by OFRF Technical Program Coordinator Jane Sooby

Final Results of the Fourth National Organic Farmers' Survey

•Results of all our surveys of all certified organic farmers in the nation

Raw Soup Recipe

When the weather starts getting warm, we start leaning more toward fresh fruits and vegetables in their raw-and-bursting-with-flavor state. This recipe allows you to enjoy the fresh, cool vegetables and fruits you love in the summer in the smooth taste of soup.

This raw soup is fresh and vibrant like a pesto. Try it and see what you think...

1/2 cup chopped tomato
1/3 cup chopped yellow onion
2 cloves garlic, minced
1/2 cup shredded carrot
1/2 cup shredded beet
1/4 cup pine nuts
3/4 cup fresh basil
2 Tbsp. Bragg Liquid Aminos (or tamari)
1 Tbsp. apple cider vinegar
2 - 3 cups water as needed

Combine all the ingredients in a blender or food processor, and process until finely chopped, but still lumpy. Pour into soup bowls and enjoy. Garnish with fresh basil leaves if desired.

-Submitted by Sara Foster

RURAL ROOTS: WHO WE ARE

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Buy Fresh. Buy Local is a national campaign to support local, sustainable farming and to educate consumers about the importance of choosing food grown locally and sustainably.

When you see this label on your food, you know that buying it:

- Provides high-quality fresh food to you and your family
- Strengthens your local economy
- Protects the environment
- Protects your family's health

BOARD OF DIRECTORS



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RURAL ROOTS

VISION

The Inland Northwest food and agricultural system is made up of urban and rural communities that actively support and participate in locally owned and operated food and farm enterprises. These sustainable enterprises contribute to individual and community health, prosperity, and quality of life. Our communities are built on reciprocal relationships where people are valued for their unique contributions and creativity. There is a strong network of inspirational small acreage and family farmers, ranchers, market gardeners and food-based businesses. All of our community members have access to affordable, culturally acceptable, and high quality local food and fiber. The good health of the people in the region mirrors the good health of the land.

MISSION STATEMENT

Rural Roots mission is to support and enhance sustainable and organic agriculture and community-based food systems in the Inland Northwest.

As a regional non-profit organization, Rural Roots works to increase the ability of community members to engage in sustainable production for home and market. We understand that local food and agriculture contribute to our sense of community and are integral to our quality of life and economic prosperity. We recognize the importance of developing local markets, creating opportunities for value-added products and increasing understanding about the importance and potential of local food and agriculture.

RURAL ROOTS' GOALS

- Increase the availability and visibility of locally grown food and fiber in the Inland Northwest.
- Encourage and support food and farming enterprises that are locally-owned and operated.
- Encourage and support sustainable agriculture practices including rotational grazing, organic, and bio-dynamic methods.
- Enhance the economic viability of Inland Northwest small acreage and family farmers, ranchers, market gardeners and food-based businesses.
- Increase community participation in the development and revision of food and agriculture related policy.
- Develop community-based and regional food system networks and partnerships.
- Develop relationships and increase collaboration between the sustainable and organic agriculture community and agriculture and economic development institutions.
- Promote a culture of safe and healthful food available to all.

For more information, contact:
 Colette DePhelps
 Executive Director, Rural Roots
 PO Box 8925
 Moscow, ID 83843
 208-883-3462
 colette@ruralroots.org
 www.ruralroots.org



RURAL ROOTS MEMBERSHIP BENEFITS

- Information & discounts on Rural Roots conferences, tours, workshops, & other food & farming events
- "Bringing Home the Harvest", Rural Roots' newsletter
- Meet & network with small-acreage farmers, community members & food systems professionals in the INW
- Increased visibility of small acreage farms & ranches in the INW region
- FREE listing in Rural Roots' Farm Fresh Food Online Directory & Map
- FREE listing in Rural Roots' Printed Farm Fresh Buying Guide Directory & Map (Farm & Organization members)

Join Rural Roots Today!

I would like to become a Rural Roots member at the level checked below:

- \$15 Living Lightly/ Student
 - \$25 Individual
 - \$35 Family/ Farm/ Ranch (includes up to 2 people)
 - \$60 Organization/ Co-op/ Collective/ Business (includes up to 3 people)
- Lifetime Membership is also available:
- \$250 Individual
 - \$350 Family / Farm / Ranch (includes up to 2 people)
 - \$600 Organization / Co-op / Collective / Business (includes up to 3 people)

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 Title _____
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 Phone _____
 Fax _____
 Email _____
 Website _____

Additional Members: (for members at \$35 - \$60 level)

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 Address _____
 City _____ State _____ Zip _____
 Phone _____
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 Website _____

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 Rural Roots, PO Box 8925, Moscow, ID 83843

Spring / Summer 2005 Volume 7
Number 1

RURAL ROOTS
PO Box 8925
Moscow, ID 83843



BRINGING HOME THE HARVEST

RURAL ROOTS' QUARTERLY NEWSLETTER

Creating Community Through
Good Food



Two Great Organizations
Merge to Form a United Force
for Local Food



Making the Local Connection:
Annual Conference Highlights



Buy Fresh. Buy Local Materials
Available for Purchase!



Moscow Farmers' Market

