



Rural Roots

Bringing Home the Harvest

The Inland Northwest Community Food Systems Association
Summer 2003 *Volume 5, Number 2*



Greentree Naturals Summer Workshop Series

BY DIANE GREEN, GREENTREE NATURALS & RURAL ROOTS BOARD CHAIR

As farmers, we are frequently talking to gardeners and others looking for hands on opportunities to learn about growing organically. Our certified organic farm, Greentree Naturals, offers them that opportunity through our summer on-farm workshop series.

We started having on-farm workshops about seven years ago with an annual Season Extension / Hoop House construction workshop. We began with this particular workshop because every time someone would visit our farm, they would see our hoop houses and ask how we did it. It seemed that since we were going to be adding more hoop houses each year, we might as well share the "know-how" by building them during a workshop. And, developing a handout for the class was a good way for us to get more organized.

The idea for a full summer workshop series came from my experiences teaching the organic gardening portion of the University of Idaho Bonner County Master Gardener series. I have taught organic gardening for the past nine years. Each year, participants have indicated on their program evaluations that they would like more than three hours of organic gardening instruction.

Another incentive for us to design a workshop series was to provide detailed instruction for

our summer apprentices — instruction that focuses on topics related to what they are doing in the gardens. We are always going over subjects with our apprentices during the work week, but repeating that information with a group of people during a workshop often brings up questions and discussions that may not arise with our weekly one-on-one work in the fields.

Having continuous workshops during the growing season at our certified organic farm is not easy. There are always more things to do than there are hours in the day. Be that as it may, there are gardeners out there that are hungry for information, and having workshops is one thing that we can do for our community.

Of course, we do charge for these events, which also gives us incentive to extrapolate more details, handouts and time investment for teaching. Let's face it, if we are teaching, we are not focusing on things at hand involved with farming, so the fee has to be there to balance out our time investment. When it comes to the growing season, adding workshops to the long "to do" list takes an investment of time and energy. Every year it gets easier—because we have more teaching experience and prepared curriculum.

Setting up the class outline for the on-farm workshops was relatively simple. Since 1992,

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GREENTREE NATURALS SUMMER WORKSHOPS



Quick & Compelling Reasons to Buy Local!

BY, JOHN POTTER, DIRECT MARKETING COORDINATOR

Buy Local campaigns are springing up across the nation. Some focus on locally-grown food and farm products, others on supporting and buying from any locally-owned and operated businesses. These campaigns are organized by farmers, entrepreneurs, city officials, citizens and others who see buying local as an easy, fun way to improve the success of small businesses and farms, and to strengthen rural community economies. Here are a few ways and reasons to "go local" yourself...

1. Keep dollars within the community.

Every time that you purchase from a non-local business, profits from those sales leave the area. Studies show that every dollar spent locally is worth three times as much to your local community than a dollar spent at a non-

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Bringing Home the Harvest is a quarterly newsletter of Rural Roots: The Inland Northwest Community Food Systems Association.

Bringing Home the Harvest shares the knowledge and experience of people working in community food systems and the opportunities and challenges facing small acreage farmers and market gardeners in the Inland Northwest. In addition to sharing information and resources, *Bringing Home the Harvest* helps make connections between producers and consumers in northern Idaho and eastern Washington. It encourages sustainably produced foods, and works to enhance the economic viability of small scale producers and the communities where they live.

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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A Word From the Executive Director

BY COLETTE DEPHELPS BROWN,
EXECUTIVE DIRECTOR

Though I've lived in the Inland Northwest for 12 years (most of that time on the Palouse), summers here still take me by surprise. The intensity of the sun, the heat, and tomatoes in July! For me, having grown up on Puget Sound, it was a delight, to open my CSA box last night and see a cluster of sunny yellow tomatoes and a huge, perfectly ripened red tomato - which was almost too big to hold in one hand. My best friend and I (we regularly make dinner on Tuesday evening - what better time to get together than the day I pick up my CSA?) made a delicious garden salad while my almost 3-year old son, Forest, feasted on red tomato, fresh carrots, summer squash and cucumbers. Maybe the reason Forest loves vegetables so much is because he's growing up eating the best kind - local, seasonal and sustainably grown!

Speaking of local, seasonal and sustainably grown - I hope you've had a chance to check out your local farmers' market this season and to use Rural Roots' 2003 Farm Fresh Buying Guide! This year's Guide has been more popular than ever - we have already distributed over 4000 copies in the Inland Northwest and are continually replenishing stocks at stores, farmers' markets, farm stands and community pick-up areas throughout the region. The Rural Roots staff has also been working hard to get farms, farmers' markets and retail outlets fea-

turing local produce listed in the Find Farm Fresh Food on-line directory at www.ruralroots.org. In addition to listing farms in Idaho and eastern Washington, we are working with AERO in Montana, Washington Tilth Producers, and Oregon Tilth to expand the listing for their states. When you next check out the Farm Fresh Food site, notice our partner organizations are now listed on the navigation bar. I encourage you to check out their websites and get to know them better.

As you will see in this edition of *Bringing Home the Harvest*, Rural Roots staff and volunteers have also been busy discussing how to develop a Buy Local campaign that supports small farmers, ranchers and other locally-owned and operated food and agriculture enterprises. Long have Rural Roots members and others discussed the importance of developing an educational program that creates a regional identity for locally produced food and encourages community members to support local producers. This idea of a regional program, one that focuses on local and connects regionally, fits perfectly with "Buy Local" labeling and slogan development. The challenge is to create a logo, a visual image and an identity that fits the entire Inland Northwest region!

While we continue to have discussions about Buying Local, Rural Roots is doing just that!! In each of the upcoming educational events Rural Roots is co-sponsoring in our region -

whether it's a conference, farm tour, meeting or workshop - you can be assured you will be served as much local, sustainably grown and in season produce and meats as we can muster. And, when we do buy from out of the local area, we again focus on using sustainably produced food and farm products. This is part of our commitment to supporting Rural Roots members, building sustainable local food systems and to our Inland Northwest communities.

On the subject of education and commitment - Rural Roots, the University of Idaho and Washington State University are working together to offer you an incredible array of educational opportunities this summer and fall...take a look!

August 6-13, Field Analysis of Sustainable Food Systems
September 24-25, Identifying Indicators of Sustainable Food Systems Workshop
September 25, Field Tour of Food and Ag Systems Education Programs on the Palouse
September 25-27, Innovations in Food Systems Education Conference
November 7-9, Cultivating the Harvest II Small Acreage Farming Conference

Each one of these events features an incredible slate of presenters and many networking opportunities for farmers, educators, agency folks and community members interested in local food and agriculture. We hope to see you there!



Don't Miss the Innovations in Food Systems Education Conference!

BY MARGARET HALL, IFSE
CONFERENCE COORDINATOR

When: September 25 - 27, 2003

Where: Washington State University, Pullman, WA

Sponsored by: Washington State University, Rural Roots, Wenatchee Valley College, College of Southern Idaho, & the University of Idaho

The "Innovations in Food Systems Education Conference" will take place in Pullman, Washington from September 25th - 27th, 2003. Funding

for the conference comes from the last part of a WK Kellogg Foundation grant to Washington State University and the University of Idaho. Since 1994, the two institutions have overseen the Washington/Idaho Partnership 2020, a partnership of educational institutions, tribes, non-profit organizations, and businesses from around the two states, developing food systems education to meet the needs of farmers

and communities in the year 2020. Over the last several years, the partnership has funded many sustainable, His-

panic, and Native American, Food System Education Projects.



In October 2003, this particular Kellogg Foundation grant will come to a close. In an effort to showcase and celebrate innovative work that is being done here in Washington and Idaho,

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Buy Local

(Continued from page 1)

locally owned business. That's three times as much local tax money being generated, and that's three times as many jobs being created. Keeping dollars within the community helps all sectors of your local economy, and in turn, increases your local quality of life.

2. Support other entrepreneurs in your community.

Starting a new business is hard. Take your shopping to the new businesses in town. Show them that you appreciate the investment that they are making in your community. Instead of taking your money to the corporate mega-store, go and check out the new guy. Chances are you will find friendlier, faster, and more knowledgeable staff.

3. Promote sustainable food production.

Local farmers have made an investment in their local community. Most of them are deeply concerned about the health of the land that they farm, and they protect it using sustainable practices. Go to your local farmers' market or produce stand. Ask them what they are doing to promote healthy environments and healthy food production for your family. Chances are you'll be impressed by their efforts and thankful as well.

4. Get tastier, fresher, and more nutritious food.

Food that is picked recently tastes better and is more nutritious. It has a longer shelf life than food that's shipped over a long distance. Non-local food is usually days old when it arrives in your supermarket.

Additionally, more fossil fuels are used to ship non-local products. Buying local reduces CO2 emissions and packaging materials.

5. Support endangered family farms.

Population growth and urban sprawl means more rural land is getting developed, and many family farmers are tempted to sell their farm in order to make a living. Buying local contributes to your local farmers' livelihood and makes farming more profitable. This makes selling farm land for development less attractive.

In short, buying local is about supporting your community, your friends and family, and the values that you share. Buying local promotes vibrant, social communities. Buying local fosters the development of a healthy community economy.

5 Reasons to Buy Local:

1. Keep dollars within the community.
2. Support local community entrepreneurs.
3. Support sustainable food production.
4. Get tastier, fresher, and more nutritious food.
5. Support endangered family farms.



Innovations in Food Systems Education Conference

(Continued from page 2)

and other places around the country, Partnership 2020 is hosting the September "Innovations in Food Systems Education Conference". The conference goals are to: highlight innovative ideas, models and tools in sustainable food systems education and catalyze future collaborative and individual efforts within and between educational institutions and the communities that they serve.

Conference activities start on Thursday, September 25th, with a half-day food systems education tour. The tour will begin at WSU's "Ferdinand's Creamery", then head to WSU's Organic Teaching Farm, and end at Paradise Farm Organics. The main conference will take place on Friday and Saturday with national and international speakers and presenters including John Ikerd, Patrick Moore (Founder of Greenpeace), Kate Clancy, Janet Brown, Michael Shuman and other interesting and provocative speakers who are both academicians and practitioners. The keynote speakers and presenter sessions will be complemented by concurrent poster and panel sessions and roundtable discussions. The

predominant theme of the conference will be education and sustainability with emphasis on production/ food system marketing, cultural issues, nutrition, economics, policy issues, interactive distance education, on-farm education, sustainable agriculture and food systems degree programs.

Locally grown Washington and Idaho products are going to be featured in the conference meals and breaks. Friday's dinner will be a "Traditional Native American Dinner" under the direction of Ron and Janie Pond, members of the Umatilla Tribe. Gene Fritz, Culinary Educator with the WSU School of Hospitality Business Management, will be preparing the meal.

If you are interested in attending the conference, please check out the IFSE Conference Website at http://academic.cahe.wsu.edu/foodsystems_registration. Partial and full scholarships are available. If you would like to receive registration material in the mail, please contact Rural Roots at 208-883-3462 or Margy Hall, the IFSE Conference Coordinator, at 208-443-2420.



Call For Grant Proposals

Western Sustainable Agriculture Research & Education

Western SARE, Utah State University, 4865 Old Main Hill, Logan, Utah 84322-4865
wsare@mendel.usu.edu

The Western Sustainable Agriculture Research and Education Program invites proposals for its 2003-2004 competitive grants program

Areas of funding are:

- 1) Research & Education, pre-proposal was due June 9, 2003
- 2) Farmer/Rancher (includes marketing systems & organic systems) **due Oct. 1, 2003**
- 3) Ag Professional + Producer **due Oct. 1, 2003**
- 4) Professional Development **due Oct. 15, 2003**

Calls can be found at <http://wsare.usu.edu>. Persons with disabilities or without internet access may call Western SARE at (435) 797-2257.

On Farm Workshops

(Continued from page 1)

we have kept a daily garden diary of what we do in the fields. It is very helpful to read old diary entries and remind ourselves about what we did and learned. We also specifically follow our garden records for determining when to conduct our classes throughout the growing season. For example, we scheduled the pest management session by looking over years of garden records that noted regular pest infestations throughout the gardens in early July. If we are going to be talking about pests, the best way that I can think of sharing the information is to be able to walk out in the garden and show students the actual

pests.

We set up the workshop series for every other Monday, primarily because this is the only day that is not filled up with other chores of harvesting and deliveries as the season progresses. As it is, we have fresh flower deliveries every Monday starting the second week of June. On workshop Mondays, my husband Thom delivers flowers for me.

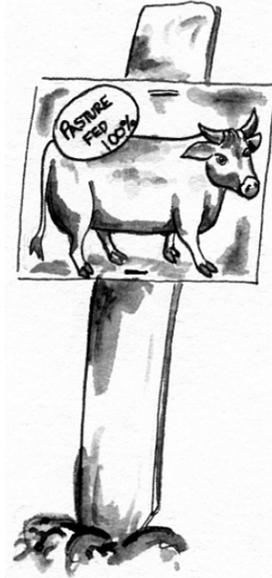
I think having the workshop every other week gives a fresh perspective for the attendees to see. Coming every two weeks, workshop participants see first hand the vast amount of changes that take place in on the farm in a very short amount of time. It also reduces my stress as a teacher by not hav-

"If you are a farmer, I encourage you to consider sharing some of what you have learned with others."

weeks, workshop participants see first hand the vast amount of

ing a weekly 'performance' or lecture.

This year, we started our workshop series on May 26th with *Planning the Garden*. Typically, the first workshop covers things like preparing the soil for planting, direct seeding vs. transplanting, companion planting, intercropping and crop rotation. We try to cover as many aspects of the planning process as possible and set these topics to coincide with the typical planning and planting time for most North Idaho gardeners. From the planning, we move through different aspects of soil health, fertilizing organically, natural weed control, organic mulches, natural pest management, harvesting the bounty, and complete the workshop series with seed saving information.



We talk about *Harvesting the Bounty* in mid-July when we are starting into our peak production. At this time, we stress

how important it is to manage the garden in a way that assures there will be a crop to harvest throughout the season. For instance, if the summer squash are not pollinated, there certainly will not be squash in later months. So, we take folks out in the field and teach them how to hand pollinate

summer squash and why we have to do it by hand (at Greentree Naturals, we have often have to do this due to the lack of pollinator insects present in the garden at pollination time).

As time goes by, there are more and more people that want to learn how to grow their own gardens and do it organically or at least be more sustainable. If you are a farmer, I encourage you to consider sharing some of what you have learned with others. Developing a class or workshop outline will help you plan for your own gardening or farming season. If you are a person wanting to learn how to expand your gardening skills, talk to your favorite farmer and see if you can 'mentor' with them.

Personally, I can't think of anything that gives me more satisfaction than teaching. Having on-farm workshops has been a way that I can follow my passion for teaching and empowering others to grow their own organic gardens.

Inspiring others is wonderful! Knowledge and experience are a precious gifts to share. Having your own on-farm workshops is one way to do both!



From the farm to the table...



Quillisascut Farm School of the Domestic Arts

Farm Culinary 101 – Summer 2003

Introducing culinary students to the source of their work – from the farm to the table. Encouraging and strengthening local farm markets for organic production through education.

On farm education:

- ✦ Develop an awareness for local seasonal foods
- ✦ Identify organic and sustainably sound farming practices
- ✦ Gain an applied vocabulary of farm terms
- ✦ Educational farm visits
- ✦ Real-life knowledge of animal husbandry

Plan at a glance:

- ✦ Groups of up to 10 culinary students spend 7 days on the farm, food and lodging included
- ✦ Hands-on immersion in the garden, dairy, and vineyard
- ✦ Menu creation, cooking from our garden and other local farms
- ✦ Presentations by food professionals

A course for teaching the next generation of food professionals how food is grown. By educating our customers we will strengthen and create future market opportunities for local farm products.

Offering four sessions Summer 2003

- August 5th to Aug. 11th
- August 24th to Aug. 30th
- September 3rd to Sept 9th
- September 16th to Sept 22nd

\$600 per person • Scholarships available • Space is limited, apply early

"Wonderful! There is such a need for this. Everyday, I realize that people in the culinary field don't know how food is grown..."
Nora Pouillon, Nora & Asia Nora



For applications & scholarships, contact:
Rick and Lora Lea Mysterly
2409 Pleasant Valley Road
Rice, Washington 99167
(509) 738-2011
rmysterly@plix.com
www.quillisascutcheese.com



Buy Local Roundtable Discussion Recap

BY, JOHN POTTER,
DIRECT MARKETING
COORDINATOR

Rural Roots, in partnership with the Moscow Food Co-op, held two "Buy Local" roundtable discussions in Moscow this June. The purpose of the discussions was to elicit feedback on issues surrounding the future launch of a "Buy Local" campaign for the Idaho, eastern Washington and western Montana region.

To advertise the roundtable discussions we sent postcard invitations to all Rural Roots members, to Rural Roots supporters within the Moscow area, and to the members of the Moscow Food Co-op. We also posted flyers at local businesses and set up a display at the Moscow Farmers' Market where we handed out more invitations.

At the meetings we served fresh, locally grown fruits and vegetables, apple cider and tea, and some organic desserts. Fifteen individuals participated in the two focus groups. A special thanks to all who donated their time and contributed their thoughts at those meetings!

During the roundtable discussions, we looked at promotional pieces for other "Buy Local" campaigns, and we spoke at length about the geographic differences in local and regional identification. We also struggled over the issue of defining "what makes a product or business local?"

While reviewing various promotional materials from other "Buy Local" campaigns, each person in the focus group was able to identify strengths and weaknesses of those pieces. We took those ideas and tried to find the root cause for those opinions. We also reviewed some rough draft images that a design company had put together for us to get us moving in the right direction.

Primary questions that need to be answered are: Do we want to

have a "Buy Local" campaign for food products only, or do we want it to encompass all locally owned and operated non-agricultural businesses? Participants agreed limiting only food products would result in managing the program ourselves. On

"Do we want to have a "Buy Local" campaign for food products only, or do we want it to encompass all locally owned and operated non-agricultural businesses?"

the other hand, if we include all locally owned and operated businesses, the managing of the "Buy Local" campaign needs to include input from other organizations or locally owned businesses. The support of local businesses would really help us get the word out about buying local. The marketing power that

comes with encompassing all local business would strengthen any campaign.

We tried, but to no avail, to identify requirements for labeling a product as local

or regional. It seems that many people have slightly different definitions of "local" and "regional." Some tried to define local using geographic identifiers such as mountains and rivers, while others tried to define local using political boundaries such as county or state lines. Other definitions of local swayed due to the changing of the seasons.

When the group was asked if they considered tomatoes grown in Clarkston as being local, one Moscow resident replied, "Yes, I consider Clarkston tomatoes as being local... until I can buy ripe ones from a Moscow farm."

The issue became even more clouded when we took into consideration other factors such as own-

ership, processed products, and production and packaging. For instance, if a locally owned business sold a product that was processed locally, but they had to ship in 50% of the ingredients, is it still local? How about when a large company with holdings in multiple

places grows and harvests ingredients locally, processes locally, and sells locally, is it still a local product? If a locally owned farm ships ingredients out of state for processing, when the finished product returns, is it still a local product?

The issues surrounding local and regional, coupled with ownership and processing, makes the process for developing a "Buy Local" campaign fairly difficult. With every answered question comes more uncertainty. But we aren't about to give up on this very important issue.

Next steps included holding more roundtable discussions to identify additional problem areas. We also need to finalize a design for the campaign's promotional

pieces. We need to identify requirements for Buy Local labeling and develop a program structure that suits the needs of everyone— from farmers to retail outlets to consumers.



With support from local businesses and the community, farmers and consumers, we hope to launch an effective "Buy Local" campaign by 2004. If you are interested in participating in a focus group or in assisting in the planning of one, please contact myself, John Potter, Direct Marketing Program Coordinator, and let me know how and to what degree you would like to be involved. You can reach me at john@ruralroots.org, or at 208-885-5218.



Sustainable Food Systems Intensive Field Course - Aug. 6-13



- **Want to learn by visiting with farmers & related professionals?**
- **Want a class outside the traditional classroom?**
 - **Interested in sustainability?**

This course will emphasize field analyses of several examples each of several different agricultural businesses. **We will spend our days visiting farms, processing facilities, and marketing venues.** Most evenings will consist of large or small group discussions related to the day's activities.

Students will be active participants in the experience, and will have primary responsibility for making observations and gathering information related to the economic, environmental, and social aspects of the different enterprises, along with the technical aspects of food production (or marketing) at each site. Students will be responsible for tying together their observations and conclusions in interactive oral presentations with the rest of the class, as well as by preparing 2 written documents. Students will be required to do readings and one short assignment prior to start of the course, and participate in a Fall follow-up session.

Student Quote from a similar course in Iowa: ...*"the Field Course was an amazing experience. The class tied together a lot of the material taught in my traditional classes, answered several questions, and raised even more."*

As part of the Cultivating Success Program, this course is open to WA and ID students & community members for Continuing Education Units (CEUs) and Academic Credits

3 credits - Soils 499, Sec 2 - Fall 2003

If you are interested, or even think you may become interested, contact Cathy Perillo (cperillo@wsu.edu, 509-335-2851, WSU-Pullman) or Theresa Beaver (cultivatesuccess@uidaho.edu, 208-885-7787, Rural Roots/UI)



Cultivating the Harvest II: 2003 Small Farm Conference & Trade Show Update

BY JENNIFER FARLEY,
COMMUNICATIONS
COORDINATOR

We have made a lot of progress planning for this year's Small Farm Conference and trade show since I first began working on it in February. But, planning began months before I came on board. Beginning with over 80 topic ideas, we sent out topic surveys to our members, and other food systems professionals. From this large list, we've narrowed the topics to 32 short course and workshop topics based on the topic survey results. Presently, we are in the process of ironing out the conference agenda and contacting speakers. We really appreciate the input we've received, as it's helped us to design a very interesting and fun conference.

Cultivating the Harvest II will take place at the Coeur d' Alene Inn in Coeur d' Alene, Idaho Friday, November 7th through Sunday, November 9th, 2003. The conference's main sponsors are, us (Rural Roots) and our very close partner, the University of Idaho's Small Acreage Farm Team. Other supporters include AERO (Alternative Energy Resources Organization) and WSU Extension.

Small scale farmers and ranchers, conventional growers interested in alternative production techniques, agricultural and food system professionals, extension educators, economic development agencies, advanced home gardeners, students, and

others interested in sustainable and organic food production are encouraged to attend.

With 15 one and a half hour workshop sessions on Friday and 18 two to three hour short course topics to choose from on Saturday and Sunday, this conference is sure to provide a lot of educational and networking opportunities.

In addition to provocative and interesting workshop and short course sessions, all three days will feature a trade show with over 25 vendors. Organic and locally grown and produced food will be served during conference meals and breaks.

Friday through Sunday will feature national and local speakers and presenters. Our opening keynote will be John Ikerd, Emeritus Professor of Agricultural Economics at the University of Missouri, who will speak about "Walking the Talk of Sustainable Agriculture". Saturday's community keynote will be Michael Shuman, author of many progressive books and publications such as *Going Local: Creating Self-Reliant Communities in a Global Age* (Free Press, 1998). Other keynote speakers include, Aaron Silverman, pastured poultry producer for Greener Pastures, LLC; Jeff Rast, co-owner of Prairie Sun Farm; and

brightspirit, Executive Director of People for Environmental Action and Children's Health (PEACH).

Conference fees:
(Early registration by October 17, 2003)
\$125 Rural Roots members or
\$150 non-members for all
three days (meals included).
\$50 per day (meals included).
Student and limited income

price for all three days is \$50 (meals not included). Volunteer Scholarships are available to students and others on a limited budget.

If you are interested in attending the conference, please contact myself, Jennifer Farley, Communications Coordinator, at 208-883-3462 or jennifer@ruralroots.org
See ya at the conference! 



Are you interested in new, sustainable, and innovative ideas in farming?

Then, mark your calendars for Cultivating the Harvest II

Inland Northwest Small Acreage Farming
Conference & Trade Show

November 7-9, 2003

Coeur d' Alene Inn in Coeur d' Alene, Idaho

Choose from over 30 workshop & short course sessions on topics such as:

Assessing Your Market: Finding Your Customers & Choosing the Marketing Channels That Fit You & Your Farm, Permaculture Design in the Inland Northwest, Organic: What Does It Mean? How Do You Do It?, Improving the Health of Your Soil, and Getting Meat Into the Market

Other highlights include trade show & local food tasting!!

Featured Speakers include Jeff Rast & Aaron Silverman

Keynote Speakers, such as John Ikerd & Michael Shuman, will address topics such as:

The Importance & Potential of the Small Family Farm
Going Local, Starting a Community-Owned Business
Sustainability of the Small Family Farm

Sponsored by: Rural Roots & UI College of Agriculture & Life Sciences Small Farm Team

For more information contact: Jennifer Farley at 208-883-3462 or jennifer@ruralroots.org



Public Forum on Sustainability

Certified Organic farmers and Rural Roots members, Diane Green and her husband, Thom Sadoski, will be hosting a Sunday Brunch fundraiser for the Public Forum on Sustainability at Greentree Naturals on August 10th, 2003. There will be a garden tour of their well-tended market gardens, along with discussions on how we can enhance and raise awareness of our local community food system.

The Public Forum on Sustainability (PFOS) is a non-profit grass roots organization wholly supported by the community. PFOS' mission is to provide a

forum for community exploration of sustainable living systems that enhance the quality of life for all. PFOS serves the community by hosting **public forums** on various issues related to sustainability, and by organizing social and educational community-building activities and events. Some proposed activities are having introductory classes on Permaculture and developing a web-based community networking system designed to facilitate sustainable community growth at www.PFOS.net.

The **cost** of the forum is \$25.

Space is limited and registration is required no later than August 4th to insure the chef suitable preparation time.

Cost includes a gourmet-catered brunch featuring Greentree Naturals certified organic produce, herbs and berries, NW Salmon and other local delicacies from Paradise Valley Organics.

Proceeds from this fund raising event will go towards 'seed money' for future programs sponsored by the Public Forum on Sustainability in Sandpoint, Idaho.

To register, send us a check and the following information to:

Public Forum on Sustainability
4808 Flume Creek Road, Sandpoint, Idaho 83864

Please include your: name, address, and phone number
Make checks out to Public Forum on Sustainability or PFOS.

Any questions? Contact Paul or Criss at (208) 255-4236 or [email paul@pfos.net](mailto:paul@pfos.net)



Radio Café Seeks Farmers & Ranchers to Fill Guest Spots

BY REBECCA MIRSKY,
DIRECTOR OF IDAHO ORGANIC
ALLIANCE

BOISE, Idaho- Boise Chef Jon Mortimer is looking for farmers and ranchers to feature on his program.

"Since Radio Café first went on the air we've been able to introduce listeners to some terrific products and personalities from

Idaho's agricultural community. Response from producers and listeners has been great so far, and I hope that more local farmers will consider being a guest and showcasing their products," said Mortimer.

Mortimer features Idaho agriculture in his restaurant, Mortimer's, and on the airwaves. While Idaho foods are a mainstay on the menu at Mortimer's,

the popular Boise chef and author is also featuring regional food producers on his weekly radio show, Radio Café. From wine to fresh vegetables, delicious meats, and specialty foods, Radio Café is featuring the best in Idaho agriculture.

Those interested in a guest spot on the radio show should contact Jon directly at 208-440-4556 or by email at

mortimersidaho@att.net. Radio Café airs every Saturday from 8-9 a.m. on AM 670 KBOI.

For more information contact Peter Mundt, Idaho State Department of Agriculture, at 208-332-8684 or by email at pmundt@idahoag.us.



Interview with Russell Poe & Kelly Kingsland of Affinity Farm

BY JENNIFER FARLEY,
COMMUNICATIONS
COORDINATOR

Last Saturday, I arrived at the Moscow Farmers' Market expecting a crowd. Boy, was I right! The market was engaging, as usual, with a diverse crowd of all ages. I feel lucky to have a farmers' market so close to home with so many products to choose from and activities to see. But, my mission wasn't to observe the farmers' market; instead it was to track down Russell Poe and Kelly Kingsland of Affinity Farm located in Moscow.

These two are busy folks with their CSA, Kelly's massage practice, and harvesting and vending twice a week for the Moscow Food Co-op's Farmers' Market and the Moscow Farmers' Market. Since I usually see them vending at the Moscow Farmers' Market, I knew that this may be my chance to interview the couple. The purpose of the interview— to quickly learn more about their vending at the Moscow Food Co-op's Tuesday Farmers' Market.

How long have you been selling at the Moscow Food Co-op's Tuesday market?

Kelly:
Last spring (2002) was our first time.

What types of products do you sell?

Kelly & Russell (smiling):
A lot! Since we use season extension with two hoop houses, we can produce a wide variety of produce such as (*Now this was a long list, and I failed to keep up with them, but here's some of what they said*)... tomatoes, peppers, salad greens, lettuce, cabbage, spinach, potatoes, onions, corn, berries, green beans, carrots, beets, broccoli, green onions, cucumber, kale, squash, cut flowers, etc.

What are the benefits of participating in a mid-week market?

Kelly:
We benefit as well as the customers. It helps us out by having a mid-week harvest, and it benefits the consumers, too, so that they have fresh produce during the week.



RUSSELL SELLING AT THE MOSCOW FOOD CO-OP'S TUESDAY MARKET ON 7/15/03

Does selling at the Tuesday Market coincide with any other deliveries you may have?



RUSSELL POE & KELLY KINGSLAND SELLING AT THE MOSCOW FARMERS' MARKET

Russell:
Yeah, our CSA is on Tuesday, and our CSA customers pick their food up at the Co-op then. This benefits the Co-op as well.

Kelly:
Yes, it's good for the Co-op since our CSA customers and other consumers that come to the market will probably buy other products from the Co-op when they come in. I got the idea from reading an article a while back about a farm in Madison, Wisconsin. The farmers would drop off their CSA deliveries at the Co-op, where the Co-op would have live music and a farmers' market, etc. It sounded like a really fun event and we wanted to bring that here to Moscow.

I feel confident that they are off to a great start in their farming endeavors. They are enthusiastic, dedicated, and love farming. Not to mention

that their products are of exceptional quality.

Picking up their fresh locally grown produce is icing on the cake for a great Tuesday night experience at the Co-op. Like the Co-op in Madison that Kelly mentioned, the Moscow Food Co-op offers many fun activities every Tuesday evening throughout the summer. It's great to see the Co-op's "hot off the grill" live bands, eat a grilled dinner, pick up fresh produce, and complete the rest of my grocery shopping all in one trip. I don't think shopping can get much better than that!





Digging Deeper: Sustainable Ag Resources & Announcements



Idaho Organic Alliance is pleased to announce that their new website is now live at <http://idahorganicalliance.com>. The website was very professionally designed and programmed by Foerstel Design of Boise, Idaho. The Funds for the website development came from our ISDA Specialty Crop Grant.

Farm & Garden Services is an online sustainable agricultural library project. Farm & Garden Services provides news and information to farmers, gardeners and consumers of food. The project encompasses all aspects of growing food both at the small farm and garden levels. Farm & Garden Services also reports on issues throughout the world that affect our food supply including political decisions, genetically modified crops and food industry trends. The primary focus of Farm & Garden Services is sustainable agriculture which includes organic and biodynamic methods.

<http://www.farm-garden.com/>

Organic Agriculture Information Website Debuts

A new resource for information on organic agriculture is now available online: the OrganicAgInfo website. OrganicAgInfo is a database of research reports, farmer-to-farmer information, outreach publications, and more. The database can be searched by keywords, region, crop or livestock type. This website has been developed by the Organic Agriculture Consortium (OAC)/ Scientific Congress on Organic Agricultural Research (SCOAR) and funded by a grant from the Initiative for Future Agriculture and Food Systems (IFAFS) through the USDA Cooperative State Research Education and Extension Service (CSREES).

<http://www.organicaginfo.org/>

New and Updated ATTRA Publications

The National Center for Appropriate Technology (NCAT) is pleased to announce the following new and updated publications from Appropriate Technology Transfer for Rural Areas (ATTRA), NCAT's national sustainable-agriculture information service.

NEW ATTRA PUBLICATIONS:

- ◆ Organic Rice Production

This publication discusses the production and marketing of organic rice. Topics covered include weed control (several case studies), insects and diseases, soil fertility, economics, and marketing. References and lists of additional resources are also provided.

- ◆ Considerations for Organic Herb Production

This addition to our Organic Matters series replaces the publication Herb Overview. It covers research on both wild and cultivated herbs, with emphases on production and marketing techniques.

- ◆ Organic Field Crops Documentation Forms

The forms in this package are tools that farmers can use to document practices, inputs, and activities that demonstrate compliance with the National Organic Program Regulations.

UPDATED ATTRA PUBLICATIONS:

- ◆ Colorado Potato Beetle: Organic Options
- ◆ Manures for Organic Crop Production
- ◆ Organic & Low-Spray Peach Production
- ◆ Organic Pear Production
- ◆ Organic Soybean Production

These and more than 200 other publications on sustainable agriculture are available for downloading from the ATTRA Web site, <http://www.attra.ncat.org>; free print copies are available by calling toll-free 1-800-346-9140.





Inland Northwest Food and Farming Calendar



August 6th-13th, 2003. Sustainable Food Systems Intensive Field Course offered by University of Idaho and Washington State University's Cultivating Success Program. This course will emphasize field analyses of several different agricultural businesses. We will spend our days visiting farms, processing facilities, and market venues. Most evenings will consist of large or small group discussions related to the day's activities. As part of the Cultivating Success Program, this course is open to WA & ID students & community members for Continuing Education Units (CEU's) and Academic Credits. Course is 3-credits (Soils 499, Sec. 2- Fall 2003). If you are interested or have any questions, please contact Cathy Perillo (cperrillo@wsu.edu, (509)335-2851) or Theresa Beaver (cultivatesuccess@ruralroots.edu, (208) 885-7787).

September 24th-25th, 2003. Identifying Indicators of Sustainable Food Systems (Pre-Conference) Workshop. This workshop is part of the "Innovations in Food Systems Education Conference", WSU- Pullman, Washington. The goal of this workshop is to provide a forum so that conference participants can work together to identify activities that can enhance the sustainability of our food systems. The workshop is focused on sustainable food and agricultural systems, and serves as a preliminary discussion for the subsequent conference, as well as post-conference activities. Two sessions are scheduled. Part I is Wed., Sept. 24th from 1:10pm-5 pm. Part II is Thurs., Sept. 25th from 8am-12pm. For more information contact, Cathy Perillo at cperillo@wsu.edu or (509) 335-2851.

September 25th-27th, 2003. Washington/Idaho Partnership 2020's "Innovations in Food Systems Education Conference", WSU - Pullman, Washington. Please come join us for a conference highlighting innovative models in food systems education taking place locally, regionally and nationally. Read more about this conference beginning on page 2 of this issue. --- For further information, please contact Margy Hall at pellhall@povn.com or by phone at (208) 443-2420.

September 25th, 2003. "Innovations in Food Systems Education Conference" Tour. This half day tour will begin in the afternoon at WSU's "Ferdinand's Creamery", then head to WSU's Organic Teaching Farm, and end at Paradise Farm Organics. Included as part of the Innovations in Food Systems Conference, this farm tour is also open to the public. Space is limited, so reserve your spot early. Snacks and other goodies will be served. For more information, please contact Margy Hall at pellhall@povn.com or by phone at (208) 443-2420.

October 1st, 2003. Deadline for Western SARE's (Sustainable Agriculture Research & Education Program) Farmer/Rancher (includes marketing systems & organic systems), and Ag Professional + Producer grant proposals for the 2003-2004 Competitive Grants Program. Calls can be found at <http://wsare.usu.edu>. Persons with disabilities or without internet access may call Western SARE at (435) 797-2257.

October 15th, 2003. Deadline for Western SARE's (Sustainable Agriculture Research & Education Program) Professional Development grant proposals for the 2003-2004 Competitive Grants Program. Calls can be found at <http://wsare.usu.edu>. Persons with disabilities or without internet access may call Western SARE at (435) 797-2257.

November 7th-9th, 2003. Cultivating the Harvest II, Inland Northwest Small Acreage Farming Conference & Trade Show, Coeur d' Alene Inn, Coeur d' Alene, Idaho. Choose from over 30 workshop & short course sessions on topics such as: Developing a Small Farm Business Plan, Permaculture Design in the Inland Northwest, What Makes a Great Farmers' Market, Pruning & Caring for your Small Fruits, Developing a "Buy Local" Campaign, Growing Culinary & Medicinal Herbs, Greenhouse Design & Management, and Improving the Health of your Soil. Other highlights include a trade show and local food tasting. Keynote Speakers will address topics such as: The Importance & Potential of the Small Family Farm, Sustainability of the Small Family Farm, and Sell What You Sow. Sponsored by Rural Roots and the University of Idaho College of Agriculture & Life Sciences Small Acreage Farm Team. More details are highlighted on pg. 6 in this issue. For further information, please contact Jennifer Farley at jennifer@ruralroots.org or by phone at (208) 883-3462.

November 7th-9th, 2003. WA Tilth's Annual Conference & Trade Show, Bellingham, Washington. This year's theme is "Sound Farming: Listening to the Environment". In conjunction with the conference, Amigo Bob Cantisano will be presenting an all day workshop Friday. Tilth Producers have planned for over 30 practical workshops, live music, a barter faire, meals featuring organic food, and an organic wine tasting. For more information and to register, contact Michael Blakely at (425) 788-0480 or Nancy Allen at (206) 442-7620.

November 12th, 2003. First Annual CEDA (Clearwater Economic Development Association) Summit, Red Lion Hotel, Lewiston, Idaho. The purpose of this summit is to develop partnerships that increase regional collaboration to strategically utilize resources and technology in building economic development efforts for North-Central Idaho and Southeast Washington. For more information, please contact Chris Kuykendall, Economic Development Specialist, at (208) 746-0015, ext. 105 or chrisk2@lewiston.com.





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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 the fertile soil and abundant waters that bring them to life!

- Gary & So Angell, Rocky Ridge Ranch, Reardan, WA
- Barbara Arnold, Nothing But Herbs, Hayden, ID
- Cathy F. Bean, Spokane, WA
- Theresa Beaver, Theresa's Garden, Moscow, ID
- Mikki Clark, Almost Eden, Sandpoint, ID
- Ron & Tonie Carey, Four Seasons Farm, Priest River, ID
- Judith Cullinane, Ellensburg, WA
- Colette DePhelps Brown, Moscow, ID
- Brooke Tseng, Shoreline, WA
- Sara & Joe DeLong, SaraJoe's Organic Products, St. John, WA
- Margaret Demoss, Hayden, ID
- Liz Deniro, Mead, WA
- Lahde Forbes, Moscow, ID
- Mary Giddings, Happy Hens, Potlatch, ID
- Kim Golden, Panhandle Lakes RC&D, Coeur d' Alene, ID
- Diane Green, Greentree Naturals, Sandpoint, ID
- Valerie & Liz Gunner, Goat Mountain Cheese Co., Porthill, ID
- Margy Hall, Priest River, ID
- Bev Hammons, Worley, ID
- Sora Huff, Paradise Valley Organics, Bonners Ferry, ID
- Tom and Cheryl Kammerzell, Maple K Farms, Colfax, WA
- Margo Kay & Ken Marble, Rosebrush Farm, Lenore, ID
- Gary & Katherine Lauber, Two Hearts Farm, Rice WA
- Melissa Lines, Sky Lines Farm, Harvard, ID
- Stacey Lucker, Moscow, ID
- Skeeter Lynch & Phil Gage, Full Circle Farms, Princeton, ID
- Chip & Lynn Lawrence, The Selkirk Ranch, Sandpoint, ID
- Craig & Sue Madsen, Healing Hooves, LLC Edwall, WA
- Carol Mack, WSU/Pend Oreille County Cooperative Extension, Newport, WA
- Owen Marcus, Rising Elk, Sandpoint, ID
- Jim & Pat McGinty, Higher Ground Farm, Elk, WA
- Rhoderick & Barbara McIntosh, McIntosh Ranch, Pullman, WA
- Angela Nelson, Usk, WA
- Karl Ottenstein & Karen Ososki, Spring Creek Organic Farm, Sandpoint, ID
- Judith & Tom Pagliasotti, Cocolalla, ID
- Palouse Grain Growers, Inc., Palouse, WA
- Jennifer & Dennis Parent, Parent's Pastures, Hayden, ID
- Vickie Parker-Clark, Coeur d' Alene, ID
- Cathy Perillo, Viola, ID
- Ivan & Wilmina Phelps, Black Pine Deer Farm, McCall, ID
- Maurice Robinette, Lazy R Ranch, Cheney, WA
- David Ronninger, Ronninger's Seeds, Moyie Springs, ID
- Heather & Andrew Scott, Fruit Cellar Roadside Stand, Blanchard, ID
- Marsha Semar, Boundary County Farmers' Market, Moyie Springs, ID
- Paul Smith & Ellen Scriven, Killarney Farm, Cataldo, ID
- Rosemary Shoong, Olympic Valley, CA
- Daryl Swanstrom, Deary, ID
- Spokane Tilth, Spokane, WA
- Janet Stevens, Glacier Valley Farm, Hayden, ID
- Tom Torreno, Organic Matters, Post Falls, ID
- Stan Urmann, Riley Creek Blueberry Farm, Laclede, ID
- Pat Vaughn, Moscow Mountain Farm, Moscow, ID
- George Webb, Clayton, WA
- Cathy Weston, Hauser Lake, ID
- Cinda Williams, Troy, ID
- Seth & Huw Williams, Earth Cycle Farm, Edwall, WA

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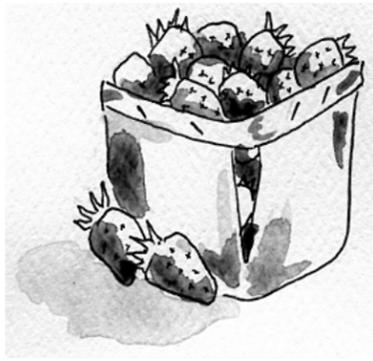
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RURAL ROOTS' VISION

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 farmers, ranchers, market gardeners and food-based businesses. All of our community members have access to affordable, high quality local food and fiber. The health of the people in the region is echoed by the health of the land.

RURAL ROOTS' MISSION STATEMENT

Rural Roots' mission is to create healthy, vibrant, and sustainable community-based food systems in the Inland Northwest. As a regional non-profit organization, Rural Roots works to increase community members' ability to engage in sustainable small acreage production for home and market. We understand that local food and agriculture contribute to our sense of community and is 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 sustainable, locally owned and operated food and farming enterprises.
- Enhance the economic viability of Inland Northwest small acreage 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.

For more information, contact:
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RURAL ROOTS MEMBERSHIP BENEFITS

- Information & discounts on Rural Roots conferences, tours, workshops, & other food & farming events
- "Bringing Home the Harvest", Rural Roots' quarterly 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)

Farm/ Organization _____
 Name _____ Title _____
 Address _____
 City _____ State _____ zip _____
 Phone _____ Fax _____ email _____
 Website _____

Additional Members: (for members at \$35 - \$60 level)
 Name _____ Title _____
 Address _____
 City _____ State _____ zip _____
 Phone _____ Fax _____ email _____
 Website _____

Additional members to those listed above \$15 each:
 Name _____ Title _____
 Address _____
 City _____ State _____ zip _____
 Phone _____ Fax _____ email _____
 Website _____

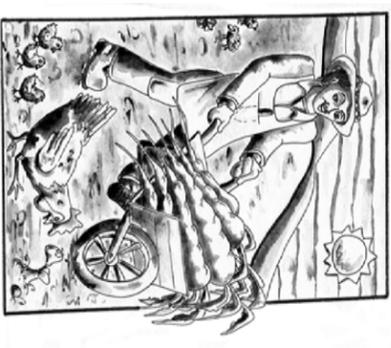
Name _____ Title _____
 Address _____
 City _____ State _____ zip _____
 Phone _____ Fax _____ email _____
 Website _____

Please return with check or money order to:
 Rural Roots, PO Box 8925, Moscow, ID 83843



Rural Roots
PO Box 8925
Moscow, ID 83843

Bringing Home the Harvest



RURAL ROOTS' QUARTERLY NEWSLETTER

Summer 2003

Volume 5, Number 2

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PHOTO BY COLETTE DEPHELPS BROWN, JULY 2003.

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