



# Rural Roots

## Bringing Home the Harvest

The Inland Northwest Community Food Systems Association

Winter/Spring 2004

Volume 6, Number 1



### Growing a Sustainable Family Farm at Ronniger's Potato Farm

BY JENNIFER FARLEY,  
COMMUNICATIONS COORDINATOR

As soon as I picked up a copy of Ronniger's Potato Farm's 2004 seed catalog, I knew that I wanted to feature them in *Bringing Home the Harvest*. Their catalog of over 200 potato and vegetable crops is beautifully designed and informative. It includes helpful growing and marketing tips, as well as information about their farm, growing practices, and crop storage. Needless to say, I was hungry for an interview with these Rural Roots members and eager to share more information about their small family enterprise with the rest of the Rural Roots community.

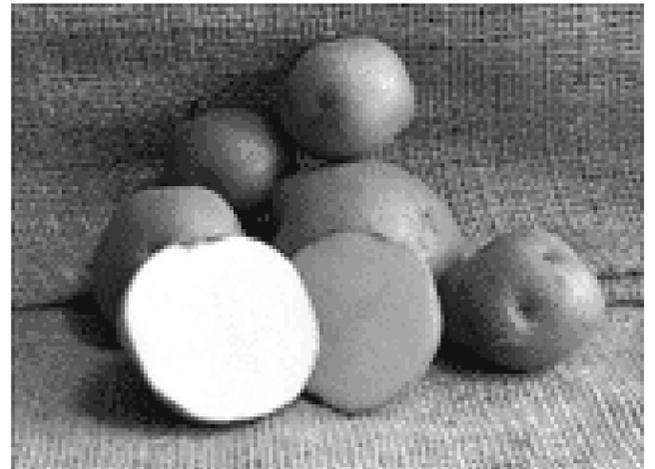
Ronniger's Potato Farm is a small, family operated potato farm nestled above the Kootenai

River Valley at the foothills of the Purcell Mountain Range in northeastern Idaho. Their pristine and isolated location is ideal for raising disease-free and certified organic seed potatoes. Their main goal is customer satisfaction, and they believe that they "are not only growing food," but that they are also "growing health and vigor into their present crops as well as into the future generations of your seed potatoes."

I began my interview with co-owner, David Ronniger, by asking him about their farming background and the beginning of their catalog business.

**Will you briefly describe the history of Ronniger's Potato Farm?**

We began in 1986 with our one piece of paper sweet potato order form, and we shipped seed potatoes all across the country. Our business continuously grew, and by 1988, we had our first catalog. In 1990, we had our first book catalog. And, in 1992, we had over 200 varieties of potatoes. We're also growing Russian Bananas, AKA "pop potatoes." They're small easy to grow potatoes just getting introduced into the market. They're popu-



Bliss Triumph, AKA Red Bliss Potatoes  
These heirloom potatoes are known throughout the northern US for their great taste and divine flavor.

lar with chefs and gourmet markets.

**How many people do you have working on the farm? Do you employ anyone not in the family?**

We have eight full-time people, four whom are family members. We also employ about 40 people during harvest, with a lot of the harvesting done using machinery.

**How many generations has the farm been in the family?**

We moved to the farm in 1977. At first we played around with our small acreage and worked jobs off the farm. Our oldest son is currently in college, and our youngest son, who's just finishing high school, is the most likely to take over the farm.

**How long have you been certified organic?**

For 12 years. We are Idaho State Certified Organic #19, and are among the first farmers who received their certifications during the first year of Idaho Organic Certification.

**How many acres is your farm? How much of it is certified organic?**

We have 75 acres with 50 acres in rotation

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Ronniger's Potato Farm Crew

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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.

*Bringing Home the Harvest* helps make connections between producers and consumers in north Idaho and eastern Washington. It encourages sustainable 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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www.ruralroots.org

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



BY COLETTE DEPHELPS,  
EXECUTIVE DIRECTOR

It's officially spring and the old adage "March winds and April showers bring May flowers" is ringing true here on the Palouse! Everywhere I look, people are out enjoying the warm spring air - whether biking the Bill Chipman Trail between Moscow and Pullman or working in their garden beds, pulling off mulch, talking about rototilling and checking their seed supplies. While I am glad to see the crocus and daffodils gracing our flower beds, I wonder how winter could have passed so quickly?! I am quite sure my winter "to do" list is not even half done, and the spring list is growing!

To excite and help you as you prepare your soil, consider your markets and plant this year's bounty, this issue of *Bringing Home the Harvest* contains a wealth of resources - in particular sources of seed, feed and production materials. If you are looking for great seed potatoes - read about Ronniger's

Potato Farm in our cover story. Then, for local, regional and national sources of seed and feed check out the recommendations from Rural Roots Board of Directors on page 12.

Whether you are a seasoned producer, have a home garden or are dreaming of either, numerous publications are available free, or at low cost, from the National Center for Appropriate Technology's ATTRA program, and the Sustainable Agriculture Network (SAN), the outreach arm of the national USDA Sustainable Agriculture Research and Education (SARE) program. Available online and in print, resources from these programs cover everything from assessing your pasture soil and starting up your market garden to orchard pollination and low-cost passive solar greenhouses.

Speaking of low-cost and passive solar, have you ever considered building a hoophouse to extend your garden season? On April 3<sup>rd</sup>, you can learn to design and build a hoophouse at a workshop co-sponsored by Rural Roots and Theresa's Garden. Located in

Moscow, Idaho, Theresa's Garden is owned and operated by Cultivating Success coordinator Theresa Beaver. Moscow grower, Russell Poe of Affinity Farms will be directing the installation. If you live closer to Sandpoint, Greentree Naturals will also be hosting a hoophouse workshop this spring - give Diane a call at 208-263-8957 for dates and details.

If you are wondering just how to compost your first cutting of grass, decaying fall leaves and other home and garden waste, come to the Rural Roots office on Sunday, April 18<sup>th</sup> for a composting workshop. Led by Theresa, this workshop will cover the basics of hot and cold composting methods. Check out the food and farming calendar on page 16 for more details.

Spring is also a good time to mark your summer calendar with events you do not want to miss - such as these three farm tours co-hosted by Rural Roots - June 12<sup>th</sup> Rocky Ridge Ranch, July 18<sup>th</sup> Four Seasons Farm, and July 31<sup>st</sup> Ronniger's Potato Farm. We ex-

(Continued on page 14)

## Come On Cows!

BY GARY ANGELL,  
ROCKY RIDGE RANCH &  
RURAL ROOTS BOARD  
MEMBER

It's been very cold around here lately. Last night, I figure it was about 27 degrees below zero, and the blizzard dropped about 10 inches of snow. Yesterday, I opened up the fence so our small herd of cows could easily reach and find shelter from the wind in a scraggy outcrop of rocks and trees. We raise our cows naturally and don't confine them in a barn or winter feedlot. Still, during severe weather I worry about how they're doing out there in the elements; especially during this storm, because we have had several "late fall" calves born in these last few weeks. As I took a load of hay out for them this morning they were nowhere to be seen. I felt a lump in my throat and a feeling of foreboding in my gut as I worried about the herd's whereabouts. I threw out a few bales of hay and decided to call them as I do when moving them through pasture rotations; "Come on! Commm onnha!"



Gary Angell on the job

chorus of bellows, groans and mooahs with the lower maaah maah of the little calves.

Even though daily hay feeding is routine in the winter, this day it had a specialness to it that's hard to describe. I somehow felt a warming glow inside as the herd gathered around me on this freezing cold morn-

ing. The steam blowing from their noses formed a strange fog that mingled with us as the cows jostled for a feeding position around me as I threw down the rest of the hay for them. I returned to the truck cab feeling great, as my faithful border colie waiting inside gave me a forlorn look as if to say, "Don't you need me today?"

Some ask me why I still struggle with raising cattle in these times of uncertainty and low financial returns for the labor and investment required. To find out they'll have to join me some morning to experience that sensation of harmony with nature, the animals and your soul! Maybe then they'll understand.



## Growing a Sustainable Family Farm at Ronniger's Potato Farm

(Continued from page 1)

and cover crops. 25 acres are devoted to potatoes, and all the land is organic.

### Why did you choose to specialize in potatoes?

We found that potatoes were our niche market. They are the #1 eaten vegetable in the United States. We've had numerous seed companies use our seeds, and over the years, we've had write-ups in several magazines.

### I saw on your website (www.ronnigers.com) that you have a native seed foundation. Is this still a current project and how did you get involved?

This has been around longer than the farm and gave us funding for the farm. We collect about 30 native shrub seeds and serve as the principle seed collectors for many people in the U.S. We collect one snowberry, mountain ash, two elderberry varieties, etc.

### Do you have a lot of folks visit the farm throughout the summer?

Yes, we have a lot of visitors throughout the summer. Many people come to see the haflinger horses. We encourage people to come and check our farm out. We also have three guest cabins for overnight visitors, as well as 8 wood burning fire stoves (we heat with wood in all the shipping rooms, and in the greenhouse, and guest cabins).

### Will you tell us a bit about the Haflinger horses?

Sure. A friend of mine in the community had big Belguim draft horses and was getting older and wanted to switch to a smaller horse. So we went to check out some haflinger

horses (most of them are in Canada). There's one farm up in Vernon who has about 60 of them. You just kind of fall in love with them, and they're such people oriented horses. They come right up to see you when you open the gate to the corral.

### Do the haflinger horses help with production on the farm?

Not so much, but they do some harrowing, disking, and logging.

### What are your current and future goals for the farm?

To increase e-commerce and to understand the computer world better. We have the website and would like to improve our online shopping cart. We want more pictures online and we keep trying to improve it. Yet, right now we're focusing on shipping the potatoes. We also have peas and onions. We are trying different peas, and think it would be great to have students come on our farm, but we haven't had this happen yet. The students could fill up at least one or two guest cabins.

We would like to have a CSA, but we can't do everything here on the farm and would consider any apprenticeships, and farm tours.

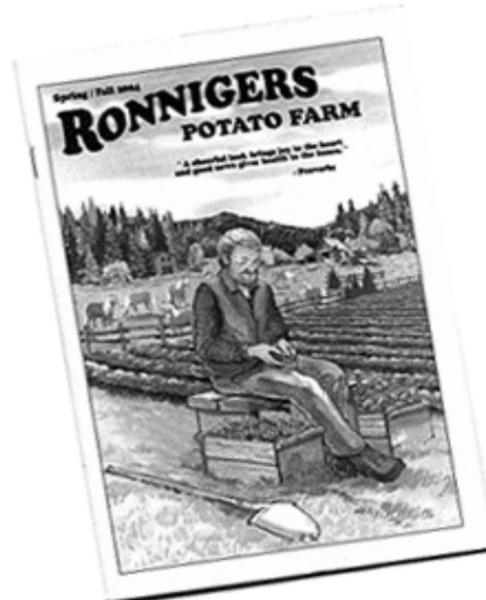
### Do you have any advice that you would like to impart for future small acreage family farmers or people interested in certified organic production?

Stick with it. The market's out there, and it is growing every year- especially the organic market and farmers' markets. People are increasingly supporting local and sustainable agriculture and are realizing the benefits of organic foods.

\*\*\*

Speaking with David Ronniger was a pleasure. I cannot wait to visit their farm and taste their delicious potatoes and other vegetables! I encourage all of you to as well! One opportunity to do so will be this summer, as Rural Roots will be co-sponsoring a farm tour at Ronniger's Potato Farm on Saturday, July 31st. We currently are in the process of planning the tour and will keep you updated as planning progresses. You can also learn more about other sustainable ag and rural community events on Rural Roots' online calendar at [www.ruralroots.org/Events/Calendar.asp](http://www.ruralroots.org/Events/Calendar.asp).

Or, you can visit Ronniger's Potato farm on your own!



Ronniger's Potato Farm Spring / Fall 2004 Catalog

Contact: David or Caryl  
Address: Star Route Rd. 73,  
Moyie Springs, ID 83845  
Phone: 208-267-7938  
Email:  
smallpotatoes@ronnigers.com  
Website: www.ronnigers.com

Thanks Ronniger's Potato Farm!



### Design & Build Hoopouses

Saturday, April 3, 2004  
10am—3pm or earlier  
Theresa's Garden  
3166 Hwy 8E (2nd driveway  
after cemetery)  
Moscow, ID

Participants will learn how to construct a season-extending hoophouse and will receive plans to build their own. Local grower Russell Poe of Affinity Farms will be directing the installation. Some beverages will be provided, but bring a water bottle, lunch and rain gear! Parking is limited. Bike or carpool if possible.  
**RSVP BY THURS. APRIL 1.**

### Compost!

Sunday, April 18, 2004  
1pm—3pm  
Rural Roots Office  
813 Mabelle Street  
Moscow, ID

Learn how to turn your kitchen and garden waste into black gold using hot or cold composting methods. Or, let worms do it for you! Taught by Rural Roots' member & Cultivating Success Coordinator, Theresa Beaver. Bring your own rain-gear, water bottle and snacks. Refreshments will be provided.

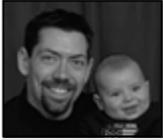
**RSVP BY THURS. APRIL 15.**

Rural Roots Members: \$5 per workshop  
Students: \$6, General Public: \$8 per workshop  
UI Soil Stewards Members: free (Hoophouse only)

Contact Jennifer Farley 208-883-3462 or email [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org) for questions and to sign-up for one workshop or both!



Ronniger's Stallion- N. Hannibal



## Northwest Direct Project Update

BY JOHN POTTER,  
DIRECT MARKETING PROGRAM

The Northwest Direct Case Study Project is beginning to build in momentum. We completed 4 of our 12 farmer interviews last spring and have finished rough drafts on 3 of those case studies. Those drafts will be sent out for review by the interviewed farmers, Idaho's farmer advisory committee and other participants in the NW Direct Grant Project later this spring.

In February, I traveled to Mabton, WA to interview Hilario Alvarez who raises value-added crops on 45 acres of organically certified soil. Everything that he grows is sold direct to customers at farmers' markets located throughout Washington State and through a large CSA operation in western Washington.

Hilario is a Hispanic farmer who migrated to central Washington in the early 1980's with the hope of one day farming his own land. The farm also provides 50% of the food for 15 of Hilario's family members.

As for the remaining 7 interviews, Colette and I traveled to Oregon the week of March 15 to conduct 4 interviews with two Oregon poultry producers, an orchardist, and a produce farmer. We will be traveling to western Washington in early April to complete the remaining 3 Washington interviews.

We are really looking forward to learning about how other farmers in our region have made themselves successful selling through direct markets. More importantly we are excited about sharing that information with you. If you have any questions about the Northwest Direct Case Study Project, or would like to learn more about the farmers we are interviewing, please feel free to contact me at:

John Potter  
NW Direct Research Assistant  
[john@ruralroots.org](mailto:john@ruralroots.org)  
208-883-3462



*The Northwest Direct Case Studies are a part of a larger, Northwest Direct Grant, looking at ways to help create, establish and promote direct sales of locally and sustainably produced agricultural products throughout the Pacific Northwest. Money from this grant has been awarded to 3 institutions of higher education, University of Idaho, Oregon State University, Washington State University, the Washington State Department of Agriculture, and Rural Roots.*



### Border Collie Puppies For Sale!

Whelped 2/19/04. ABC and AKC registered.  
Traditional white on black color.  
Sire and Dam are working ranch dogs, but spend most of their time being great family pets.  
Puppies are being house raised and will be socialized.  
Price- \$400. Call 509-796-3988 or  
E-mail [rockyridgeranch@ieway.com](mailto:rockyridgeranch@ieway.com)



# 2004 On-farm Workshops



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

For more information about our farm visit our website at [www.greentreenaturals.com](http://www.greentreenaturals.com)

## Greentree Naturals, Inc. Certified Organic Farm

Workshops scheduled *every other Monday* from 10:00 a.m. to 12:30 p.m. during the growing season beginning May 24 through August 2nd. 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.

Additional workshops and special events will be held on weekends throughout the summer season. The first workshop of the year will cover season extension techniques and hands-on instruction for building an 18' x 13.5' Hoop House.

**Call for information and to be placed on our workshop mailing list!**

- ◆ May 24 - Planning the garden: preparing the soil for planting; direct seeding & transplanting; companion planting; intercropping & crop rotation; planning for succession planting.
- ◆ June 7 - Fertilizing organically: fertile soil is the first step in increasing yields and natural pest control; assessing soil health, organic amendments, compost, manures, organic matter & foliar feeding.
- ◆ June 21- Natural weed control; mulch management; organic mulches
- ◆ July 5 - Pest management: assess pro-active control practices, identification, natural pest formulas, catch-cropping and plant-pest relationships for natural pest control.
- ◆ July 19 - 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.
- ◆ August 2 - 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.

For more information contact us at (208)263-8957 or [greentree@coldreams.com](mailto:greentree@coldreams.com)  
Diane Green 2003 Rapid Lightning Road, Sandpoint, Idaho 83864

**Class size is limited. Registration is required!** Sign up for all six sessions for \$125.00 or pick and choose for individual workshops for \$25.00 per session. Workshops are held at Greentree Naturals, located twelve miles northeast of Sandpoint. Workshops include handout materials. For registration, directions & more information, please contact us! We wish you a bountiful gardening season!

**Rural Roots members receive a 25% discount on workshop fees.**

## BRANCHING OUT TO SERVE SMALL LIMITED-RESOURCE FARMERS

Risk Management Agency  
Spokane Regional Office

BY JO LYNNE SEUFER,  
(509) 353-2147  
JO.LYNNE.SEUFER@RMA.USDA.  
GOV

The risks of crop loss and price declines have long been facts of life in agricultural production. The challenges are legendary--adverse weather, volatile prices, and limited resources. Historically, federal farm policies addressing these problems have covered large production crops known as 'program crops' (such as wheat, corn, sorghum, cotton, rice, tobacco). Recent farm bills focus attention on the need for all U.S. farmers to manage risks, while examining available risk management options more closely. Those same farm bills direct programs to better fit the needs of farmers with limited resources.

USDA's Risk Management Agency's (RMA) mission and goals feature strong education and outreach efforts. The Community Outreach and Assistance to Women, Limited Resource and Other Traditionally Underserved Farmers and Ranchers program includes partnership opportunities geared to "under-served" groups and limited resource farmers/ranchers.

"RMA is excited about working with Rural Roots and the University of Idaho to assist farmers and ranchers with educational information to strengthen the economic viability of their business and their community," said Dave Paul, Director of RMA's Spokane Regional Office (serving Alaska, Idaho, Oregon and Washington). "Making sure farmers and ranchers are informed of the full range of tools for managing risk is very important to RMA."

**Some of RMA's initiatives to better serve small and limited-resource farmers include:**  
**Improving and developing programs.** RMA is currently working with land grant universities (including University of Idaho and Washington State Univer-

sity), farmer organizations, and agribusinesses throughout the nation to support research and development of new insurance products, many of which will help meet the needs of small and limited resource farmers. This includes a strong emphasis on specialty crops, livestock, and rangeland.

**Creating effective materials.** RMA is developing informational fact sheets about insurance and risk management products currently available.

**Involving farmers and ranchers, and organizational leaders in developing programs.** RMA is currently holding Listening Sessions throughout the country to hear directly from farmers and ranchers about how to best improve RMA products to fit the needs of the agricultural community. Producers are also encouraged to work closely with their Regional Office staff.

**Meeting organically certified growers needs.** RMA now recognizes organic farming practices as good farming practices by providing coverage for organic crops.

**Establishing trust.** "We work extremely hard and listen to the concerns and needs of our customers," said Dave Paul. "And strive to achieve the desired outcome."

**Working together.** The Spokane Regional Office prides itself on working informally and cooperatively with producer groups, and with university, state and community college staff.

**Participating in training sessions.** RMA's education and outreach initiative has strengthened its partnerships and associations with the agricultural community. First-hand sharing of RMA's program information and presentations tailored to farmer/rancher audience needs are a great advantage for all involved.

**Demonstrating.** Sharing with producers the steps in using RMA's online premium calculation tool helps farmers become more aware of the different levels of coverage and the costs involved.

(<http://www3.rma.usda.gov/apps/premcalc/>).

**Increased insurance participation.** While crop and livestock policies are sold to farmers by private insurance agents, RMA approves the policies and underwriting terms, and provides subsidization and reinsurance. Farmers commonly use one RMA prod-

uct, Multi-Peril Crop Insurance (MPCI), to manage production risk. New and innovative insurance products such as Adjusted Gross Revenue (AGR) and AGR-Lite have recently become available in some areas, to help protect the farm's revenue risks.



The following table provides an overview of increased premium subsidies paid by USDA's Federal Crop Insurance Corporation for MPCI and most other plans of insurance:

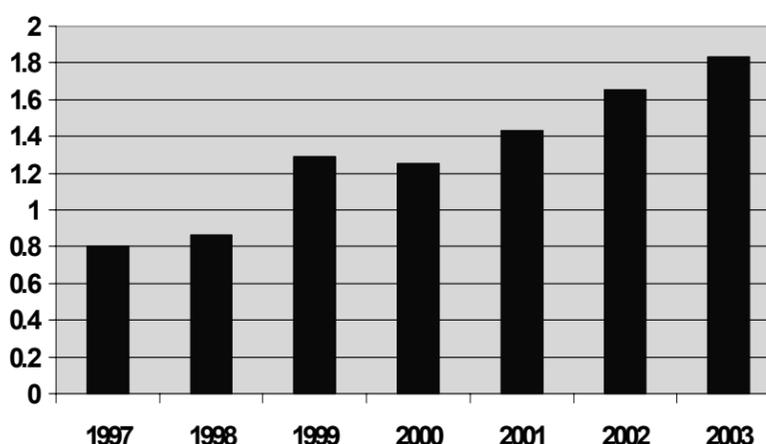
| <u>Coverage Level/Price Election</u> | <u>All Plans</u> |
|--------------------------------------|------------------|
| 50/100                               | 67%              |
| 55/100                               | 64%              |
| 60/100                               | 64%              |
| 65/100                               | 59%              |
| 70/100                               | 59%              |
| 75/100                               | 55%              |
| 80/100 *                             | 48%              |
| 85/100 *                             | 38%              |

\* Where Applicable

For example, a producer who is insured at the 75% coverage level will have 55% of the total premium paid by the government. The producer pays the remaining 45% of the premium.

### Spokane Regional Crop Insurance Liability

(Total coverage through Risk Management Agency programs in the Pacific Northwest as of 12/31/03  
Billions of Dollars



\*All insurable crops in Alaska, Idaho, Oregon, and Washington States. 2003 preliminary data.

Producers throughout the inland Northwest with questions or needing additional information should contact Jo Lynne Seufer at RMA's Spokane Regional Office at (509) 353-2147.

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# ATTRA Sustainable Agriculture Information Service Offers Free Publications, Research

BY NANCY MATHESON, KAREN VAN EPPEN AND PAUL WILLIAMS, NATIONAL CENTER FOR APPROPRIATE TECHNOLOGY (NCAT)

The nonprofit National Center for Appropriate Technology (NCAT) provides farmers and ranchers—and those who serve them—with the latest information about sustainable and organic agriculture. Widely known as ATTRA (Appropriate Technology Transfer for Rural Areas), NCAT's national sustainable agriculture information service has been fielding farmers' questions and coming up with answers for them since 1987. Because the ATTRA service is funded through a cooperative agreement with USDA, the information it provides is free.

The answers to the most frequently asked questions have been compiled into nearly 250 free publications. If you have a question that isn't covered by one of these publications, the ATTRA team of specialists will research the answer for you and give you a custom report.

Many sustainable agriculture organizations rely on ATTRA materials, too. The Midwest Organic and Sustainable Education Service, for example, uses ATTRA publications to educate extension service personnel about organic and sustainable agriculture practices. Executive director Faye Jones says, "I couldn't do my job without ATTRA, and that 800 number is just what farmers need. The Web site is great, too, espe-

cially at night when offices are closed."

ATTRA's team of specialists include animal scientists, agronomists, horticulturists, veterinarians, and ag economists. And many among that staff are also themselves farmers, ranchers, or market gardeners.

With a strong emphasis on marketing and profitability, the ATTRA publications address production, value-added processing, niche markets, and many other topics vital to success in agriculture, topics that range from writing business plans to brewing compost tea, from crops to cattle, from the fundamentals of soil health to the most innovative production practices. ATTRA publications

are regularly updated to include the most recent information about innovations that farmers and ranchers can use to improve their operations.

Long a supporter of organic farming, NCAT was ready when the organic boom hit. In addition to organic production guides for many crops, ATTRA publications also cover organic certification and compliance with the National Organic Program rules.

For more about NCAT's sustainable agriculture information service, call ATTRA toll-free at 800-346-9140 or visit the ATTRA Web site at <http://www.attra.ncat.org>.



## SIGN UP FOR FREE ATTRA NEWSLETTERS:

*ATTRAnews* is a bimonthly newsletter—available in both digital and print editions—with news and information about sustainable agriculture.

Order over the phone or visit:

[www.attra.ncat.org/newsletter/ATTRAnews.pdf](http://www.attra.ncat.org/newsletter/ATTRAnews.pdf).



*Weekly Harvest* is an electronic digest of the best sustainable agriculture news, resources, events, and funding opportunities gleaned from the week's ATTRA Web site. Order over the phone or visit:

[www.attra.ncat.org/newsletter/weeklyharvest.html](http://www.attra.ncat.org/newsletter/weeklyharvest.html).

## ATTRA OFFERS NEARLY 250 PUBLICATIONS ON ALL ASPECTS OF SUSTAINABLE AGRICULTURE

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- Assessing the Pasture Soil Resource
- Biodiesel: A Brief Overview
- Biodynamic Farming and Compost Preparation
- Efficient Agricultural Buildings
- Flame Weeding for Vegetable Crops
- Growing Your Range Poultry Business
- How to Start a Cooperative
- Intercropping Principles and Production Practices
- Keys to Success in Value-Added Agriculture
- Learning More about Wind-Powered Electric Systems
- Low-Cost Passive Solar Greenhouses
- Market Gardening: A Start-up Guide
- Organic Alternatives to Treated Lumber
- Organic and Sustainable Cropping Systems Workbook
- Organic and Sustainable Livestock Systems Workbook
- Pursuing Conservation Tillage for Organic Crop Production
- Small-Scale Poultry Processing
- Solar-Powered Livestock Watering
- Sustainable Goat Production

### CONTACT THE NATIONAL SUSTAINABLE AGRICULTURE INFORMATION SERVICE—ATTRA:

1-800-346-9140 (English) 6 am to 6 pm Mountain Time  
1-800-411-3222 (Spanish) 8 am to 5 pm Pacific Time  
[www.attra.ncat.org](http://www.attra.ncat.org)

You may call their toll-free numbers or visit their web site to get a publications catalog, order publications and newsletters, or ask a sustainable agriculture question. Their web site, additionally, lets you browse or download publications, and see the latest sustainable agriculture news, resources, events, and funding opportunities.



### ABOUT ATTRA

ATTRA (Appropriate Technology Transfer for Rural Areas) is managed by the private nonprofit National Center for Appropriate Technology (NCAT), which has offices in Butte, Montana; Fayetteville, Arkansas; and Davis, California.

NCAT was founded in 1976 to promote self-reliance (especially among low-income people) through appropriate technology. Its programs deal with renewable energy and conservation, resource-efficient housing, sustainable community development, and sustainable agriculture. Visit the NCAT Web site <http://www.ncat.org> for more information.

ATTRA is funded by a grant from the USDA's Rural Business-Cooperative Service. USDA-RBS objectives are to invest its financial resources and technical assistance in businesses and communities, and to build partnerships that leverage public and private resources to stimulate rural economic activity.

### ATTRA RESOURCES & PUBLICATIONS

ATTRA adds new titles to their extensive list of sustainable agriculture publications throughout the year. Also, the sustainable agriculture specialists update existing titles on a regular basis, to make sure that the information they contain continues to be relevant and useful. Take a look at their most recent updates and new publications, available on their website <http://attra.ncat.org/publication.html>

#### ***Sustainable Agriculture: An Introduction:***

This summary publication discusses the concept of sustainability and its application to farming, offering suggestions for improving sustainability in various aspects of farming, and suggesting ATTRA publications that correlate with these suggestions. Print resources and websites that offer further information are also listed in this 4-page document.

#### ***Adding Value through Sustainable Agriculture Entrepreneurship: Overview and Resources:***

This electronic publication, only available online, provides a list of resources to assist farmers in developing and managing value-added agricultural enterprises and approaches. The resources were compiled under a project funded, in part, by the USDA's Southern Region Sustainable Agriculture Research & Education (SARE) Program and the Heifer Project International. National and regional resources are listed.

#### ***Bringing Local Food to Local People: A Resource Guide for Farm-to-School and Farm-to-Institution Programs:***

This publication provides farmers, school administrators, and institutional food-service planners with contact information and descriptions of existing programs that have made connections between local farmers and local school lunchrooms, college dining halls, or cafeterias in other institutions. To help communities initiate similar programs, this publication includes: resource lists of publications on how to initiate and manage local food programs, funding and technical assistance sources, and provisions of the 2002 Farm Bill that support farm-to-school and other community food programs.

## Niche Marketing with Grass-Fed Beef

ATTRA publications often include tips from innovative producers who have developed successful techniques in their own operations. The following story is excerpted from *Direct Marketing* by NCAT agriculture specialists Katherine Adam, Radhika Balasubrahmanyam, and Holly Born.

When David and Lisa Reeves of Waterfall Hollow Farm, MO, first set out to direct market, they were determined to give the public an opportunity to eat the kind of beef they grew for themselves. Convinced that there was a niche market for clean, range-grown beef, they proceeded to sell a product that was free of unwanted chemicals,

growth hormones, and antibiotics.

The Reeves maintain that conventional wisdom does not apply in the marketing of grass-fed beef. It took some time and some "crushingly expensive mistakes" for the Reeves to learn how to tap into their niche market. Press releases, bulk mailings, and glossy advertising in magazines and tourist guides brought few or no sales. The poor response convinced them that they were better off addressing themselves exclusively to the small percentage of meat-eaters who frequent health food stores or similar establishments and who would buy organic meat.

The Reeves work "to convince the stores that there are people out there who will joyfully eat clean, range-grown beef, precisely because of the health benefits. We show them photos, and describe the ranch and the lives of our cattle. We point out the obvious: that beef is a very high quality, nutrient-dense source of protein and obscure nutrients like B12, folic acid and zinc, that it is utterly delicious and deeply satisfying."

Their main wholesale outlet is the Ozark Cooperative Warehouse in Fayetteville, Arkansas. The warehouse itself markets only their ground beef but

trucks orders to buying clubs in other states and allows the Reeves to ship on their truck. This is an enormous bit of luck because it allows them to ship their product out of state for very little expense.

Lisa notes that they really ought to invest more time and effort into in-store presentations and demonstrations, but so far, they have been able to sell everything they produce.





## On Farm Apprenticeship and Farmer Mentors

BY DIANE GREEN, GREENTREE NATURALS, INC. & BOARD OF DIRECTORS

In the Fall of 2001 we published a story in the Rural Roots newsletter talking about the apprenticeship program and called for requests for farmer instructor applications for summer 2002. We also called prospective farmers who we knew of that we thought might be interested in the program and mailed out information about the program for them to review.

Of our original list of seventeen farmers contacted, three farms went out of business, and a couple more were not certain how long they would stay in business. We had eight apply and make a commitment to the Farmer mentor training and to developing a lesson plan / curriculum. Of the eight that took the farmer training, four have developed a complete curriculum for the program. This is a 23% survival rate of the original farmers contacted.

The importance of the farmer's role in the Cultivating Success Apprenticeship Program is crucial. Book knowledge is one thing, and the information that the university educators and extension agents offer is definitely applicable and essential for building the foundation for our future small acreage farmers and market gardeners. Some very basic agricultural concepts and lessons cannot be taught in the classroom, but require practical, hands-on farming experience.

Applied theory is important, and providing an opportunity for students to work directly with the farmers has the potential of being a win-win situation. The farmer's role in the program is to provide one on one teaching by combining day-to-day activities on the farm with an educational component.

We have this incredible resource of farmers as educators who are willing to be involved in

this program, but like myself, have no background as teachers. In our group of eight farmers who went through the training, two growers had an educational background and understood the concepts of a classroom situation. However, both of them acknowledged that the hands-on training is somewhat different than what they encounter in the classroom.

The following is a brief outline of the four farms and farmers who have completed a curriculum for on-farm apprentices.

### Moffett's Organics

David and Stacia Moffett grow vegetables, fruit, flowers and wine grapes on their hillside property in the Wawawai Canyon outside of Colton, Washington. Their flowers, vegetables and fruit are sold on contract to the Moscow Food Co-Op, with over-



Stacia Moffett with homegrown turkey at Moffett's Organics

production marketed through a roadside stand and at Farmer's Markets and restaurants.

The crop the Moffett's have chosen for major emphasis is wine grapes.

Although there is a good market for hand-harvested premium grapes, especially certified organic grapes, winemaking has proved fascinating. Wine is the ultimate value-added product, and to make it well, David and Stacia's son and partner, Ben, is completing the Viticulture and Enology program at Walla Walla Community College.

They have built a winery on the property, and the 2004 grape harvest will be transformed into their first estate-bottled wine. They are currently landscaping around the winery/tasting room and completing the commercial kitchen that will be used for jelly-making and catering local events.

### Parent's Pastures

Jennifer & Dennis Parent began their business in 1984 by selling

extra green beans as u-pick from their family garden in Hayden, Idaho. Using cover cropping, succession planting, and raised beds, they have continued to expand their gardens to include a small acreage garden and over a half acre of apple, pear, prune and walnut trees.



Jennifer Parent working hard at Parent's Pastures

Over the years, they extended the gardens and added pick-to-order or u-pick green beans, pickling cucumbers, raspberries, spinach, lettuce, beets, peas, carrots and blackberries. Parent's have a small greenhouse for starting transplants for the gardens and now have added a hoop house for hot weather crops like tomatoes and melons.

In 1988, Parent's Pastures joined the Kootenai County Farmers' Market and participated actively for fourteen years. In 2003, they decided it was time to slow down, cut back some of the garden, and only sell from home. They have continued the u-pick and pick-to-order as well as welcoming drop by customers and setting up a roadside table one afternoon per week.

### Greentree Naturals, Inc.

Diane Green and Thom Sadoski grow a vast assortment of herbs, specialty produce, berries, and flowers using natural fertilizers, cover crops, rotations, and companion planting and composting. Greentree Naturals has been certified organic with the Idaho State Department of Agriculture since 1992.

They have been cultivating a small acreage market garden and selling at the

Saturday Farmers Market at Sandpoint for over a decade. Greentree Naturals supplies Sandpoint restaurants and a Natural Foods Store with farm fresh produce and culinary herbs. They work with area Chef's and catered events such as weddings, parties and concerts providing specialty garnishes, edible flowers and baby vegetables.

Diane and Thom manage a small member CSA program with an

"Some very basic agricultural concepts and lessons cannot be taught in the classroom, but require practical, hands-on farming experience."

option for fresh baked bread, bulk quantities

for canning, and fresh cut flowers. They also have a subscription service separate from the CSA program for providing customers, businesses & offices with a nicely arranged bouquet delivered weekly.

During the growing season, they have an ongoing organic gardening workshop series for the community, along with hosting special catered events featuring their produce to teach about the importance of local food systems. They have had apprentices for the past nine years.

(Continued on page 9)



Greentree Naturals' Summer 2003 Interns



## Cultivating Success

### Update

#### *We're Right on Target!*

BY THERESA BEAVER,  
CULTIVATING SUCCESS  
COORDINATOR

The buzz-word these days seems to be *busy*. So you won't be surprised to hear how *busy* the Cultivating Success team has been this winter. Perhaps I should say how productive we have been, as I would like to share with you some of the fruits of our busy winter schedule:

- We submitted a grant proposal to the USDA Higher Education Challenge Grant Program. This grant would help us develop web based courses, making the program more accessible to members in rural regions.
- We received a grant from the USDA Risk Management Agency to offer the course, "Tilling the Soil" in Spokane next winter.
- We submitted a pre-proposal to the Western Risk Management Education Center to have more "Tilling the Soil" courses offered in the Rural Roots region.
- Diane Green, Rural Roots Board Member and Cultivating Success Farmer Mentor, has been working on the Farmer Training Manual for farmers interested in hosting apprentices.
- I attended the Ecological Farming Conference in California in January 2004 and learned how right on target we are with our Cultivating Success program. A lot of schools are interested in offering courses like the ones that we have developed at the University of Idaho and Washington State University, with the help and foresight of Rural Roots.
- We sent Cultivating Success Course evaluations out to past students. My favorite comment came from Ashley Fiedler who attended the first Tilling the Soil course in 2002. She said, "My business is extremely successful. I give a lot of credit to the class I took, and I purchase all of my hay from a fellow classmate". The mission of the Cultivating Success program is to *increase the number and to foster the long-term success of small acreage sustainable farmers and ranchers in Washington and Idaho*. As you can see, we have been busy working on that goal, and I'd say we are right on target! 

## WESTERN REGION "SARE" ANNOUNCEMENTS

### New Western Region SARE Administrative Council Members

The region welcomed new AC members: Mary Jane Butters, Paradise Farm Organics, Moscow, Idaho; Steve Jacobson, vice president of operations for Horizon Organic, Longmont, Colo.; Karl Kupers, K&J Farms, Harrington, Wash.; Sandy Halstead, regional agricultural initiative specialist with EPA's Region 10 Office of Ecosystems and Communities, Prosser, Wash.; Gus Hughbanks, Washington NRCS state conservationist, Spokane, Wash.; Stacie Clary, executive director of the California Sustainable Agriculture Working Group; and Casey Walsh-Cady, staff environmental scientist for the Office of Agriculture and Environmental Stewardship at the California Department of Food and Agriculture.

### SARE, CSREES Produce Video Highlighting Regional Projects

A new, 15-minute video about SARE -- and its impact upon grant recipients and their communities-- was produced this fall as part of the CSREES "Partners" series. The video features five-minute segments about four successful SARE projects, filmed on location at each site. The video summarizes projects that took place at a grazing dairy in South Carolina, an alternative grain farm in Washington, an Iowa alternative hog operation and a brassica pest management & marketing project in Massachusetts. "Partners" is a video magazine produced by CSREES that spotlights programs and accomplishments of the agricultural research, education, and extension systems nationwide. The SARE video will be expanded and added to the "Partners" series in the next few months.

To view a live stream, go to <http://www.ocav.usda.gov:8080/ramgen/bmt/sare.rm>

To request a free copy of the video, contact Geneva Blyther, 202-720-7948.

To learn more about the "Partners" series, go to <http://www.reeusda.gov/partners/>

### Sustainable Agriculture Network (SAN) Co-Publishes Guide to Help Farmers Forge Success

Responding to keen interest from farmers and ranchers in developing new production and marketing alternatives, the Sustainable Agriculture Network (SAN) released a user-friendly publication to help producers develop goal-oriented business plans for farms and rural businesses. Published in collaboration with the Minnesota Institute for Sustainable Agriculture, Building a Sustainable Business brings the business planning process alive and transforms farm-grown inspirations into profitable enterprises.

Building a Sustainable Business: A Guide to Developing a Business Plan for Farms and Rural Businesses includes blank worksheets and step-by-step strategies for developing a detailed, lender-ready business plan to take advantage of new opportunities.

<http://www.sare.org/htdocs/events/pr/sep2003.htm>

<http://www.sare.org/handbook/SustainableBusiness/SustainableBusiness.pdf>

### Sustainable Agriculture Network (SAN) Announces New Organic Bulletin

See [www.sare.org/bulletin/organic](http://www.sare.org/bulletin/organic) or request your free copy from [san\\_assoc@sare.org](mailto:san_assoc@sare.org)

Over the last decade, certified organic crop and pasture acreage has more than doubled in the U.S. and interest among farmers and consumers is growing rapidly. However, some farmers and ranchers hesitate to convert their acreage because of the uncertainty associated with transitioning to organic.

Opportunities in Agriculture: Transitioning to Organic Production, a new bulletin from the USDA's Sustainable Agriculture Network (SAN,) provides a detailed overview of organic farming and ranching. From designing profitable rotations and building healthy soil to controlling weeds and pests, the 32-page color bulletin lays out many promising strategies to convert successfully, including special sections on livestock production, and profiles of four diverse organic producers.

## On Farm Apprenticeship and Farmer Mentors

(Continued from page 8)

### Riley Creek Farm

Stan Urmann has an eight-acre blueberry farm in Laclede, Idaho. Stan planted his first blueberry bushes in 1994 and had his first harvest in 1997. He started out selling at the Farmers Market at Sandpoint and at the Kootenai County Farmers Market in Coeur d'Alene, Idaho.

Over the years, he has continued to enlarge the growing area. Sales have expanded to include on-farm and u-pick as well as direct to retail / wholesale out-

lets in Spokane, Coeur d'Alene, and Sandpoint. Riley Creek Farm has expanded to include a line of value added products that include Blueberry jellies, jams, vinegars, and syrups.

Stan already had his business plan developed before he started looking for his production area. "I knew that I wanted to grow blueberries. I knew the qualities I was looking for in the layout of the land and the type



Tasty Riley Creek Blueberries

of soil needed for growing berries. I found the land that we have now, cashed out my teaching retirement, and bought the land."

If you would like to receive more information or an application for an apprenticeship at any of these farms, contact Theresa Beaver at 208.885.7787 or [cultivatesuccess@ruralroots.org](mailto:cultivatesuccess@ruralroots.org). 

## NEW Resources from the Sustainable Agriculture Network



SAN is the communications and outreach arm of the Sustainable Agriculture Research & Education (SARE) Program  
<http://www.sare.org/>

### Current Titles from the Sustainable Agriculture Network (SAN)

These resources are available online at <http://www.sare.org/htdocs/pubs/>

#### Ag Entrepreneurship

*Building a Sustainable Business: A Guide to Developing a Business Plan for Farms and Rural Businesses*, 272 pages; 2003. Brings the business planning process alive to help today's alternative and sustainable agriculture entrepreneurs transform farm-grown inspiration into profitable enterprises. \$14.

#### Soil Improvement

*Building Soils for Better Crops*, 240 pages; 2000. How ecological soil management can raise fertility and yields while reducing environmental impacts. \$19.95

*Managing Cover Crops Profitably*, 212 pages; 2000. Comprehensive look at the use of cover crops to improve soil, deter weeds, slow erosion and capture excess nutrients. \$19 (Entire book available on CD-ROM, \$10)

#### Pest Management

*Steel in the Field*, 128 pages; 2001. Farmer experience, commercial agricultural engineering expertise and university research combine to tackle the hard questions of how to reduce weed control costs and herbicide use. \$18

*'Naturalize' Your Farming System: A Whole-Farm Approach to Managing Pests*, 20-page bulletin; 2000. By laying out ecological principles for managing pests and suggesting how to do so in real farm situations, this bulletin helps producers design farm-wide approaches to control pests. **FREE.**

#### Organic Agriculture

*The Real Dirt: Farmers Tell About Organic and Low-Input Practices in the Northeast*, 264 pages; 1994. Based on interviews with more than 60 farmers in eight Northeast states, *Dirt* summarizes practical methods for ecological soil, pest, disease, crop, greenhouse and livestock management. \$13.95

#### Livestock/Dairy

*Profitable Pork: Strategies for Hog Producers*, 16-page bulletin; 2001. Showcases examples of alternative ways to raise pork profitably - in deep-straw bedding, in hoop structures and on pasture - to save on fixed costs, find greater flexibility and identify new marketing channels. **FREE.**

*Profitable Poultry: Raising Birds on Pasture*, 16-page bulletin; 2002. Farmer experiences plus the latest research create this "how-to" guide to raising chickens and turkeys sustainably, using pens, movable fencing and pastures, with original ideas for marketing strategies. **FREE**

#### Alternative Marketing

*The New Farmers' Market: Farm-Fresh Ideas for Producers, Managers & Communities*. 272 pages; 2001. Covers the latest tips and trends from leading sellers, managers and market planners to best display and sell products. \$24.95

*Reap New Profits: Marketing Strategies for Farmers and Ranchers*, 20-page bulletin. Offers creative alternatives to marketing farm products through conventional channels. **FREE.** (PowerPoint presentation for educators, also free, available on CD-ROM. Request separately.)

#### Farm Features & Case Studies

*The New American Farmer: Profiles of Agricultural Innovation*, 160 pages; 2001. This collection of in-depth interviews with producers describes diverse operations around the country and details the effects of those systems on farm profitability, quality of life, rural communities and the environment. \$10

*SARE Annual Reports, 1994-2001*. Each year, SARE staff chooses 12 research and education projects from across the country exemplifying farming systems that improve profits, benefit the environment and are good for communities. **FREE.**

#### Technical Guides

*How to Manage the Blue Orchard Bee as an Orchard Pollinator*, 98 pages; 2002. Using this guide from the USDA-ARS Bee Biology and Systematics Laboratory, learn how to improve orchard pollination by rearing the blue orchard bee. \$9.95

*Put Your Ideas to the Test: How to Conduct Research on Your Farm or Ranch*, 12-page bulletin; 1999. Outlines how to conduct research at the farm level, offering practical tips for both crop and livestock producers. **FREE.**

See additional resources compiled by topic area at [www.sare.org/resguide/topics](http://www.sare.org/resguide/topics)



Photo from the cover of *Resources from the Sustainable Agriculture Network*

AVAILABLE ONLINE: <http://www.sare.org/htdocs/pubs/>

#### ADDITIONAL INFORMATIONAL BULLETINS:

- ◆ Meeting the Diverse Needs of Limited-Resource Producers: An Educator's Guide
- ◆ Diversify Crops to Boost Profits and Stewardship
- ◆ Profitable Dairy Options

#### SAN PUBLICATIONS:

- ◆ 1990 & 1996 Farm Bills
- ◆ Forage and Conservation Planting Guide
- ◆ Intermountain Pasture Database
- ◆ Pinyon Juniper Ecosystem Bibliography

#### NATIONAL SARE REPORTS:

- ◆ SARE 2003 Project Highlights (1.4 mb)
- ◆ SARE 2002 Project Highlights (1.4 mb)
- ◆ SARE 2001 Project Highlights (1.1 mb)
- ◆ SARE 2000 Project Highlights
- ◆ SARE 1999 Project Highlights
- ◆ SARE 1998 Project Highlights
- ◆ SARE 1997 Project Highlights
- ◆ SARE 1996 Project Highlights

## How to Order Sustainable Agriculture Network Publications

Sustainable Agriculture Network Publications are also available in hardcopy through the University of Vermont. Bulk discounts are available as follows:

10-24 copies = 25% off  
25 or more = 50% off

Call (802) 656-0484 or e-mail [sanpubs@uvm.edu](mailto:sanpubs@uvm.edu) for questions about bulk discounts or rush orders. Add \$3.95 s/h for first book and \$0.95 for each additional book. For s/h charges on 10 or more books, please call (802) 656-0484. For each book sent outside of North America, add \$6. To order by credit card, please call 802-656-0484.

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#### Advertising Rates\*:

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|                         | \$8 business card size                       |

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

**Deadline for Spring/Summer Issue:  
Fri. May 21, 2004**

Please contact Jennifer Farley,  
Communications Coordinator  
at 208-883-3462 or  
[jennifer@ruralroots.org](mailto:jennifer@ruralroots.org)

## ATTENTION EASTERN WASHINGTON & NORTH IDAHO PRODUCE GROWERS!

The City of Post Falls is excited to announce the first season of the Post Falls Farmers' Market!



**We are immediately looking for more local produce vendors to accompany a food court and beautifully hand crafted items and gifts!**

The Market will run every Saturday and Sunday at the Post Falls Public Library from 7am until 1:30 pm from May to October.

If you are interested in selling your farm fresh produce, please contact Dave Swanson for an application at 208-777-4041 or 208-457-1133. Response to the market has been outstanding, so please get your application in as soon as possible!

## Board of Directors Question

### Q: What are your top 3 seed or feed sources and why?

#### Gary Angell

Rocky Ridge Ranch  
Reardan, WA

**A:** 1. We tried and like *Irish Eyes-Garden City Seeds* located at POB 307 Thorp, WA 98946. [www.irish-eyes.com](http://www.irish-eyes.com). They have heirloom and organic seed varieties. You should order early.

2. This year we will be trying *Ronnigers Potato Farm- Star Route, Moyie Springs, ID 83645*. They also have a catalog with many interesting heirloom varieties. Check out their web at [www.ronnigers.com](http://www.ronnigers.com).

3. We also encourage gardeners to learn how to save seeds from varieties that do well at their own farm. These may be your best choices. Especially with fast maturing crops such as salad greens like spinach lettuce; etc. When they bolt due to hot weather we just let them mature and later collect them for seed. We spread the plants on a tarp, and then drive over them several times with the tractor to separate the seed from the plant. We follow this with gathering up and discarding the stalks and dry leaves then hand winnowing the seeds and storing them in a dry place till next season.



#### Cathy Weston

Talking Creek Farm  
Hauser, ID

1. The *Cooks Garden* for selection, quality, presentation and mostly the products they offer as well as education, etc.

2. *Johnny's Seeds* for their selection and quality.

3. *Seeds of Change*....I haven't ordered from them but enjoy their catalog.

I also buy from local farmers Jennifer Parent in Kootenai County, Diane Green.... garlic, and other folks offering seed. I also save my own seeds from year to year.

#### Toni Carey

Four Seasons Farm  
Priest River, ID

My favorite seed supplier is *Fedco Seeds* from Waterville, Maine. I have been using them for about five years because: they promote sustainable ag., they don't carry genetically engineered seeds, they grow quite a bit of their own seed and every year more of it is organic, they are a small co-op but an awesome company with great quality seed and prices. I have always been happy with their seeds, BUT you have to like to read, their catalog has small print, a lot of descriptions and NO color pictures. They also have great varieties for our cold climate.

My favorite feed company is *Half Moon Feed* from Deer Park, WA which I buy at Mary's Feed in Newport. We use this feed because: it is all natural and milled locally, no animal product proteins only vegetable proteins, soy etc. They work very hard at keeping their customers happy, we have seen their mill and bought bulk from them directly. All of my animals are happy and healthy on their feed.

My favorite supply company is *Peaceful Valley Supply* from California. Their prices for greenhouse plastic and row cover is quite competitive, and they promote sustainable ag and organic growing.

#### Skeeter Lynch

Full Circle Farms  
Princeton, ID

1. *Joe and Sara DeLong's Alfalfa Hay*. I like their hay because they have the best alfalfa I've seen; it's certified organic; and leafy. We use this as a winter feed supplement to the certified organic poultry feed.

2. *In Season Farms Certified Organic Poultry Feeds*: They are consistent and work hard to ensure consistent high quality nutrition in each lot. They also have the cleanest mill I have visited, and are helpful with questions. They have worked very hard at ensuring their feed meets high standards.

#### Margaret Gilman

Cabinet Mountain Market  
Noxon, MT

Below is my favorite choice on secondary seed sources. My primary sources would be the same as Diane's. These secondary sources are provided for unique seed and product needs.

1. *High Country Gardens* 1-800-925-9387, [highcountrygardens.com](http://highcountrygardens.com) "Your waterwise gardening catalog and handbook", High Country Gardens is an excellent source for providing your xeriscaping (water-wise landscaping) needs with regionally appropriate plants. They offer over 280 perennials, shrubs, grasses and pre-planned gardens.

2. *Gardens Alive* "Environmentally responsible products that work," [www.gardensalive.com](http://www.gardensalive.com) This website features a comprehensive pest and disease library, lots of information on starting and maintaining an organic garden, new organic gardening products and is a source for beneficial insects.

3. *Nichols Garden Nursery* This is a Northwest nursery featuring Herbs and Rare Seeds with tips for our area. [www.nicholsgardennursery.com](http://www.nicholsgardennursery.com), Nichols Garden Nursery 1190 Old Salem Road NE Albany, Oregon 97321-4580 Toll Free Orders: 1 (800) 422-3985, Fax: 1 (800) 231-5306

#### Tom Torrano

Organic Matters  
Post Falls, ID

1. For vegetables, *Johnny's Selected Seeds* from Maine. They have a thorough catalog and organic seeds.

2. For cover crops and fully composted chicken manure, I go to the *Seed Specialists* in Hayden. They are helpful and cooperative and provide good answers to my questions.

3. For my trays and pots, I go to *Cascade Seed* in Spokane. They have a good supply and good prices.

#### J.D. Wulforst

Mountain View Gardens  
Moscow, ID

I think finding (or, at least knowing whether you've found) good garden seeds is a hard thing to do when you're eager and getting started. Sometimes the excitement seems to overtake you before you know much about the origins, quality, and capacity of seeds and the company that produces or sells them. It's helpful to get advice from others with more experience on this. I look forward to reading what some of the others recommend, as we haven't found our 'favorite' seed company yet! It's an awesome thing to have organic chicken feed available locally through



Stokeys' or Full Circle Farms. That is an opportunity for our future!

#### Diane Green

Greentree Naturals  
Sandpoint, ID

*Just have two for you!* We save as much of our own seed as possible every year, so when we do make seed purchases, we make every effort to buy non-hybrid varieties so we can save our own. There are some specialty varieties that we simply have no other alternatives than to buy the seed every year.

Being a certified organic farmer, we are required by regulation to make every effort to buy organic seed where available. Needless to say, there is not a lot of organic seed supply out there, so we do the best with what we can. We receive seed catalogs from all over the country every year. I am always looking at the zone and environment that the seeds come from. It makes sense to purchase from similar climates to north Idaho whenever possible. I know that many of the seed companies purchase from small farm seed growers all over the countryside. Still, we look at climates that match ours as

(Continued on Next Page)

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much as possible. With our short growing season, we need to take advantage of every situation that we can to assure a bountiful harvest.

We have purchased seeds primarily from *Johnny's Selected Seeds* for over a decade. They offer a wide variety of organic and untreated seeds, and are certified as an organic handler. I love their catalog, as it gives very specific information for things like how to determine seeds per row or per acre, specific plant culture, diseases of specific plants, how many seeds per packet; all valuable information that goes beyond most seed catalogs. We also have a connection from many years back, we hosted Rob Johnston, owner and founder of *Johnny's Seeds*, at our farm for a weekend conference. After meeting him, it was very obvious that he is dedicated to providing superior vegetable, herb and flower seeds. We were so pleased that he was willing to travel all the way from Maine to chat with us about his seed production! I trust *Johnny's* and really, rarely use any other seed company. Toll free 800-854-2580 or [www.johnnyseeds.com](http://www.johnnyseeds.com)

For seed potatoes, we of course, use our local *Ronnigers Potato Farm* out of Moyie Springs, Idaho. They offer a wide variety of colors, shapes and sizes and have always been scab and disease free for all the years that we have purchased from them. We generally save all of our own potato seed as well, but over time, you always have to start over again with potatoes. *Ronnigers* is also a wonderful resource for cover crop seed. There is excellent information on potato culture, harvesting and saving your own seed. They are a local family farm, and are active in their community. I even have friends that have an organic farm in Missouri that swear by *Ronnigers* potatoes! *Ronnigers Potato Farm*, Star Route, Moyie Springs Idaho 83845 [www.ronnigers.com](http://www.ronnigers.com)



## Sustainable Ag Educators' Manual by UC-Santa Cruz Agroecology Program

SANTA CRUZ - Over the past 35 years, instructors at the University of California, Santa Cruz have taught organic farming and gardening skills to more than a thousand apprentices through the UCSC Farm & Garden Apprenticeship program. *Teaching Organic Farming & Gardening: Resources for Instructors*, draws on that 35 years of experience to offer teaching resources based on many of the skills and concepts taught during the six-month Apprenticeship training program.

Published by the UC Santa Cruz Center for Agroecology and Sustainable Food Systems, the 600-page manual covers practical aspects of organic farming and gardening, applied soil science, and social and environmental issues in agriculture. Units contain lecture outlines for instructors and detailed lecture outlines for students, field and laboratory demonstrations, assessment questions, and annotated resource lists. Although much of the material has been devel-

oped for field or garden demonstrations and skill building, most of the units can also be tailored to a classroom setting.

The training manual is designed for a wide audience of those involved in teaching farming and gardening, including colleges and universities with programs in sustainable agriculture, student farms or gardens, and on-farm education programs; urban agriculture, community garden, and farm training programs; farms with internships or apprenticeships; agriculture extension stations; school gardening programs; organizations such as the Peace Corps, US AID, and other groups that provide international training in food growing and ecological growing methods; and master gardener programs. Mark Van Horn, director of UC Davis's Student Farm, says "This is an excellent resource for us because of its content, organization and flexibility. The staff instructors who developed this manual have tremendous

knowledge of not only the subject matter, but also how to teach it to students and interns."

*Teaching Organic Gardening and Farming: Resources for Instructors* is designed to be placed in a 2-inch, 3-ring binder so that sections can be easily removed and copied for class use. It is available from the Center for Agroecology & Sustainable Food Systems for \$45.00. Price includes tax, shipping, and handling; binder not included.

To order, send a check made payable to UC Regents to: CASFS, 1156 High St., Santa Cruz, CA 95064, attn: Teaching Manual. Please include your mailing address. It will be also be available in PDF format at <http://zzyx.ucsc.edu/casfs>. For more information contact, Albie Felix Miles, Curriculum Coordinator, UCSC Center for Agroecology and Sustainable Food Systems, 1156 High Street, Santa Cruz, Ca 95064, 831-459-4661, [albie@sasquatch.com](mailto:albie@sasquatch.com)



## Two Little Piggies Went to Market, but the Wealth from One Stayed Home

**A PERSPECTIVE BY RHOD MCINTOSH, MCINTOSH ANGUS RANCH & RURAL ROOTS MEMBER**

Penny the pig was born on a farm in Whitman County. She was fed grain from Whitman County and raised baby pigs that were fed locally grown products. These little pigs were sold to people in a far off place and brought wealth from a far off place back into the local economy. When Penny's productive days are over, she will be harvested by a local processor and made into sausage by a group of local friends whom are using locally grown seasonings and locally purchased materials.

Penny's farmer buys from local stores, feeds locally grown grain to his pigs, and processes his pigs locally. After the costs of processing Penny are added up, they see that it will cost them about \$1.50 per pound. These local friends have saved \$360.00 to put back into the local economy. Penny has put a total of \$5940.00 dollars into the local

economy. This money will pay local merchants, cities, schools, jobs for our children, and the quality of life we enjoy in Whitman County.

In contrast, there is another pig named Stinky. She is raised in a 20,000 head virtual integrated factory that buys only the cheapest supplies and feed from other factories, instead of local merchants and farmers. They are willing to feed unbelievable stuff just to make a dollar. They have so many pigs that they have to feed a maintenance level of antibiotics and have a 10 mile radius of a "no smell zone," which will never reach the main office in some far off place.

Unlike Penny, Stinky does not put all of her wealth back into the local economy. Most of her wealth goes to that far off place. Now, for instance, when the local FFA, Choir, AAU team, Band, or Problem Solvers need help, they have to go to local merchants because they can not find that far off place.

Stinky puts the very least amount of money back into the local economy because the people in the far off place like lots of money for themselves and their stockholders. They do not care about our merchants, schools, or cities. Now our children have to move to that far off place to find jobs.

The next time you have a chance to buy local produce such as eggs, pork, beef and vegetables, remember that the wealth will stay in your community. If you buy from the "big guys" who believe that their money is better spent on lobbyists, then your money will not stay in your community.

In addition, help your community by allowing a 4Her to have a garden or a few chickens in a spare little corner. Be a winner and let them. It's good for all of us. Lastly, please look into Country of origin labeling (COOL), and call your Legislator about your concerns! WE ALL HAVE A CHANCE TO MAKE A DIFFERENCE!



## Specialty Foods Workshop on March 29 Focuses on Value-Added Opportunities for Growers and Entrepreneurs

CONTACT: MALCOLM DELL  
(208) 476-3858  
[giftmarketing@idaho.net](mailto:giftmarketing@idaho.net)

Is there a food business inside you?

*How to Start and GROW a Specialty Food (or Confection) Business* is the topic of a one-day workshop set for Monday, March 29, in Moscow, Idaho, designed to help develop value-added agriculture and expand small business opportunities for rural and small-town residents.

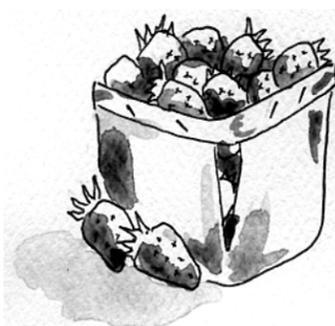
As a result of participation, farmers, livestock producers, gourmet food and confection makers, technical assistance and economic development professionals, home-based entrepreneurs, and others who love food or working in the kitchen will understand all the basics on how to open and expand a value-added gourmet food business.

Topics include food safety and labeling, commercialization, processing and logistics, packaging, resources and business planning,

wholesale and direct marketing, business models, management tools, and new opportunities in organic foods. Panels presentations will include existing specialty food business owners, gourmet food sales representatives, and buyers representing gift, grocery, and food service industries.

The workshop is scheduled for Monday, March 29, 8:30 AM to 4:45 PM, on the second floor of the federal building (Post Office) in downtown Moscow. The meeting room is located just down the hall from the USDA Natural Resources Conservation Service (NRCS) office.

Cost is \$39 per person, or \$59 for couples or business partners. Fees include lunch and handouts, and credit cards are accepted.



"Many successful businesses in this field started with a favorite family recipe, running across an untapped opportunity, or a love to tinker in the kitchen," according to Malcolm Dell, co-owner of Tastes of Idaho, an Orofino-based retail and wholesale specialty food op-

eration.

eration.

He added that individuals often start this type of business with many different financial goals, including supplemental farm income, vertical integration of agricultural enterprises, the creation of a home or family business, or a larger venture, with the potential to create many jobs.

Examples of successful existing specialty food and confection products in the Inland Northwest include: wild berry syrups, huckleberry jams, salad greens, sausages, barbeque sauces, potato pancake mixes, trout and elk jerky, lentil and potato soup mixes, fudge, chocolate bars, mustards, lollipops, spice mixes, cakes baked in the jar, salsas, salad dressings, smoked sturgeon and salmon, and much more.

The Moscow gourmet foods workshop is sponsored by Tastes of Idaho, Idaho State Department of Agriculture, University of Idaho Cooperative Extension System, Rural Roots, Clearwater Economic Development Association, Idaho Small Business Development Centers, Gift Marketing

Institute, and Clearwater Resource Conservation & Development Council.

Confirmed speakers at press time include:

Alan Bennett, US Food & Drug Administration; Marilyn Lysohir, Cowgirl Chocolates; Malcolm Dell, Idaho Redneck Gourmet Gifts; Mandi Thompson, Idaho State Department of Agriculture; Margaret Misner, Idaho State Department of Agriculture; Sandra McCurdy, UI Extension; Sandy Dell, Lewis Clark Gifts & Souvenirs; Nancy Becker, Latah County Health District; Colette DePhelps Brown, Rural Roots; Jill Thomas-Jorgenson, Idaho Small Business Development Center

For more information, or to register, contact Malcolm Dell at (208) 827-0077 or toll-free (888) 408-7915, or email, [giftmarketing@idaho.net](mailto:giftmarketing@idaho.net)

Nearly identical workshops are slated for Pocatello and Boise, on March 26 and 27, respectively. Workshops last year were held in Lewiston, Coeur d'Alene, Boise, Twin Falls, and Idaho Falls.



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Full Circle Farms 208.875.0857

### Word from the Executive Director

(Continued from page 2)  
pect each of these three tours to be quite popular, so sign-up early to ensure yourself a spot. Jennifer, our Communications Coordinator, will be glad to give you more details, 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

For those interested in extended study on an Inland Northwest Farm, four of Rural Roots member farms are ready to offer apprenticeships as part of the Cultivating Success pro-

gram - Moffett's Organics, Colton, WA; Parent's Pastures, Hayden, ID; Greentree Naturals, Inc., Sandpoint, ID and Riley Creek Blueberry Farm, Laclede, ID. More information on each of these farms and how to receive an apprenticeship application can be found on page 8.

Whatever your food and farming passion and pursuit this spring, the Rural Roots Staff are here to help! Let us know if we can! 208-883-3462.



**KOOTENAI COUNTY FARMERS' MARKET**

We are looking for farmers in Northeastern Washington and North Idaho wishing to sell the following:

- All kinds of tree fruits
- Blueberries
- Asparagus
- Melons
- Sprouts

Crops must be sold by the producers, be of good quality, and free from disease and pests.

Market Season: Mid-May - October  
Saturdays 8am-1pm & Wednesdays 4pm-6pm  
Located at corner of Hwy 95 & Prairie Ave., Hayden, Idaho

**Interested?**  
Call Barb Arnold, Market Manager at 208-772-6608





## Digging Deeper: Sustainable Ag Resources & Announcements



### New Washington Sustainable Food & Farming Network Website!

WSFFN is very happy to announce the launch of the first phase of our Web site! Check it out-- Their web address is:  
[www.wsffn.org](http://www.wsffn.org).

The primary goal of the Website is to provide visitors with comprehensive information about the advocacy initiatives and programs in which the Network engages. They also offer useful and organized links for all different types of Website visitors: members, staff, volunteers, media researching the Network, likeminded folks around the US interested in the Network's efforts and organization and, of course, concerned citizens looking for information on local sustainability efforts.

### "CSA Across the Nation"

This publication provides the first comprehensive portrait of the CSA movement in the US. Findings from a 1999 national "census" survey show commonalities and diversity among CSA farms. The study includes fascinating data, analysis, reflections, and suggestions for future research.

This study was co-produced by the Center for Integrated Agricultural Systems (U. Wisconsin), The Department of Resource Economics (U. Massachusetts), the Northeast Sustainable Agriculture Working Group and the Robyn Van En Center for CSA Resources (Wilson College, PA), with partial support from the Northeast SARE Program.

This publication is available on-line at:  
<http://www.wisc.edu/cias/pubs/csaacross.pdf>

For further information, contact Kathy Ruhf, NESAWG Coordinator at [nesawg@smallfarm.org](mailto:nesawg@smallfarm.org).

**FYI:**

In January 2004, the Washington State Senate Agriculture Committee unanimously passed SENATE BILL 6214 for an expanded **farmers' market nutrition program**. It now moves on to the Ways & Means Committee. Many are coming to see this as an opportunity to put healthful fruits and vegetables on the tables of nutritious at-risk mothers and children, to enhance the marketing of local family farmers, and to secure a more viable future for community-building farmers' markets.

For information about the farmers' market nutrition program, email Steve Smoot of the Spokane Farmers' Market at [steveshome@juno.com](mailto:steveshome@juno.com)

**FOR THOSE INTERESTED IN  
PASTURED POULTRY!**

### Newsletter Devoted to Sustainable Pastured Poultry

Check out this newsletter through American Pastured Poultry Producers Association! Grit! Contains up to date information on current happenings in the pastured poultry industry. Contact: APPPA Grit Newsletter, P.O. Box 1024, Chippewa Falls, WI 54729. (715) 667-5501, [grit@apppa.org](mailto:grit@apppa.org). Read more about it online at <http://www.apppa.org/APPPA/Grit2!.htm>

### New Poultry Website

Online at [www.sustainablepoultry.ncat.org](http://www.sustainablepoultry.ncat.org)  
Site includes topics like: production, processing, marketing, entrepreneurship, projects, image collection and links.

### Join a Poultry Organization!

Idaho Pastured Poultry Association  
([www.idahoorganicalliance.com/poultry](http://www.idahoorganicalliance.com/poultry)) or  
National Pastured Poultry Association (<http://www.apppa.org/>)

### New Book for Grass Fed

"Patsure Perfect" \$14.95. Jo Robinson's new book. Read about it online at [www.eatwild.org](http://www.eatwild.org)

### New Book for Organic Poultry

"Remedies for Health Problems of the Organic Laying Flock, A compendium and Workbook of Management, Nutritional, Herbal and Homeopathic Remedies" To order email, [karma@kingbirdfarm.com](mailto:karma@kingbirdfarm.com) or call (607) 657-2860.

### The Poultry Health Handbook

Book: Updated 4th Edition. To order call (814) 865-6713.

## SUSTAINABLE AG FUNDING OPPORTUNITIIES Community Food Projects Competitive Grants Program

Online at: [http://www.reeusda.gov/1700/Funding/04/04RFA\\_Community\\_Food.htm](http://www.reeusda.gov/1700/Funding/04/04RFA_Community_Food.htm)

The Cooperative State Research, Education, and Extension Service (CSREES) requests applications for the Community Food Projects Competitive Grants Program for fiscal year 2004. This request for applications provides information for applications (A) to support the development of Community Food Projects with a one-time infusion of Federal dollars to make such projects self-sustaining, and (B) for projects that provide Training and Technical Assistance on a nationwide or regional basis to entities interested in developing Community Food Projects. As part of CSREES' implementation of eGrants, CSREES is requesting the submission of applications through Grants.gov. There are several one-time actions a potential applicant must complete in order to submit an application through Grants.gov (e.g., obtain a Dun and Bradstreet Data Universal Numbering System (DUNS) number, register with the Central Contract Registry (CCR), register with Operational Research Consultants (ORC) and Grants.gov). Potential applicants should allow an ample amount of time to complete these requirements. **Applications for funding must be received by close of business on April 14, 2004.**





## Inland Northwest Food and Farming Calendar



**Mon. March 29. Specialty Foods Workshop Focuses on Value-Added Opportunities for Growers and Entrepreneurs.** 8:30am-5pm. Moscow Federal Building (Old Post Office), Moscow, ID. "How to Start and Grow a Specialty Food (or Confection) Business" is the topic of this workshop designed to help develop value-added agriculture and expand small business opportunities for rural and small-town residents. Topics include food safety and labeling, commercialization, processing and logistics, packaging, resources and business planning, wholesale and direct marketing, business models, management tools, and new opportunities in organic foods. Cost is \$39 per person (\$19 students with I.D.), or \$59 for couples or business partners. Fees include lunch and handouts, and credit cards are accepted. Fee is \$10 more at the door. Contact Malcolm Dell 208-827-0077 or [giftmarketing@idaho.net](mailto:giftmarketing@idaho.net).

**Sat. April 3. Learn to Build & Design Hoophouses Workshop.** 10am-3pm or earlier, Theresa's Garden, 3166 Hwy 8 East (2nd driveway after cemetery), Moscow, ID. Participants will learn how to construct a season-extending hoophouse, and will receive plans to build their own. Local grower Russell Poe of Affinity Farms will be directing the installation. Some beverages will be provided, but bring a water bottle, lunch, and rain gear! Parking is limited, bike or carpool if possible. Rural Roots Members \$5, Students \$6, General Public \$8, UI Soil Stewards Members free. RSVP by Thursday April 1. Contact Jennifer Farley 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

**Wed. April 7. Forum on Bio-diesel.** 7pm, snacks served at 6:30pm. Palouse Science Center Discovery Center, Pullman, WA. Sponsored by PCEI, the Palouse Discovery Science Center, and the Moscow Food Co-op.

**Fri. April 9. Malthus, Mendel, and Monsanto: Intellectual Property and the Law and Politics of the Global Food Supply.** 8:30 a.m.-5 p.m. University of Oregon, Eugene, OR. The Farmer Cooperative Genome Project (FCGP) is partnering with the OU School of Law's Wayne Morse Center for Law and Politics to produce a seminal conference and host its Annual Meeting. We will feature the canola grower contaminated and sued by Monsanto corporation, Percy Schmeiser, who is currently having his day in the Canadian Supreme Court. Legal scholars in traditional knowledge and the public domain will come together with international activists, rural sociologists, public plant breeders and the former head of US plant conservation banks to discuss how granting patents to sexually propagated plants imposes strict liability infringement on those contaminated by patented pollen. Open to the public. Contact: The Farmer Cooperative Genome Project (FCGP) & the OU School of Law's Wayne Morse Center for Law and Politics, J.J. Haapala (541) 521-7433 or [jhaap@tilth.org](mailto:jhaap@tilth.org).

**Sun. April 18. Compost Workshop. 1pm-3pm.** Rural Roots Office, 813 Mabelle Street, Moscow, ID. Learn how to turn your kitchen and garden waste into black gold using hot or cold composting methods. Or, let worms do it for you! Taught by Rural Roots' member and Cultivating Success Coordinator, Theresa Beaver. Bring your own raingear, water bottle and snacks. Refreshments will be provided. Rural Roots Members \$5, Students \$6, General Public \$8. RSVP by Thursday, April 15. Contact Jennifer Farley 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

**Every other Monday, May 24-July 19. Greentree Naturals, Inc. 2004 On-farm Workshop Series.** 2003 Rapid Lightning Rd., Sandpoint, ID 83864. Planning the Garden, Fertilizing Organically, Natural Weed Control, Pest Management, Harvesting the Bounty, & Seed Saving. More details on pg. 4. Contact Diane Green at (208)263-8957 or [greentree@coldreams.com](mailto:greentree@coldreams.com).

**Thurs-Sun. May 20-23. 2nd Annual BALLE Conference.** Philadelphia, PA. We invite you to join us at our second annual BALLE Conference. With dynamic, renowned speakers, great local food, and attendees who are working on these issues in their own communities, it is sure to be inspirational! The Business Alliance for Local Living Economies ([www.livingeconomies.org](http://www.livingeconomies.org)) works to leverage the economic power inherent in local communities by creating, strengthening and connecting local business networks dedicated to building strong Local Living Economies. Today BALLE is an alliance of 20 local business networks sharing ideas to revitalize their local economies. Early bird registration now at: [www.LivingEconomies.org](http://www.LivingEconomies.org). For more information about BALLE or to order a \$20 information kit, contact Cathy Lehman at [Cathy@LivingEconomies.org](mailto:Cathy@LivingEconomies.org), or 360.647.6902

**Sat. June 12. Rocky Ridge Ranch Farm Tour.** Reardan, WA. 2pm-6pm, BBQ dinner 6pm-8pm. Bring yourself, family, and friends as we enjoy a tour and on-farm barbeque at this small diversified family ranch 30 miles west of Spokane, Washington. Gary and So Angell supply custom meat, free range poultry, garden-fresh produce, and gourmet garlic for direct sale. Visitors will be able to see managed pasture of grazing animals for weed control and pasture finishing of beef for "beef salad bar". See their produce garden with the use of homemade greenhouses and tunnels. Carpool from the Rural Roots office in Moscow, Idaho or meet directly at their farm. Prices TBA- discount for Rural Roots members. For questions and to sign-up for the tour, please contact Jennifer Farley at 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

**Sun. July 18. Farm Tour at Four Seasons Farm. Save the date!** Priest River, ID. Join us as we tour this small diversified family farm in North Idaho. Ron and Toni sell USDA custom pork, flower and veggies starts, fresh farm eggs, cut flowers, fruits and vegetables, and seasonal crafts. Their mission is to produce the best quality, chemical free farm based products during all four seasons, while maintaining a family farm environment. More details about the tour coming soon in the next issue of *Bringing Home the Harvest*. Contact Jennifer Farley at 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

**Sat. July 31. Farm Tour at Ronniger's Potato Farm. Save the date!** Join us as we tour this small, family-operated organic seed potato and vegetable farm in Northeastern Idaho. Read details about the farm beginning on page 1 of this newsletter. Tour details will be coming soon in the next newsletter of *Bringing Home the Harvest* and on our website at [www.ruralroots.org](http://www.ruralroots.org). Contact Jennifer Farley, 208-883-3462 or [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org).

## 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!

Billey & Retta Anderson, RTR Angus Farm, Clark Fork, ID  
 Steve & Julie Anderson, Turner Creek Landscape, Harrison, ID  
 Gary & So Angell, Rocky Ridge Ranch, Reardan, WA  
 Barbara Arnold, Nothing But Herbs, Hayden, ID  
 Tona Backman-Stilwill & Clarence Stilwill, Fair Mountain Farm, Fairfield, ID  
 Cathy F. Bean, Spokane, WA  
 Theresa Beaver, Theresa's Garden, Moscow, ID  
 alicia Best, Sandpoint, ID  
 Ron & Tonie Carey, Four Seasons Farm, Priest River, ID  
 Mikki Clark, Almost Eden, Sandpoint, ID  
 Cathy Cochran, Colfax, WA  
 Judith Cullinane, Ellensburg, WA  
 Sara & Joe DeLong, SaraJoe's Organic Products, St. John, WA  
 Margaret Demoss, Hayden, ID  
 Liz DeNiro, Mead, WA  
 Colette DePhelps Brown, Moscow, ID  
 Jennifer Farley, Troy, ID  
 Emily Faulkner, Sandpoint, ID  
 Mimi Feuling & Rob Fredericks, Full Moon Farm, Hayden, ID  
 Brenda & Thomas Fletcher, Pack River Organics, Sandpoint, ID  
 Jim & Meryl Flocchini, Two Ravens Herbals, LLC., Kooskia, ID  
 Mary Jane Fluegel, Colfax, WA  
 Lahde Forbes, Moscow, ID  
 Criss & Paul Fosselman, Sandpoint, ID  
 Mary Giddings, Happy Hens, Potlatch, ID  
 Margaret Gilman, Cabinet Mountain Market, Noxon, MT  
 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 & Harmony Hammons, Worley, ID  
 Susan Hoaglund, Clarkfork, ID  
 Sora Huff, Paradise Valley Organics, Bonners Ferry, ID  
 Tom and Cheryl Kammerzell, Maple K Farms, Colfax, WA  
 Becky Kemery & Philip Freddolino, Dancing Goat Farm, Cocolalla, ID  
 Elise Kern, Kern-head Garden, Moscow, ID  
 Mary & Darold Kiele, Kiele's Collectables and Homegrown Produce, Lewiston, ID  
 Kelly Kingsland & Russell Poe, Moscow, ID  
 Gary & Katherine Lauber, Two Hearts Farm, Rice WA  
 Chip & Lynn Lawrence, The Selkirk Ranch, Sandpoint, ID  
 Melissa Lines, Sky Lines Farm, Harvard, ID  
 Stacey Lucker, Moscow, ID  
 Skeeter Lynch & Phil Gage, Full Circle Farms, Princeton, ID  
 Carol Mack, WSU/Pend Oreille County Cooperative Extension, Newport, WA  
 Craig & Sue Madsen, Healing Hooves, LLC Edwall, WA  
 Elena Manion, Bellingham, WA  
 Halley Manion, Everson, WA  
 Margo Kay & Ken Marble, The Spinner's Flock @ Rosebrush Farm, Lenore, ID  
 Owen Marcus, Rising Elk, Sandpoint, ID  
 John & Cathy McBeth, Fairfield, WA  
 Jim & Pat McGinty, Higher Ground Farm, Elk, WA  
 Rhoderick & Barbara McIntosh, McIntosh Ranch, Pullman, WA  
 Lora Lea & Rick Misterly, Quillisascut Cheese Company & Chefs Collaborative, Rice, WA  
 Dr. Denise Moffat & Michael Robison, The Healing Center, Moscow, ID  
 Stacia & David Moffett, Moffett's Organics, Colton, WA  
 Angela & Frederick 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  
 Paul & Susan Puhek, Double P Ranch Produce, Otis Orchards, WA  
 Gary Queen, Rose Lake Elk Ranch, Cataldo, ID  
 Penny Rice & Fern McLeod, Ballyhoo Farm, Troy, ID  
 Maurice Robinette, Lazy R Ranch, Cheney, WA  
 Mary E. Rohlfing, Boise, ID  
 David & Caryl Ronninger, Ronninger's Seeds, Moyie Springs, ID  
 Ron & Elizabeth Schwartz, Flannigan Creek Farm, LLC., Viola, ID  
 Heather & Andrew Scott, Fruit Cellar Roadside Stand, Blanchard, ID  
 Paul Smith & Ellen Scriven, Killarney Farm, Cataldo, ID  
 Pam Secord, Calico Creations, Elk, WA  
 Marsha Semar, Boundary County Farmers' Market, Moyie Springs, ID  
 Rosemary Shoong, Olympic Valley, CA  
 Sarah Skaar, Skaar Ranches, Kendrick, ID  
 Spokane Tilth, Spokane, WA  
 Janet Stevens, Glacier Valley Farm, Hayden, ID  
 Clarence & Tona Stilwill, Fair Mountain Farm, Fairfield, ID  
 Pete G. Stoltz, Rathdrum, ID  
 Daryl Swanstrom, Deary, ID  
 Tom Torrano, Organic Matters, Post Falls, ID  
 Brooke Tseng, Shoreline, WA  
 Stan Urmann, Riley Creek Blueberry Farm, Laclede, ID  
 Pat Vaughn, Moscow Mountain Farm, Moscow, ID  
 Daniell C. Walters, Boise, ID  
 George Webb, Spokane, WA  
 Cathy Weston, Talking Creek, Hauser Lake, ID  
 Cinda Williams, Troy, ID  
 Seth & Huw Williams, Earth Cycle Farm, Edwall, WA  
 J.D. Wulforth and Julia Parker, Mountain View Gardens., Moscow, ID



## RURAL ROOTS' VISION

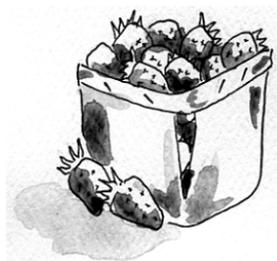
The Inland Northwest food and agricultural system is made up of urban and rural communities that actively support and participate in locally owned and operated food and farm enterprises. These sustainable enterprises contribute to individual and community health, prosperity, and quality of life. Our 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, educators, 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

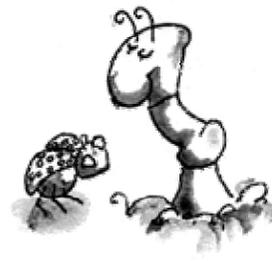
Rural Roots' mission is to create healthy, vibrant, and sustainable community-based food systems in the Inland Northwest. As a regional non-profit organization, Rural Roots works to increase community members' ability to engage in sustainable small acreage production for home and market. We understand 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 Board of Directors



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## Rural Roots Staff



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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 \_\_\_\_\_

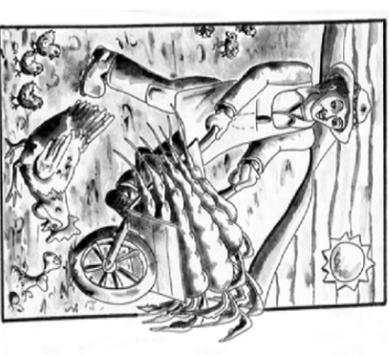
Name \_\_\_\_\_ Title \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_ email \_\_\_\_\_  
 Website \_\_\_\_\_

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

Winter/Spring 2004

Volume 6, Number 1

### IN THIS ISSUE...



Sunflower at Russell Poe & Kelly Kingsland's Affinity Farm, Moscow, ID.  
Photo by Kent Werlin, July 2003.

Growing a Sustainable  
Family Farm at  
Ronniger's Potato Farm  
\*  
Come On Cows!  
\*  
ATTRA & SARE  
Resources  
\*  
On Farm Apprentice &  
Farmer Mentors  
\*  
Two Little Piggies  
Went to Market, but  
the Wealth from One  
Stayed Home  
\*  
Board of Directors  
Top 3 Seed & Feed  
Sources  
\*  
And More!

