



Rural Roots

Bringing Home the Harvest

www.ruralroots.org

Volume 8

Walking & Talking with Wendell Berry

By Ken Hart, Extension Educator, Lewis County, ID



Wendell Berry is popularly known as a modern American prophet, a defender of agrarian ideals, and a conservationist of both nature and culture. From a part of a day spent with him this summer on and around his Kentucky farm, I know him as a gentle, unassuming man with a powerful vision of a future for agriculture in this country. Reading his essays, novels, and poetry demonstrates that his vision for the future of society is just as prevailing.

The National Association of County Agricultural Agents Annual Meeting and Professional Improvement Conference (NACAA AM/PIC) was held in Cincinnati, Ohio, this summer. I received a travel grant from the UI Sustainable Agriculture Program with the understanding that I would participate in the NACAA AM/PIC Sustainable Agriculture Tour. The first stop on the Sustainable Agriculture Tour was the

Wendell Berry Farm, so Gail, my wife, and I signed up immediately. We both have read several of his novels, essays and poems. I particularly enjoy his novels, but also find his essays to be thought-provoking. I did not know if Wendell would speak at his farm but was pleasantly surprised when I found that would be the case.

We arrived at the Berry's Lane Landing Farm at mid-morning. Wendell Berry met the bus and welcomed each of us. We proceeded to walk down a path past gardens and a white barn to the banks of the Kentucky River. Wendell took up a position on the bank and began to speak to us about agriculture. As he spoke his flock of sheep studied us carefully from above the river's edge, knowing we were not a part of everyday farm life.

Wendell Berry has been critical of land-grant universities and extension, particularly regarding relationships with agri-business. So I was a bit nervous about how our group of county agents would be received. However I need not have worried. Mr. Berry was gracious and spoke gently. He talked about the industrialization of agriculture. He describes this industrialization as a system that agriculture has molded itself by, but that is foreign to the best agriculture. Industrialization has been driven by urbanites and sold to farmers as a bill of goods. Wendell sees a future when higher and higher fuel and fertilizer prices will crumble the "corn economy" we have built. He believes that urbanites will also drive this change in agriculture as they continue to understand the food matters.

Mr. Berry was very encouraging to us as extension educators. We need to be a part of this change. So many farmers are gone now and many new farmers will be needed for an agriculture that is structured on local self-sufficiency. Extension will have an important role in education and facilitation, bringing a new generation of farmers together with an almost forgotten model of agriculture, Berry believes. He described the education needed as a two-way community process which university and extension people will need to provide leadership for.

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RURALroots
healthy food healthy communities

Wendell Berry is very much a systems thinker, especially about people and community. People matter and what they do matters because it affects themselves, their neighbors and communities. He said maybe people should send out an email for help to gather cows. Would your online community come to your aid? "Hah!" was his response. It is people and relationships that count.

Next Mr. Berry pointed to his sheep on the hillside and talked about soil, pasture and animal husbandry. He described the history of his farm and flock. Some ewes stay longer than others. The land decides which sheep stay – maybe it is the same for people, he suggested.

Continued on the next page....



The legendary Lane's Landing Farm in Henry County, Kentucky



A Word From the Executive Director

By Colette DePhelps,
Executive Director

Fall is here! I find it amazing how time flies. When I was young, my Mom told me time goes faster when you are older, now I know she is right! The leaves of my walnut tree began turning bright yellow this week and my CSA box is increasingly filled with the bounty of the season – winter squash, potatoes, huge purple beets, splendid leeks, garlic and onions. I also find myself taking deeper breaths and, in a sense, settling into a post-summer routine.

Part of that routine is being in the Rural Roots office after six months of maternity leave. I am simultaneously catching up on what happened in my absence; being awed by what a great job Sara did “taking care of business” while I was away; and working with Sara, the Rural Roots board and other project partners to plan a series of winter workshops (see page 4) and Rural Roots’ annual meeting (for which we have yet to nail down a date and location – we will keep you posted).

We are excited and grateful to

have received funding for the *legal liabilities and market assessment workshops* from the Western Center for Risk Management Education and, with our partners Washington State University and the University of Idaho, funding from the USDA Risk Management Agency to support multiple offerings: *Cultivating Success courses, Sustainable Small Farming and Ranching and Agricultural Entrepreneurship / Business Planning*, in Washington and Idaho (see page 7 or the Cultivating Success website www.cultivatingsuccess.org for details).

Not only will the workshops and courses provide beginning and seasoned farmers with useful information tailored to meet their needs, they’ll provide many opportunities for farmer-to-farmer networking and connecting to local agency and university resources. I hope you consider attending one in your area!

As the nights grow colder and the days shorter, you may be thinking about how you will cope without all that great pro-

duce you have been enjoying over the summer.

I encourage you to check out the *2006 Fresh from the Field* (available on-line at www.ruralroots.org or in print from our office 208-883-3462) and our on-line Find Farm Fresh Food regional directory to stock-up on winter storage crops.

Let me leave you with the directions for what has become one of my favorite “eat local” winter (or spring and summer) treats, Frozen Italian-Prunes...Wash 10-12 fresh Italian prunes. Place whole in a freezer bag or other freezer tight container. Freeze. Take out and thaw slightly (5-10 minutes should do it), place in a bowl, relax, and enjoy.

They are delicious and easy. I recommend freezing a couple of boxes, just in case you and your friends love them as much as I do.



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

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www.ruralroots.org

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

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

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

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\$60 1/2 page

\$35 1/4 page

\$10 business card size

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\$75 full page

\$60 2/3 page

\$45 1/2 page

\$25 1/4 page

\$8 business card size

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

Deadline for Next Issue:

January 5th, 2007

Cover photo:

Brad Jaekel, manager of the WSU Certified Organic Farm, prepares for another week of CSA pickup and sales alongside other local producers at the Moscow Food Coop's Tuesday Growers Market in Moscow, ID. *Photo by Sara Kate Foster.*

Continued from cover...

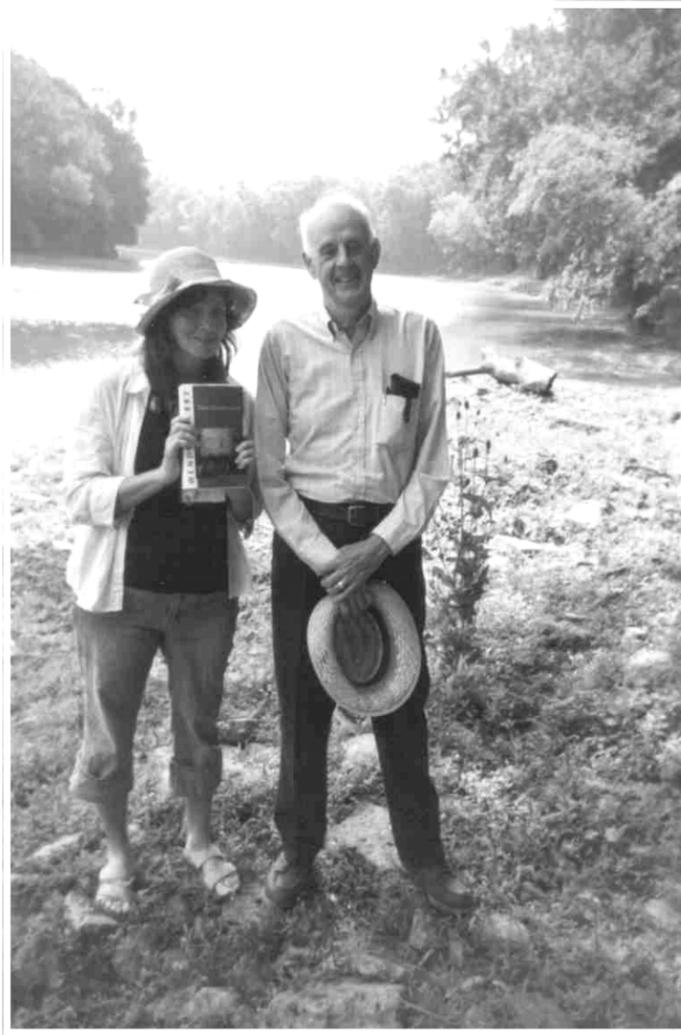
It was time to move on to the next stop. Wendell would accompany us for the rest of the morning and offered that we might ride along with him in his car. Gail and I jumped at the chance and shared pleasant conversation as we drove along in Wendell's modest sedan. Since we are also farm owners, we talked about the future of our farms. Wendell said he never thinks about what will become of his farm after he is gone, something I had a little bit of a hard time believing. I know he hopes his forest-land will go on to a mature, old-growth forest. “If someone doesn't cut it,” he says.

Our next stop was A Place on Earth Farm. This farm is a community-supported agriculture farm providing vegetables and flowers to about 75 shareholders. Two very hard-working young people operate the farm. They think very much of Wendell Berry and his beliefs and try to operate the farm by them. While much was being said about this and with Wendell standing there, he broke in and said, “I need to dig myself out from under these accolades being heaped on me. I didn't teach these folks 10% of what they need to know for this. They have given me hope and faith for the future.” I thought his remark illustrated the type of person he is.

The next stop on the tour was the Smith Berry Winery, owned and operated by Wendell's daughter Merry Berry-Smith and her husband. This farm was originally a dairy but is now focusing on local wines and agri-tourism. There are over one million people within an hour's drive of this farm, so there is great potential. We had a wonderful lunch. After lunch, I was in the farm gift shop with a friend who was considering which Wendell Berry book to buy. I commented that I thought all the novels were great, but that *Jayber Crow* was better than *Hannah Coulter*. Merry Berry-Smith called out from behind the counter with a strong voice that all of her father's books “were equally great”. So there.

We visited a farmer's market and a couple of farms in the afternoon. By then, Wendell Berry had left our tour. At Nelson Farm, Ed Nelson told us that Wendell's son-in-law, Chuck Smith, was a good friend. Chuck had shared (or joked) that Wendell didn't care much for money and had put in his will that after his death his extra money should be thrown into the Kentucky River. Ed Nelson thought that it might be a good idea to buy land downstream!

If you haven't read Wendell Berry, I encourage you to give it a try. His novels are very satisfying in their description of farming days of yesteryear and the relationships of the people on those farms. His essays are challenging and the poetry is appealing even if you don't read too much poetry. If you are interested in agriculture you will enjoy his work. You may or may not agree with all he says, but it will sure get you thinking.



Gail Hart poses with the author.

Strategic Planning for the Future of Rural Roots



By Diane Green, *Organic Farmer/RR Board Member*

At our Board of Directors meeting back in early spring 2006, I was encouraged to volunteer for the task of developing a Strategic Plan for Rural Roots. I appear to be the likely candidate due, in most part, for the fact that I held the position as Chair (Chairman, Chairwoman, Chairperson) of the Board for so many years. Indeed, creating a strategic plan is a task that we have discussed many times over the years, and the time of fruition has come upon us. We, the Board of Directors, are always planning ahead for the year's events and activities. The idea is to chart the longer-term direction and goals for Rural Roots.

Strategic planning is the process of determining what your organization intends to accomplish, and how you will direct the organization and its resources toward accomplishing these goals over the coming months and years. We are hoping to develop a long term, three-to five-year perspective for our organization to create a sort of road map. Another way of defining this process is to say that strategic planning is developing a shared vision of the future, then determining the best way to make the vision occur.

Every year, the Rural Roots Board of Director's join together and review our organization's mission, goals and vision to assure that we are staying on track of who we are. It is vital that we stay clear and focused on a path that supports sustainable

agriculture that will meet the needs of family farms and ranches across the region. We look closely at the programs and services that we offer to assure we are in line with our goals.

Another part of building a strategic plan is that we look closely at the resources needed for us to succeed — people, money, expertise, relationships, facilities, etc. We need to look at how we can best combine these resources, programming and relationships to carry out the mission of Rural Roots.

It is also important to us as a member driven organization, to receive input from our membership to help guide us in creating this road map. In February of 2006 at the Rural Roots Reclaiming our Food and Farms conference in Boise, one of the seminars focused on what we called Action Planning where we broke into groups and brainstormed ideas. By going through a group process, the end result was a list of assorted projects that our membership was interested in developing at some point in the future. Some fantastic ideas came out of this conference that will take a considerable amount of planning to make any of them become a reality.

In order to follow up the great ideas at the conference with planning and action, we will need to narrow down the focus and work on the priorities of our membership. To do this, Rural Roots staff will be sending out a membership survey this winter. The survey will ask what your priorities for Rural Roots are and about how the Rural Roots board and staff can serve you better. Please return this survey as soon as possible so that we can bring your opinions to the full board and use them to determine our future directions.

As a farmer, one of the biggest challenges for us is figuring out what the day's priorities are. We always have a long list of things that need to be done, and depending on the weather and what needs to be harvested, our list is adjusted to meet the main concern of the day. The same thing happens with Rural Roots with the long list of things that have been suggested that we take on as projects. Everything takes staff and volunteer time to make it happen. Developing an official Strategic Plan will help us establish priorities. We will keep you posted as things progress with our road map of the future.

Changing the World One "Ah-ha" at a Time

By Skeeter Lynch, *Organic Farmer and Master of Social Work Candidate*

Last week, my classmates and I were passionately discussing issues of social justice and the reasons for the current system to appear resistant to change. Several graduate students offered reasons for this resistance, "it's the legislative pork", "special interests and insider politics", "changing the system means changing people's consciousness and how do you do that?", "it's hopeless to really make a difference."

I offered my humble opinion and stated, "We change the system by not maintaining it". Then I had the "Ah-ha" moment.

This was a teaching moment, a moment to share my absolute knowledge of Rural Roots, and how we, as individuals, united under one vision, have changed the system of food in our state.

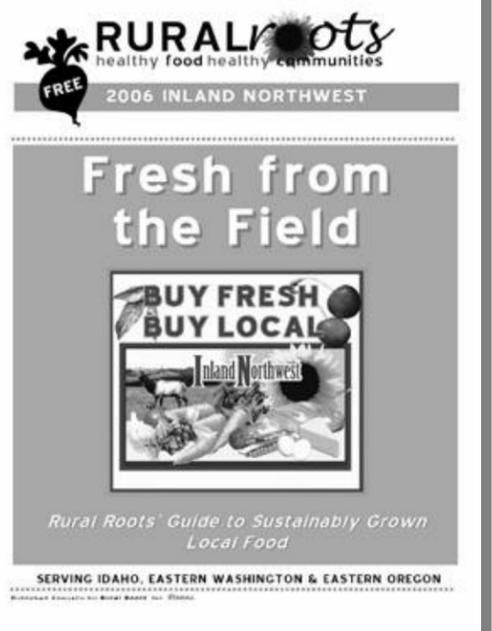
Coincidentally, there were 20 Rural Root Farm Fresh Buying Guides in my tote.

I handed them out to everyone, and enthusiastically began telling the story of the initial visionaries of Rural Roots. I shared with the class how vision and resolutely passionate individuals sparked the journey of changing how we choose to eat, and live in community. Picking up the farm directory, I told them our first pamphlet of farmers was one page, and today they had in their hands living proof of a vision manifesting through individuals, groups and partnering organizations dedicated local food systems.

Well, they were amazed! As social workers, the systems we work with seem overwhelmingly immovable and unchangeable. It is easy for those practicing in child protective services, Medicare and Medicaid systems and assisting elders in nursing homes to see little possibility of significantly impacting a very broken system and can feel hopeless.

I could see my classmates were amazed with what Rural Roots and its members and partners have accomplished. Questions were coming fast about "How did they do this?", "What could we learn from them about changing the systems that impede social justice efforts?" There was hope in that room where none was felt. That was an "Ah Ha" moment for all of us as we continue to recognize the advocacy and community strength in facilitating change.

After class, many students asked, "How do I locate foods that are locally grown?" I happened to have several Buy Fresh, Buy Local Stickers with me and showed them what to look for at the Moscow Food Co-op and other retailers supporting local farmers and ranchers. My social work class had the Rural Roots information in hand, and headed off to their next class with a smile, and a lighter heart. It is amazing how sharing what is possible with others who may not know or see a way, can truly inspire change in any "field"...be it sunflowers, vegetables chickens, mathematicians or social workers.



2006 Buying Guides Highlight 74 Local Farms

This year our annual buying guide, *Fresh from the Field*, lists 74 farm and business listings from every region in the Inland Northwest! This is the broadest, most complete representation of our membership that the public has seen in a Rural Roots' Annual Buying Guide! Thanks to all the members who submitted listings to make this guide possible. In addition, the Rural Roots staff would like to extend our sincere apologies to those who were missed on the first edition of this year's *Fresh from the Field*. A supplement was printed called *More Fresh from the Field* to correct this mistake. This supplement included many of our long-term members and we hope that our efforts to correct the omission were satisfactory.

If you need more copies of the Guide and the 2006 Supplement, please call our office at 208-883-3462 or email me, Sara, at sara@ruralroots.org to request a mailing. If you would like to be in the 2007 *Fresh from the Field*, watch for the 2007 FTF Application in your mailbox, early next spring, or fill out the application in the back of the 2006 *Fresh from the Field*. We will be accepting applications in early spring 2007. Let us know if you have any questions or concerns and thanks for your part in spreading the word about the quality food and farm products here in the Inland Northwest!

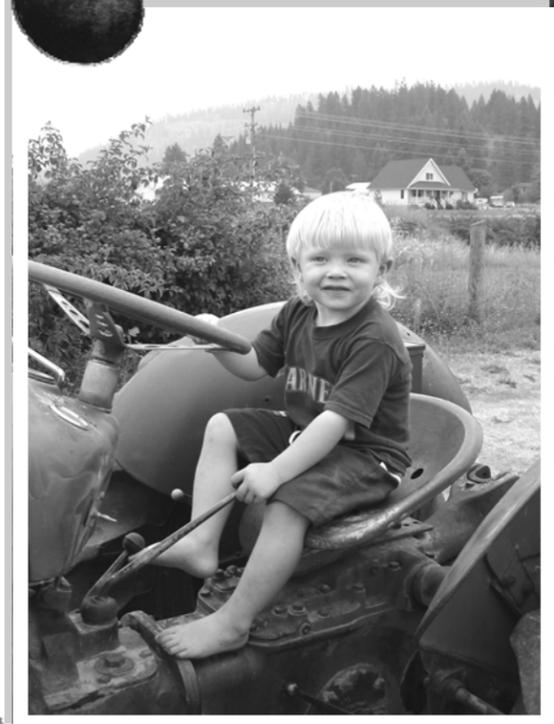


Rural Roots Plans Four Producer Workshops in Early 2007

Farm Liability Workshops

Boise: January 12th or 13th
Moscow: February 9th

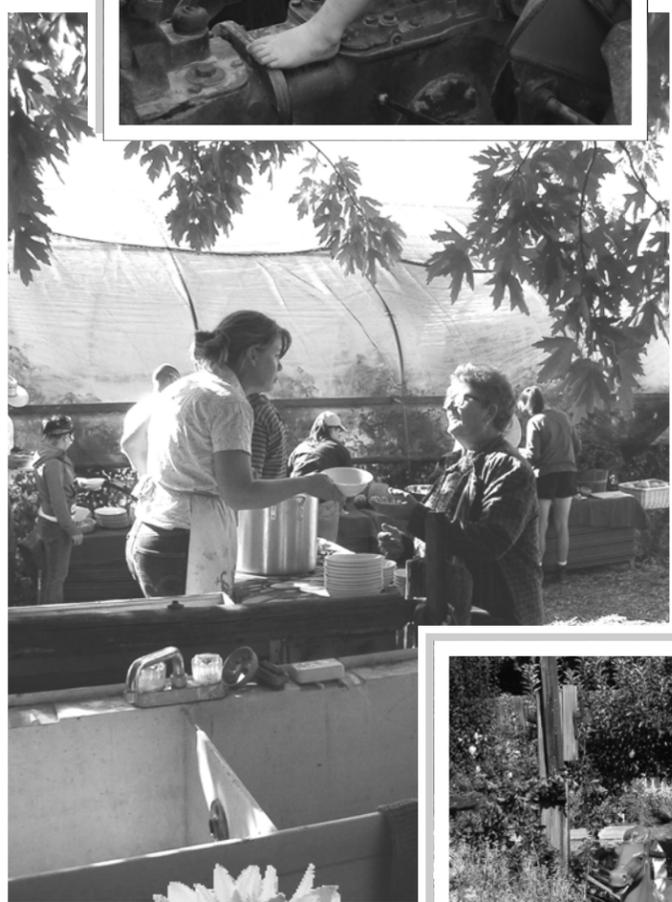
A day-long workshop on managing your farm related liability. This includes education on product and property liability, risks associated with hiring and managing employees, interns and apprentices and related regulations.



Expanding Your Market Options

Post Falls: March 30
Pocatello: March 24

A day-long workshop which will focus on market assessment, business planning and direct marketing skills



The content of these workshops will be participant driven. For more information on how you can register and participate, please contact Rural Roots at 208-883-3462 or online at www.ruralroots.org

New Virtual "Farmers Market" Created Especially for Producers in the Inland Northwest

Producers in the following counties may currently advertise for FREE (producers outside this geographic area may advertise for a nominal charge):

- IDAHO: Counties of Benewah, Clearwater, Idaho, Latah, Lewis, and Nez Perce.
- WASHINGTON: Counties of Whitman, Asotin, Garfield, Columbia
- OREGON: County of Willowa

A Virtual Market

This FREE classified advertisement webpage has been developed by the Clearwater RC&D Council and its partners to promote locally grown, made and marketed products.

This tool is meant to help expand the marketplace for local producers, artisans and entrepreneurs.



Project Partners

Clearwater Economic Development Association

University of Idaho Extension

ID Region 2, Small Business Development Center

Clearwater County Economic Development Council

Western Huckleberry-Bilberry Association



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PO Box 9576
Moscow, ID 83843

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Email: clwtr@moscow.com

All programs and services of the Clearwater RC&D Council, Inc. and cooperating groups and agencies are available on a non-discriminatory basis without regard to race, color, national origin, religion, sex, age, marital




Virtual Farmers Marketplace

Promoting local products via the World Wide Web

Questions, Call Carmen at 208-464-1088

www.inlandnwfarmersmarket.com

FREE Advertising opportunity for:



- Fresh Produce
 - Handmade Crafts
 - Woodcraft
 - Native Plants
 - Specialty Food Products (gourmet, natural & organic food products)
 - Fibers
 - Local Books
 - Locally Manufactured Products
- And, links to
- Other Farmers Markets

in the Inland Northwest

How to place an advertisement

Go To

www.inlandnwfarmersmarket.com

Follow the link to "How to Place an Ad"

Register with us (remember your password)

Choose Product Category

and

Complete each field to let perspective buyers know what product(s) you have and how they can purchase from you.



Who can advertise on the Inland NW Farmers Marketplace?

FREE advertisement is available to any producer of local goods within the

- Idaho Counties of: Benewah, Clearwater, Idaho, Latah, Lewis & Nez Perce;
 - Washington Counties of: Asotin, Columbia, Garfield & Whitman;
 - Willowa County, Oregon; and,
 - Members of the Western Huckleberry-Bilberry Assoc.
- Fee Based advertisement is open to anyone with an appropriate product.



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CULTIVATING SUCCESS

sustainable small farms education



Photo from Mason County, WA 2005 Class Field Trip Sustainable Small Acreage Farming & Ranching Overview Course: Kristen Work-

Cultivating "More and More" Success

By Cinda Williams, UI Sustainable Ag Coordinator & Theresa Beaver, WA State Cultivating Success Program Coordinator

Summer Happenings

Summer's bounty was plentiful for the Cultivating Success Program! Two students were working and learning on farms for college internship credits, Quillisascut Farm School offered an intensive on-farm version of the Sustainable Small Farming and Ranching course and the CS team hosted another instructor workshop in Ellensburg, Washington.

We were able to try something new this summer thanks to funding from the USDA Risk Management Agency! Rick and Lora Lea Mysterly hosted two week-long sessions of the Sustainable Small Farming and Ranching course at their Quillisascut Farm School in Northeast Washington.

This intensive farm-based version of the course helped several families to clarify their farm dreams. One family even ended up purchasing a farm nearby in Rice, Washington after witnessing that farm life can be a reality.

Success stories like these are echoed across the states of Washington and Idaho. Marcy Ostrom, WSU Small Farms Program Director, attended the Quillisascut class with her 11-year old "techie" son. A week later her son, who usually thinks of food coming from the grocery store, said to his mother when they ran out of walnuts, "Mom, we need to plant a walnut tree!" (Priceless!)

Also this summer, Diane Green of Greentree Naturals in Sandpoint and Brad Jaekel, Manager of the WSU Organic Farm in Pullman, provided curriculum-based learning experiences for two University of Idaho student apprentices. Both interns worked and learned many facets of the farm operation and also did a project. Christine Malek developed a Power-Point presentation on Companion Plants and Beneficial Insects for her project at Greentree Naturals. Jessica Wiley helped to design and plant a medicinal herb garden at the WSU organic farm.

Full Steam Ahead for Fall

This fall's Cultivating Success offerings of the Sustainable Small Farming and Ranching courses are off to a great start. We have 8 sites in Washington and 4 sites in Idaho that are offering this course to help farmers and students understand the complexities of sustainable farming systems and learn the process of developing a whole farm management plan.

Idaho Extension Educators, Laura Lamatia and Valdasue Steele, are partnering to offer the course in two locations in Benewah County, Plummer and St. Maries. With the demand for locally produced food, Laura Lama-

tia says "the time is ripe for this class". Though the courses started on September 13th, you can still attend on individual nights for a topic that meets your needs. See the next page for Laura's contact information.

Jessica McAleese and Paula Jones, Three River RC&D, had such success in their first offering of the course in Pocatello last spring that they decided to offer another class this year. One of last year's students, Terri Bergmeier, was so motivated by the class that she continued her market research into the summer by offering a free CSA to three friends. This effort helped her with planning the quantities, space, and varieties that she will need for her expanded CSA next summer.

The current dates for the Pocatello course have not been confirmed, but you can contact Paula and Jessica for all the details (see info next page).

Training the Trainers

Our Annual Cultivating Success Instructor Workshop and Update was held in late May in Ellensburg with 24 in attendance. Some attended because they were planning to teach a course for the first time, others came to see the new Ag Entrepreneurship and Business Planning curriculum, some were members of our advisory committee and several people were there representing our program partners and supporters such as USDA Risk Management Agency, Western Center for Risk Management Education, Washington Small Business Development Center and Heifer International.

Thank you to all who attended and made the experience rewarding with your helpful suggestions and positive comments.

After the workshop we implemented several of the suggestions. The most significant thing was to get all the Instructor and Student curriculum and resource materials for the Sustainable Small Farming and Ranching class on-line at the Cultivating Success web site. We are continuing efforts to get more course curricula on-line in the coming year.

New Team members!

Other great news for the Cultivating Success program: we have two new team members! Amanda Snyder is working half-time as the University of Idaho contact for Cultivating Success.

Ariel Agenbroad (who is no stranger to many of you) will join Cultivating Success in a new capacity as a Rural Roots Program Coordinator for Cultivating Success.

Things just keep changing and growing for Cultivating Success so don't forget to check out the web site to see what's new:

www.cultivatinguccess.org.

Meet Amanda Snyder, the New Idaho Cultivating Success Coordinator

Hello! I am thrilled to be employed as the newest member of the Cultivating Success team. Presently I will be helping out half-time at the University of Idaho campus for Cultivating Success. I am just learning all the little details of my new position, but the more I learn, the more I love working and meeting all the people who are involved. Fortunately every one has been so patient and kind!



When I am not working with Cinda and Ariel at Cultivating Success, I spend the other half-of-my time as a researcher at Washington State University. Presently, I am working as an Associate Researcher in the ecological weed management laboratory. Our research has been to evaluate the process of transitioning from conventional to organic dryland grain production. My educational background is in entomology, biological control of pest insects, and urban horticulture and forestry. In addition to our organic transition study, I have been evaluating native Palouse Prairie plantings on non-crop areas of the farm to provide habitat for a beneficial insect community.

I look forward to working with and meeting all of you who are involved in this beautiful process of developing sustainable agriculture in the Inland Northwest.

Room to Grow: A Familiar Face Steps into New Role with Cultivating Success & Rural Roots



In the field at the UI Student Organic

You may have known me first as Ariel Spaeth, when I joined Cinda Williams and Theresa Beaver at the University of Idaho in 2003. Interestingly, it was a copy of *Bringing Home the Harvest*, picked up at a local antiques store during my first weeks as a transfer student from Boise, that led me to their office doors.

I hounded them for weeks until they promised me a job helping out at the office. I immediately began putting my experience in graphic design and publishing to work, building a "look" for the Cultivating Success program, helping to produce a yearly *Small Farm News and Views*,

working on handbooks for Cinda's Small Acreage Farming and Ranching Overview (SSAFRO) Course and updating the Sustainable Agriculture and Small Farms websites.

My major at that time was Agriculture and Extension Education with a minor in Horticulture, and so I participated in Cultivating Success as a student as well, completing SSAFRO and Cathy Perillo's WSU Field Analysis of Sustainable Food Systems course. I met several Rural Roots members while on tour at their farms! I also got to know Colette DePhelps and Jennifer Farley at Rural Roots and helped out whenever I could, mostly with the Northwest Direct Marketing Farmer Case Studies.

I graduated with my teaching certificate in May of 2005, but didn't quite feel ready to leave the Palouse or the University of Idaho. I enrolled in graduate school at the UI, got married to a former farmboy from Mountain Home, and changed my name to Ariel Agenbroad (some of you may know my dear husband, Jim Agenbroad, kitchen manager at the Moscow Food Co-op and my biggest supporter).

I then set to work redesigning the Cultivating Success Website to try to better address the needs of the students and management team, assisted Cinda with her courses whenever I could, and was given the honor of creating Rural Root's new logo.

I'm calling my graduate project *Direct Market Production Planning for New Organic Farmers*, and it revolves around the 1/4 acre Soil Stewards Organic Farm on the UI campus. This past year I hatched a production plan and worked with student volunteers to successfully grow for and fill a 12 week Community Supported Agriculture Program with 28 shares. My end project (to be completed in December) will be a production and operations guidebook for future student-driven work on the UI farm and to hopefully serve as a reference for other new farmers. The entire Cultivating Success team has been invaluable in providing me with a job, guidance, endless resources and, at times, even a hand in the field! I couldn't have done any of it without them.

Now I'm set to graduate (again) in January and while we miss our friends and family in Boise, we don't feel quite ready to leave the Palouse or the University of Idaho (again). I am thrilled to have been offered and accepted the position as a program coordinator with Rural Roots with a focus on Cultivating Success. I will be diving into the program evaluation process and working with survey results to create more and better opportunities for on-farm learning experiences, on and off campus, for students and experienced farmers. I still hope to work part time on campus as well, growing the University farm into a model site for experiential education.

In whatever projects come my way, I hope to build on the relationships I've formed over the past three years and play a bigger part in bringing quality educational opportunities, resources and programming to our audiences across the Inland Northwest. Jim and I look forward to staying in this wonderful community. Thank you!

Cultivating Success Program Partners



University of Idaho
Extension



Program Sponsors



Cultivating Success courses are available at locations throughout Idaho and Washington State. Courses are open to academic students, farmers and community members, for academic credit or Community Education Units. Courses in the Cultivating Success Program may be taken individually or in a series for *Certificates of Completion or Proficiency*. Courses are also offered each spring. Contact the instructor in your area to find out what options are open to you. For the most current course listings, contact information or for details about the Cultivating Success program & certificates, please visit www.cultivatingsuccess.org

Cultivating Success Fall 2006: Sustainable Small Acreage Farming & Ranching Overview Course		
Location (County)	Instructor/Contact Information	Dates, Times, Fees
Pocatello, ID (Bannock County) Bannock County Extension Pocatello, Idaho	Paula Jones (208) 237-4628 Paula.Jones@id.usda.gov Jessica McAleese (208) 478-2767 mcaleese39@hotmail.com	January 2007 Date/Time TBA
Mount Vernon, WA (Skagit County) The Olson House WSU-Mount Vernon Northwestern Washington REC 16408 State Route 536 Mount Vernon, WA 98273-4768	Don McMoran donaldm@co.skagit.wa.us WSU Skagit County Extension 306 S 1 st Street, Mount Vernon, WA 98273 (360) 428-4270, ext 225 web: http://skagit.wsu.edu/	Tuesday nights, 6pm-9pm Oct 3rd-Dec 19th Field trips on Oct 28th and Nov 4th.
Plummer, ID (Benewah Co.)* Location TBA *This is a 9 week short course in Small Acreage Farming/Market Gardening	Laura Laumatia laural@uidaho.edu 208-686-1716	Wednesdays beginning September 13- November 15 from 2:30 to 5:30 pm \$50 individual \$75 Couple
St. Maries, ID (Benewah Co.)* Benewah County Extension 701 College Ave. St. Maries, ID 83861* *This is a 9 week short course in Small Acreage Farming/Market Gardening	Valdasue Steele vsteele@uidaho.edu 208-245-2422	Wednesdays beginning September 13- November 15 from 6:00 to 8:30 pm \$50 individual \$75 Couple Includes notebook, handouts, and light refreshments
Bremerton, WA Area (Kitsap County) Location TBA	Arno Bergstrom awbergstrom@wsu.edu 360-337-7225	Wednesdays 6:30-9:00 pm Sept. 13-Nov. 29, 2006
Port Hadlock, WA (Jefferson County) 201 W. Patison Port Hadlock, WA 98339	Theresa Beaver tbeaver@wsu.edu 360-379-5610 ext. 230	Wednesdays 6:00 - 9:00 pm Sept. 13-Dec. 6th, 2006
Shelton, WA (Mason County) SE 1051 State Route 3, Suite G Shelton, WA 98584 http://mason.wsu.edu/farms www.masoncd.org	Kirsten C. Workman kworkman@wsu.edu WSU Mason County Extension In Partnership with Mason Conservation District SE 1051 Hwy 3, Suite G Shelton, WA 98584 (360) 427-9436	Thursdays 6:00 - 9:00 pm Sept. 21st - Dec. 21st, 2006
Everett, WA (Snohomish County) University Center at Everett Station, Room 210 3201 Smith Ave Everett, WA 98201	Mike Hackett hackett@wsu.edu (425) 357-6017	Sept. 20 th – Dec 20 th 2006 6:30- 9:00 pm plus 3 Saturday field trips \$250
Lynden, WA (Whatcom County) Lynden Library	Colleen Burrows cburrows@wsu.edu	Wednesday evenings from 6-9PM from Sep- tember 27 to December 13, 2006 plus 2
Pasco, WA Franklin County Extension 404 W Clark in Pasco	Instructor: Kathy Lomax Contact: Vickie Contini at 509-545-3511 or vcontini@wsu.edu	Tuesday evenings, 5:30 – 8:30 pm September 12 - December 12, 2006. Fee is \$150
Renton, WA (King County) 919 SW Grady Way, S. 120 Renton, WA 98055	Todd Murray todd.murray@metrokc.gov 206-205-3121 800-325-6165	Sept. 5 th – Dec. 12 th Tuesdays, 6-9 pm \$150
Moscow, ID (Latah County) Pullman, WA (Whitman County) University of Idaho Campus	Cinda Williams cindaw@uidaho.edu (208) 885-7499	Aug 21 – Dec 15 2006 Mondays, 5:30 – 6:30 pm Two out-of-class field trips
Rice, WA (Stevens County) Quillisascut Farm School 2409 Pleasant Valley Road Rice, WA 99167	Introduction to Sustainable Small Acreage Farming Rick and Lora Lea Misterly, rmisterly@ultraplix.com (509) 738-2011 www.quillisascutcheese.com	Sessions on May 18th-21 st and August 7- 11, 2006 Tuition: \$495 per person, includ- ing room and board limited financial assis- tance available

Cultivating Success On-Farm Apprenticeships		
County/Location	Farmer Mentor	Dates, Times, Fees
Riley Creek Blueberry Farm Laclede ID	Stan Urman urman@imbris.com	To be arranged
Greentree Naturals Sandpoint ID	Diane Green greentree@coldreams.com www.greentreenaturals.com	To be arranged
Skylines Farm Sheep & Wool Harvard ID	Melissa Lines melissa@skylinesfarm.com www.skylinesfarm.com	To be arranged
Moffat's Organics Colfax WA	Stacia & David Moffett smoffett@wsu.edu	To be arranged
Maple K Farm Colton WA	Tom Kammerzell maplek@pionnetwb.com www.maplehighlands.com	To be arranged

The Joys of Being a CSA Shareholder

By Sara Kate Foster,
Rural Roots Program Coordinator

I've made some new friends this summer... Kale, kohlrabi, chard, and even mustard greens! Summer is for spending time with friends and exploring new adventures and that's just what I've done this summer with the help of my CSA. CSA stands for community supported agriculture. The community supports the farmer by paying at the beginning of the season for the whole summer and fall's worth of fresh produce! The money, given at the beginning of the season, allows the farmer to pay for her seeds and start-up costs without taking out a loan or using a credit card! The set-up definitely benefits the farmer, but as a new member of the WSU Organic Farm CSA, I would say that the customer harvests the benefits tenfold!

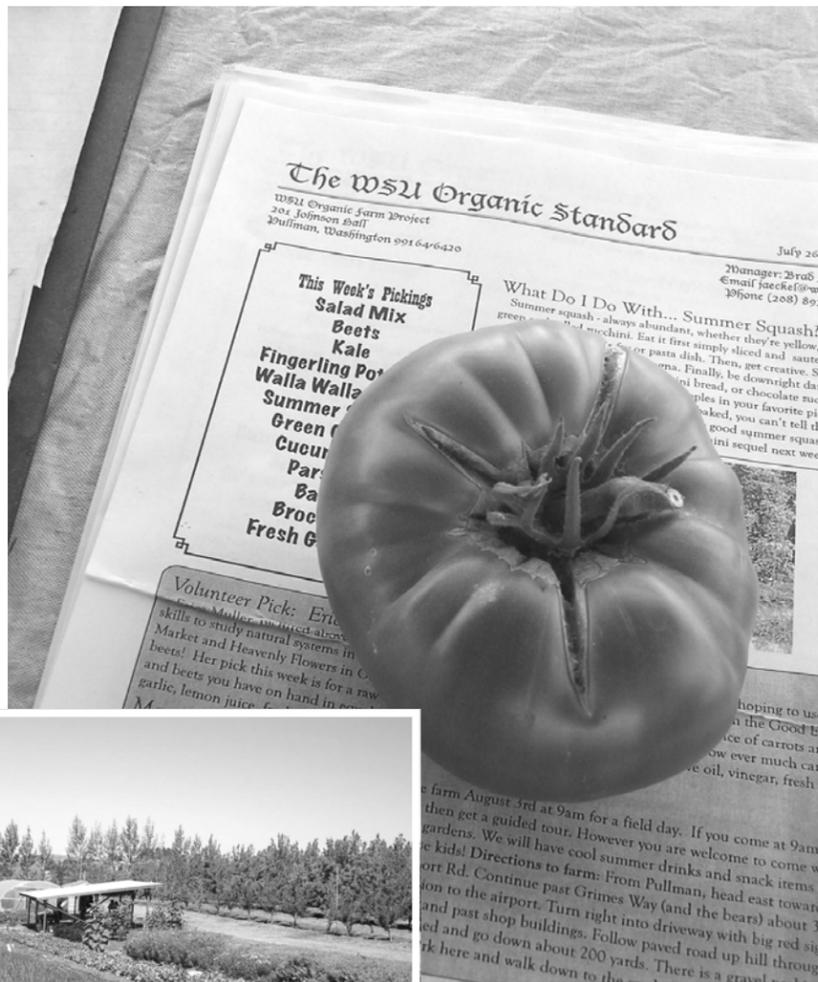
Each week, on Tuesday, I swing by the Moscow Food CO-OP and eagerly check in with Brad, the farm manager. I peek in my box with the eternal question of: Will there be strawberries again this week?! Some people have said that it feels like Christmas to them. If so, Christmas comes every week to Moscow in the summer and fall. And all across the country CSAs are growing in popularity. They are a great way to connect with your community and your local farmers. Some pick-up locations are on the farm and others are at a local community meeting spot.

Our pick-up day in Moscow is accompanied by music and a weekly barbecue, hosted by the CO-OP! The sun, great people, summer smells and wonderful music surround you as you sort through the veggies and fruits, getting ready to take them home. Eyes widen as you encounter something you have never held in your hands before. "What do you do with Kohlrabi?" you ask Brad, slightly panicked. He hands you the weekly newsletter which has a

few recipes each week to get you started on your kohlrabi, and other veggie, adventures. The internet and home cookbooks help even more as you explore new foods and familiar foods, cooked new ways. It's been a true joy for me to be stretched and challenged out of my cooking ruts this summer! I've gotten to know my cookbook much better, another friendship rekindled.

Now that fall is in the air, I'm looking forward to my CSA continuing for another full and nutritious two months! Unfortunately, the strawberries will eventually stop showing up in our box, but squashes and corn, potatoes, and maybe even sweet potatoes will take their place as the nights grow longer. Another perk of the WSU Organic Farm CSA in late summer is on-farm flower picking! Each week, members are invited to come to the farm and pick their own bouquet of amazingly bright flowers, including zinnias, sunflowers, cosmos, and snapdragons. Flowers in the home are a great way to remind you of the height of summer, even as you are digging out your winter slippers!

CSAs are not only exciting to the members and the farm that serves them. Rural Roots often asks farming students what opportunities are most promising to them as they look forward towards their new careers as caretakers of the land and our nutrition. They recognize that CSAs are a great way to earn their farm income and feed



I would whole-heartedly recommend investing in a CSA when spring comes around. Investigate and call your local CSAs in February or March of next year if you are interested, because they often fill their shares quickly.

Check out the 2006 *Fresh from the Field* as well, Rural Roots OnlineGuide to Sustainably Grown Local Food and Farm Products. Farms that offer CSAs are indicated by a grocery sack label.

Bringing Community Supported Agriculture to the University of Idaho: A Harvest Diary

By Ariel Agenbroad, Rural Roots Program Coordinator

Every Monday since early July, Heidi Heffernan and I have stared down the field at the University of Idaho Student Organic Farm 2 miles from Moscow, ID and asked ourselves, "What's in a share this week?" Even though we have a general plan, the process is far from scientific, accompanied by an ever-present underlying level of panic, and never the same.

We start by assessing what *must* be harvested as well as what *could* be harvested. Falling into the category of "must be harvested" are lettuces on the verge of bolting, kale on the verge of being overrun by aphids, and any other veggie that risks becoming tough and inedible or a target for pests if left in the field past its prime. Far more vegetables fall into the "could be harvested" category. These include crops that may be picked at various stages of maturity, such as onions, squash, and beets...which are tasty as babies and great when they're older, too.

The challenge is harvesting enough of a given crop to fill the 23 "Peck" shares and 5 "Bushel" shares equally (pecks feed 2 people and are valued at \$12 per week, a bushel feeds a family of 3.5 to 4 and is valued at \$20 per week). Inevitably, we'll have only enough of one vegetable (for example, kale) to put one bunch in each bag, regardless of share size. And then we'll have some of a new crop (baby beets, for example), but not enough for all 28 shares, so in this case we'll add them to the bushels to fill them out a bit. This doesn't mean that pecks won't have beets, they will just receive them later!

We not only harvest with an eye towards balancing the shares, but towards having something to sell at our weekly on-campus Farmstand as well as what we can donate to Backyard Harvest (www.backyardharvest.org). We harvest and bundle items in the field, and then haul the harvest crates to our brand new washing station where we weigh, wash and prep them for the bags. Then we drive everything to the a building on campus where we



share space in a walk-in cooler.

Thursday mornings we harvest delicate crops like basil, pull the bins out of the cooler and fill the shares assembly-line style in the Ag Biotech Court. Then the filled bags are placed back in the cooler to await farmstand and the 3:30 pickup. Before farmstand, I finish our weekly newsletter, listing our share contents for the week, perhaps an article like this one, as well as recipes for the week's produce. Early in the afternoon we set up our table on a campus thoroughfare and sell produce to our fellow students, staff and faculty, providing a convenient location for our shareholders (who all primarily work on campus) to pick up their shares.

Thursday evenings we sit back, let out a sigh of relief, and then ask ourselves, "What's in a share next week?"



For more information on the Soil Stewards On Campus Organic Farm visit <http://stuorgs.uidaho.edu/~soilstewards/index.htm>

All photos by Ariel Agenbroad

Market Your Farm or Products with the Inland Northwest Buy Fresh, Buy Local Campaign in 2006!



Marketing, Labeling & Signage Materials Available

See <http://www.ruralroots.org/buylocal/buylocal.asp>

Window Clings and Bumper Stickers ... personalized with your contact information.



Vertical Product Tag (Available in horizontal, vertical and extra wide.)

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

Stickers of the Buy Fresh Buy Local Label and Logo can be distributed or added to signs. The uses are endless!



Use as Postcards / Recipe cards ...advertise specials, events or products

“ Well, it's taken me a little while to realize that the local economy is the foundation that a business really wants to have and the BFBL campaign that RR has put together has really fit the bill for me.

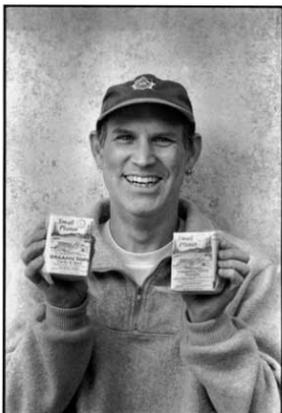
Now that transportation costs have become what they are, it has made it a focus for Small Planet Tofu to let people know that we are making a quality, organic product right here in our own backyard and that can make all the difference in our local economy and my economy for sure.

By letting people in our region know that we make a fresh product, they can choice to support our local producers and sustain our region.

We have been letting everyone know through email and regional correspondence that BFBL is the way to go. I have sent shelf talkers to all of the local stores that carry our products that say "Small Planet Tofu/Buy Fresh Buy Local", and it has definitely made a difference.

Networking and supporting each other is the real power for survival as a true, artisan producer of a quality, local product.

Thanks again Sara and Rural Roots for all of your support.



Sincerely,
TOFU-Phil

RURALroots

healthy food healthy communities

Inland Northwest Buy Fresh, Buy Local Materials Order Form

Please Ship to:

Name/Organization _____
 Address _____
 City, State, Zip _____
 Email and Phone _____

Item #	Description	Dimensions	Price Each	Quantity	Total
1	Horizontal Product Tag	5.75" x 3"	\$0.10		
2	Vertical Product Tag	3" x 5.5"	\$0.10		
3	Vertical Product Tag	4" x 5.25"	\$0.10		
4	Horizontal Logo Shelf Tag	2.75" x 1.25"	\$0.05		
5	Logo Bookmarks	7" x 2"	\$0.10		
6	Postcards/Recipe Cards	4.5" x 5.25"	\$0.10		
7	Laminated Label Poster	12.5" x 11"	\$3.00		
8	Laminated Logo Poster	9" x 4"	\$1.00		
9	Black & White Label Sticker	3.5" x 3"	\$0.10		
10	Black& White Logo Sticker	3.25" x 1"	\$0.05		
11	Window Clings	7.5"x3.5"	\$0.65		
12	Bumper Stickers	7.5"x3.5"	\$0.50		
13	Farm Fresh Buying Guide	8.5" x 11"	Free		
14	Rural Roots Membership ★	N/A	see membership (page 21)		

Sub-total	
ID Sales Tax 5%	
S/H**	
Total	

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

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

★Membership is not included in calculation of Idaho Sales Tax or S/H.

**Shipping & Handling	\$0 - \$10.00	\$2.00
	\$10.01 - \$20.00	\$3.50
	\$20.01 - \$35.00	\$5.00
	\$35.01 - \$60.00	\$6.50
	\$60.01 & above	\$10.00





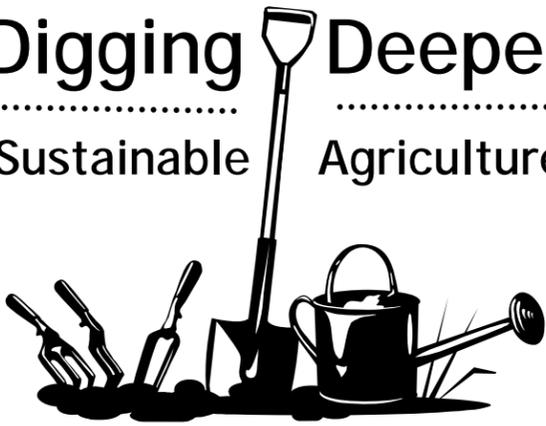
Rural Roots Member List

The members of this organization give energy and direction to Rural Roots' programs and events. Thank you for your support.

- Rachel Airmet, Chelan, WA
 Ariel Agenbroad, Soil Stewards, University of Idaho, Moscow, ID
 Rodger, Amanda, & Linda Albers, Greenleaf, ID
 Jessie Alger, Spokane Tilth, Spokane, WA
 So & Gary Angell, [Rocky Ridge Ranch](#), Reardan, WA
 Barb Arnold, Nothing But Herbs, Hayden, ID
 Bruce Baldwin, [Palouse Grain Growers, Inc.](#), Palouse, WA
 Anna & Steven Banks, Moon Hill Ranch, Princeton, ID
 Cathy F. Bean, St. Maries, ID
 Vickie & David Bearman, Kooskia, ID
 Janna Berger, Sunshine Farm, Chelan, WA
 Tony Brand, Magic Valley Compost, Jerome, ID
 Jan Book, [Noble Foods Farm & CSA](#), Boise, ID
 Jack Bowlin, Jack Fruit & Berry Farm, Plummer, ID
 Doreen Bradshaw, Seven Oaks Farm & Livestock, Central Point, OR
 James Brewster, [Small Planet Tofu](#), Newport, WA
 Fred & Judy Brossy, Ernie's Organics, Shoshone, ID
 Edward J. Brown, Pilgrims Natural Market, Coeur d'Alene, ID
 Ken Brown, [Angels Organic Farm](#), Gold Hill, OR
 Mowbray Brown, [Boise Convention & Visitors Bureau](#), Boise, ID
 Janie Burns, Meadowlark Farm, Nampa, ID
 Brenda Cameron, Bob Noble, [Spirit Garden- Hopes Door](#), Caldwell, ID
 Ron & Toni Carey, Four Seasons Farm, Priest River, ID
 Diana & Bruce Carlin, [Floating Leaf Farm](#), Cocolalla, WA
 Karen Castenson, Soil Stewards, University of Idaho, Moscow, ID
 Mikki Clark, Almost Eden, Sandpoint, ID
 Cathy & Mark Cochran, Pullman, WA
 Larry Condon, Spokane, WA
 Janet Crockett, Boise, ID
 Judith Cullinane, Ellensburg, WA
 Joe & Sara DeLong, [Sara-Joe's Organic Products](#), St. John, WA
 Margaret Demoss, Hayden, ID
 Colette DePhelps, [Rural Roots](#), Moscow, ID
 Kira Doley, Tacoma Farmers' Market, Tacoma, WA
 Lisa Douglas, [Puddle Ducks, LLC](#), Pasco, WA
 Mary K. Douthit, McCall Farmers' Market, Dollock, ID
 Linda Durbin, Durbin's Back Acres, Kuna, ID
 Joe & Nicole Eaton, Eaton Natural, Colton, WA
 Donna Marie & Bill Egner, [Meridian Farmers' Market](#), Boise, ID
 Jen Elliott and Chance Chacon, Troy, ID
 Rhonda Elliott, Cheney & Friday Farmers' Market, Cheney, WA
 Glenn & Caryl Elzinga, [Alderspring Ranch](#), Tendoy, ID
 Clay & Josie Erskine, Peaceful Belly LLC, Boise, ID
 Jennifer Farley, [Rural Roots/University of Idaho](#), Moscow, ID
 Janice Fennel, Boise, ID
 Mimi Feuling & Rob Fredericks, Emmi's Eggs/Full Moon Farm, Hayden, ID
 Fred Fleming & Karl Kupers, Shepherd's Grain, Reardan, WA
 Jim & Meryl Flocchini, [Two Ravens Herbals](#), Kooksia, ID
 Mary Jane Fluegal, Colfax, WA
 Tom Foerstel, [Foerstel Design](#), Boise, ID
 Lahde Forbes, Moscow, ID
 Sara Kate Foster, Program Manager, [Rural Roots](#), Moscow, ID
 Elizabeth Gibans, Backyard Gardens, Joseph, OR
 Mary Giddings, Happy Hens, Potlatch, ID
 Benjamin Gisin, [Touch the Soil](#), Idaho Falls, ID
 Robert & Jenny Glenn, Glenn Gardens, Meridian, ID
 Diane Green, [Greentree Naturals, Inc.](#), Sandpoint, ID
 Bob & Bonnie Gregson, Spokane, WA
 Margaret Hall, Priest River, ID
 Brad Halter, Moscow, ID
 Bev Hammons, Worley, ID
 Blaine & Gina Harvey, DBA Four Star Apiaries, Clark Fork, ID
 Shelley & Brad Hawkins-Clark, Emmet, ID
 Mike & Marie Heath, M & M Heath Farms, Buhl, ID
 Jamie Henneman, [Lazy Lightning H Ranch](#), Addy, WA
 Wilbur & Luana Hiebert, Heritage Farms, Cocolalla, ID
 Lin Hintze, Big Lost River Meats, Inc., Mackay, ID
 Matthew Hollist, Max Farms, LLC, Greenleaf, ID
 Kim Hoover, Spokane, WA
 Sora Huff, [Paradise Valley Organics](#), Bonners Ferry, ID
 Amy Hutchinson, Boise, ID
 Brad & Kate Jaeckel, Orchard Farm, Moscow, ID
 Carrie Jarvis, Nine Mile Falls, WA
 Steven Jewett, Noxon, MT
 Jodi Johnson-Maynard, Soil Stewards, University of Idaho, Moscow
 Michael & Diane Jones, Draggin' Wing Farm, Boise, ID
 Carrie Jones, Boise, ID
 Corinne Jones, Paul, ID
 Nathan Jones, King's Crown Organic Farm, King Hill, ID
 Tom & Cheryl Kammerzell, [Maple K Farms](#), Colfax, WA
 Patsy Kelley, High Country Gardens, McCall, ID
 Julie Keniry, Oregon Rural Action, Inc., LaGrande, OR
 Mary & Darold Kiele, Kiele's Collectables & Homegrown Produce, Lewiston, ID
 Dave Krick, Boise, ID
 Rick Lattin, Lattin Farms, LLC, Fallon, NV
 Lori Ann Lau, Lau Family Farm, Soda Springs, ID
 Kathie & Gary Lauber, Two Hearts Farm, Rice, WA
 Kevin Laughlin, UI Ada County Extension, Boise, ID
 Chip & Lynn Lawrence, [The Selkirk Ranch](#), Sandpoint, ID
 David & Tara Lee, Destiny Farm & Flowers, Sandpoint, ID
 Melissa Lines, [SkyLines Farm](#), Harvard, ID
 Richard Linville, Emmett, ID
 Bill Loftus, Genesee, ID
 Tom Logan, Hidden Springs, Boise, ID
 Phil Gage & Skeeter Lynch, Full Circle Farm, Princeton, ID
 Carol Mack, [Pend Oreille Co Coop Extension](#), Newport, WA
 Craig & Sue Lani Madsen, [Healing Hooves LLC](#), Edwall, WA
 Bill Magnetti, Paris Springs Farm, Paris, ID
 Michele Illian Maines, Philantha, Boise, ID
 Margo Kay & Ken Marble, [The Spinners Flock at Rosebrush Farm](#), Lenore, ID
 Dana & Bob Maxey, Barefoot Farm, Mackay, ID
 John & Cathy McBeth, Morning Glory Farm, Fairfield, WA
 Cheryl McCord & Bill Clark, Kuna Farmers' Market, Kuna, ID
 Harriet McCord, Sundown Farm, Jerome, ID
 Jim & Pat McGinty, Higher Ground Farm, Elk, WA
 Sheila McGregor, Caldwell Farmers' Market, Caldwell, ID
 Rhoderick & Barbara McIntosh, McIntosh Angus Ranch, Pullman, WA
 Andrew McLeod, Northwest Cooperative Development Center, Olympia, WA
 Mike & Elizabeth Medes, Rocky Fence Farm, Emmett, ID
 Lori Mefford, Seven Oaks Farm & Livestock, Central Point, OR
 Carl Melina, [Lonehawk Farm](#), Moscow, ID
 Ramie Mickelsen, [Mickelsen Farms](#), Rupert, ID
 Jennifer Miller, Northwest Coalition for Alternatives to Pesticides, Boise, ID
 Susanne Miller, Fussy Hen Flower & Herb Farm, Deer Park, WA
 Lora Lea & Rick Misterly, [Quillisascut Cheese Company](#), Rice, WA
 Dr. Denise Moffat, [Natural Health Techniques](#), Moscow, ID
 Stacia & David Moffett, Moffett's Organics, Colton, WA
 Rob & Dixie Nelson, Apple Valley Organic Farm, Parma, ID
 Laura & Steven Nittolo, Moscow, ID
 Bob Noble, [Spirit Garden- Catholic Charities of Idaho](#), Kuna, ID
 John C. & Kacey O'Conner, Buhl, ID
 Marty Camberlango & Casey O'Leary, Local Grub, Boise, ID
 Carol & Ken Olsen, Spokane, WA
 Erin O'Rourke, Three Sisters Eggs, Deary, ID
 Judith Pagliasotti, Cocolalla, ID
 Vickie Parker-Clark, Hayden Lake, ID
 Richard & Norma Parrott, Parrott's Organic Farm, Twin Falls, ID
 Scott Paulin, Bliss, ID
 Cathy Perillo, [Washington State University](#), Pullman, WA
 Wilmina & Ivan Phelps, [Black Pine Deer Farm](#), McCall, ID
 Kelly Kingsland & Russell Poe, Affinity Farm, Moscow, ID
 Helen Powers, Powers Inc., Parma, ID
 Paul & Susan Puhek, Double P Ranch Produce, Newman Lake, WA
 Gary Queen, Rose Lake Elk Ranch, Cataldo, ID
 Beth Rasgorshek, Canyon Bounty Farm, Nampa, ID
 Carol & Jeff Rast, Prairie Sun Farm, Nampa, ID
 Lee, Gilbert, & Kim Rice, Rice Family Farm, Meridian, ID
 Maurice Robinette, Lazy R Ranch, Cheney, WA
 Mary E. Rohlfing, Judith Hibberd, & Lori Wright, Morning Owl Farm, Boise, ID
 Jessica Ruehrwein, Sierra Club NW Office, Seattle, WA
 Jeff Schahezenski, NCAT, Butte, MT
 Kristan Schlichte, [Spirit Garden- Catholic Charities of Idaho](#), Boise, ID
 Elizabeth Schwartz, Flannigan Creek Farm LLC, Viola, ID
 Paul Smith & Ellen Scriven, Killarney Farm, Cataldo, ID
 Pam Secord, Calico Creations, Elk, WA
 Marsha Semar, Cottage Garden, Moyie Springs, ID
 Andi Sexton, Sexton Ranches Natural Lamb & Beef, Haines, OR
 Sarah Skaar, Skaar Ranches, Kendrick, ID
 "Tofu" Phil Spiegel, [Small Planet Tofu](#), Newport, WA
 Alisa Stauter, Empress Tea Co., Meridian, ID
 Mike Stevens & Cheryl Bennett, Lava Lake Land & Livestock, L.L.C., Hailey, ID
 Clarence & Tona Stilwill, Fair Mountain Farm, Fairfield, ID
 Pete Stoltz, Rathdrum, ID
 Karen & Judith Strickler, Parma, ID
 Daryl Swanstrom, Deary, ID
 Karen Stickler Vinson, Parma, ID
 Craig Thomas, West Valley City, UT
 Stan Urmann, Riley Creek Farms, Laclede, ID
 Marten Vonk, Boise, ID
 Russell & Jan Walgamott, Earth's Produce, Gooding, ID
 Daniell C. Walters, [Earth Institute](#), Boise, ID
 Bill Ward, Granny's Farm, Meridian, ID
 Carol Ann Wassmuth, Monastery of St. Gertrude, Cottonwood, ID
 Margo Welch & Jeff Ennis, Little Rock Farms, Deary, ID
 Cathy & Scott Weston, Talking Creek, Hauser, ID
 Kelley Weston, Hailey, ID
 Paul & Brenda Wheaton, [Nine Springs Permaculture Farm](#), Chattaroy, WA
 Janice Willard & Eric Nilsson, Wyndknoll Farm, Moscow, ID
 Cinda Williams, [University of Idaho](#), Moscow, ID
 Kurtis Williams, Fine Carpentry, Emmett, ID
 Susan & Eileen Williamson, [Williamson Orchards](#), Caldwell, ID
 Eric & Brandy Wilson, Boise, ID
 Julia Parker & J.D. Wulfhorst, Mountain View Gardens, Moscow, ID
 Kristine & Sheryl Hagen Zakarison, Zakarison Partnership, Pullman, WA

Digging Deeper

Sustainable Agriculture Resources & Announcements



New SARE Publication Focuses on Conservation Approaches to Agricultural Water Use

As producers throughout the nation grow increasingly concerned about water scarcity, farmers, ranchers and agricultural educators are beginning to explore new, conservation oriented approaches to water use. They are managing soil to improve infiltration, selecting drought-tolerant crops and native forages, and designing innovative runoff collection systems.



"Smart Water Use on Your Farm or Ranch," a new 16-page bulletin from the Sustainable Agriculture Network, spotlights innovative, SARE-funded research into a range of conservation options including soil management, such as using compost, conservation tillage and cover crops; plant management, featuring crop rotation, water-conserving plants and rangeland drought mitigation; and water management strategies such as low-volume irrigation and water recycling.

Preview or download the entire publication at www.sare.org/publications/water.htm.

To order free print copies, please visit www.sare.org/webstore, call 301/504-5236 or email san_assoc@sare.org. Please provide the title requested, your name, shipping address, and telephone number when placing your order.

Agricultural educators may place orders for print copies in quantity for conferences, workshops, or other events. For a full list of resources available from SAN, visit www.sare.org/publications.

National Association of RC & D Councils Releases Value Added Dairy Processing Educational Video Series

Penn Soil RC&D are pleased to announce the availability of a nine module educational video series designed to assist producers (or others) evaluate their own potential for beginning or diversifying their farm operation into the value added arena for greater economic potential. The series is called "Make Something More From Your Milk" and is available in either VHS tape or DVD format.



The modules may be purchased individually or as a complete set at a discounted price. Check out the flyer online at <http://www.pennsoilrcd.org> for complete details and ordering information. Email any questions to wes.ramsey@pa.usda.gov or dianna.hendrick@rcdnet.net or call 814-226-8160 ext.192.

New Publication Highlights Successful Farming Systems

Farmers and ranchers seeking to learn more about profitable and practical agricultural systems will find a wealth of ideas from 2006/07 SARE Highlights, a free publication now available from the Sustainable Agriculture Research and Education (SARE) program.

The 2006/07 Highlights features 12 of the most innovative research projects funded by SARE, which awards grants to promote farming and ranching systems that are profitable, environmentally sound, and good for people and communities.

In New York, a mentoring program paired experienced grazers with farmers in the Finger Lakes region to improve pastured livestock systems. The program helped 100 farmers achieve such goals as improving fencing and lanes or converting crop fields to productive pasture on 5,500 acres in the environmentally sensitive area.

"Our goal was to curb erosion [into the lakes], but also to sustain small and medium-sized farms," said Richard Winnett, coordinator of the Finger Lakes Resource Conservation and Development Council. The program "just exploded because we recruited good people to be our grazing advocates and develop plans for individual operations."

In Idaho, a researcher who showcased the strategies of successful potato growers prompted 25 farmers to try new conservation measures to manage pests and maximize returns with less fertilizer. His efforts mean that 110,000 acres, one-fourth of the state's potato production, is managed with conservation-oriented strategies.

"Too many growers have a recipe approach to farming based on what worked last year, regardless of the situation," said Bryan Hopkins, a potato cropping specialist at the University of Idaho. "The crux of the issue is basing it on site-specific needs."

Among the other highlighted projects:

In Wisconsin, a farming couple that raises lambs and goats attracted new, loyal customers from the nearby population of Mexican and Somali immigrants, partly by arranging for custom-slaughter practices. In their busiest month, they sell 500 goats and lambs at \$100 each.

Re-using water from shrimp ponds to irrigate olive trees saves water and supplies fertilizer, according to research at the University of Arizona.

In Florida, researchers devised a simple, non-chemical bait to lure a pest of honeybees away from hives, protecting an industry that produces 17 million pounds of honey annually.

2006/07 SARE Highlights is the latest of a series of publications that feature the most creative research funded by SARE. Download the entire publication at www.sare.org/publications/highlights.htm. To order free print copies, visit www.sare.org/Webstore, call 301/504-5411 or email san_assoc@sare.org. Agricultural educators may place orders for print copies in quantity at no cost.

Online Publication Guides Producers in Selecting Software for Farm Management



To survive as a small scale producer and direct marketer it is increasingly important to have a framework for

recording personal, product ion, and financial information to help manage and evaluate aspects of the farm business. Farm Management Tools is Published by the University of Idaho as part of Northwest Direct, funded by the USDA Initiative for Future Agriculture and Food Systems.

Download for free from www.SmallFarms.ag.uidaho.edu

NOW AVAILABLE ONLINE!

Measuring Success on the "Urban Fringe:" Meadowlark Farm
By Rural Roots and University of Idaho
Research Team:
Celeste DeHellas, Executive Director, Rural Roots, Inc.
Cinda Williams, Extension Support Scientist II, Plant, Soil and Entomological Sciences, University of Idaho
John Felts, Ph.D., Associate Dean, College of Agricultural and Life Sciences, Professor of Agricultural Economics, University of Idaho
John Potter, Univ. of Idaho Graduate Research Assistant, Dept. of Agricultural Economics and Rural Sociology
and Professional Writing Team:
Ariel Spangenberg, Karen Faunce

12 Farm Direct Marketing Case Studies from Idaho, Washington and Oregon.

Download, read or print the Complete Case Studies at

<http://www.ruralroots.org/Programs/NorthwestDirect.asp>
Or
<http://nwdirect.wsu.edu/studies/index.html>

Meet farmers and ranchers marketing their farms & products through:

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- Farmers Markets
- Cooperatives
- Agri-Tourism & Education

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Discover how the American West is immersed in a transformation of its food, health and community ... and the reasons behind its disconnect from the global food model

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Inland Northwest Food and Farming Calendar



Add Magic to Magic Valley Gardening with Healthy Trees, Soils and Native Plants

Saturday, November 4, 2006
Twin Falls, ID

Idaho-Magic Valley gardeners can learn about the "Magic of Gardening-from the Ground Up!" at a Nov. 4 workshop sponsored by University of Idaho Extension and the Magic Valley and Mini-Cassia Master Gardeners.

Steve Paulsen, general manager of Conservation Seeding and Restoration in Kimberly, will teach participants how to successfully introduce native plants to their arid Intermountain landscapes. Interest in native plants is building as the numbers of available species climb into the hundreds, Paulsen says, "but you have to understand the plants well enough so that you can put them in the proper exposure and the proper soils."

Paulsen advocates natives because of the "sense of place" they provide to homeowners in the Intermountain West and because of the habitat they provide to native wildlife. "Any time that we can get one plant back into the habitat where it belongs, we've created habitat for everything else that comes along with it," he says.

In addition to Paulsen, UI Extension educator Mir-M Seyedbagheri of Elmore County will advise participants on how to develop healthy soils and how to address iron chlorosis and other challenges of alkaline soils. Gerry Bates of the Idaho Department of Lands in Idaho Falls will discuss choosing, planting and caring for landscape trees, and Tony Brand of Healthy Earth Enterprises and Magic Valley Compost will share the techniques and science of making compost.

The workshop is limited to 100 participants and will be held at the Red Lion Hotel Canyon Springs Inn, 1357 Blue Lakes Blvd. N. Cost, which includes lunch, is \$35 by Oct. 27 and \$40 at the door. The program will begin at 8 a.m. with registration and conclude at 4:45 p.m.

For more information, contact Master Gardeners Sharon Buckle at (208) 733-7676, Linda Renz at (208) 878-1944 or Kathie Stewart at (208) 735-5396.

Up to the minute info on Food & Farming Events, Farm Tours, Workshops, Conferences and more that support and promote Sustainable Agriculture & Community Food Systems, can be found at:



www.ruralroots.org/Events/Calendar.asp

October

Saturday, October 14, Pullman, WA: WSU Organic Farm Harvest Party
Visit the WSU Organic Farm from 10am-4pm for U-Pick Pumpkins, Fresh Apple Cider, Tour farm on hay wagon, u-pick apples in the orchard and more!
Everyone is invited...especially kids! The farm is located within the Tukey Horticultural Orchard, Airport Rd., Pullman. Follow the signs to fruit sales.
Contact Brad Jaeckel for more info:
jaeckel@wsu.edu
509-432-3716

Contact: Pamela Hutchinson at (208) 397-4181 or pchurch@uidaho.edu in Aberdeen, Jennifer Miller at (208) 433-1827 or millerjen@cableone.net in Boise, or communications specialist Marlene Fritz at (208) 364-6165 or mfritz@uidaho.edu in Boise.

Tuesday, October 17, Fort Hall, ID: Green Manure Field Day and Chili Feed
Research and extension scientist Pamela Hutchinson will lead a tour of a 5-acre green-manure field trial that was initiated this fall by UI scientists and their research partners. Participants will be able to see six different green-manure crops, including mustards, arugula and an oilseed radish. Grown for a period of weeks after the fall wheat harvest, green manures are increasingly being chopped and incorporated into Idaho fields to improve their soils' physical, chemical and biological properties and to reduce pest problems in the following year's potatoes.

"This is a great opportunity to learn about the different options for green manures," says Jennifer Miller, sustainable agriculture program coordinator for the Northwest Coalition for Alternatives to Pesticides, a project partner. "We've never before shown this many green-manure crops growing at once, and it's really helpful to see how much biomass different ones produce." The field day will begin at 11:30 a.m. at the Fort Hall Housing Authority, where participants will enjoy a free chili-and-vegetable-soup lunch before heading to the nearby field.

It will conclude at 2 p.m. In addition to the tour of the green-manure plots, growers will hear an update on the USDA Natural Resources Conservation Service's EQIP cost-share program for biofumigants and learn about a small incentive program that will give nine growers on the reservation and neighboring Soil Conservation Districts seed for 50 acres to be planted next August.

Participants should RSVP for the chili lunch by contacting Miller at (208) 850-6504 or millerjen@cableone.net by Oct. 13.

Friday, October 27, Boise, ID: Summit on Hunger and Food Insecurity: *Making a Place at the Table for ALL Idahoans*

This is the first statewide summit on hunger and food security and the first time that our faith leaders, charitable emergency food providers, state and local government, health providers, advocacy groups, business and industry and community members will gather together to learn of hunger and food insecurity in Idaho and to begin to craft solutions that are appropriate to Idaho. Strong partnerships are critical to our long-term success of reducing hunger in Idaho. Co-sponsors include Idaho Interfaith Roundtable Against Hunger, The Idaho Foodbank, Community Action Partnership Association of Idaho, United Way of Treasure Valley, The Monastery of St. Gertrude, Idaho Rural Partnership, and Food Services of America.

Conference Theme and Keynote Speaker. *USDA Food and Nutrition Services Administrator Roberto Salazar* will be the keynote speaker and *Senator Mike Crapo* has been invited as a special guest to welcome Roberto Salazar to Idaho. *CEO Vicki Escarra from America's Second Harvest* is confirmed as the luncheon speaker. In addition to our keynotes, there will be four workshop tracks addressing:

- 1) *Childhood Hunger*— a future at risk
- 2) *Rural Hunger*— reaching hungry Idahoans in rural communities
- 3) *Senior Hunger*— facing unlivable choices in later years
- 4) *Hunger in Idaho Families*— strengthening the stability of families in Idaho

Registration Fees:
Early Bird \$35 by September 1
Regular \$45 by September 15

The Owyhee Plaza
Boise, Idaho
Register online at <http://volunteer.united-e-way.org/uwvtv/survey/idahohungersummit>
Or email idahohungersummit@yahoo.com

November

Thursday-Friday, November 9-10, 2006, Sun Valley, ID: Emerging Trends in Economic Development, Entrepreneurial Development and Business Retention & Expansion

This conference event is a collaborative effort of Idaho Economic Development Association and Idaho Rural Partnership with significant support from the Idaho National Laboratory, Idaho Commerce & Labor, USDA-Rural Development, the Nez Perce Tribe, Hingston-Roach Group and Monsanto. Michael Shuman will be speaking on small business development.

Visit the Idaho Rural Partnership website at <http://irp.idaho.gov/> or call 208 334-3131 for more information.

Friday, November 10, 2006, Caldwell, ID: Introduction to Food Safety & HACCP Workshop

A one-day (8:00 am to 5:00 pm) overview course especially designed for startup food processing businesses, small-scale processors, QC personnel, operators, environmental health specialists, and artisan/farmstead cheese makers. During this workshop, participants will learn about food safety prerequisite (SSOP) programs, the foundation practices used to ensure food products are free from non-hazardous objectionable contaminants. This includes good manufacturing practices, which are required by both state and federal food regulators.

The other half of the workshop will focus on HACCP, or Hazard Analysis Critical Control Points, a system utilized to prevent significant food hazards that could cause illness, injury, or death. Participants will learn preliminary tasks, key principles, and implementing a HACCP Plan. Throughout the workshop, interactive team exercises will be deployed to enhance the learning experience.

Agenda: Welcome and Introductions
Overview of Food Safety and HACCP
Biological, Chemical, and Physical Hazards
Prerequisite Programs
HACCP
Team Exercises

Instructor: Jeff Kronenberg, Food Processing Extension Specialist, Department of Food Science and Toxicology

Contact: jkron@uidaho.edu

PH: 208-426-3767

Toll Free

877-426-3797

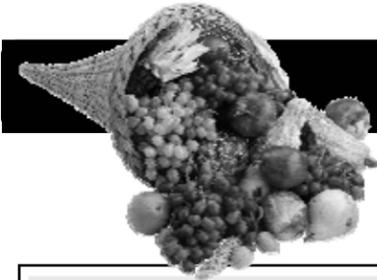
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FOOD PROCESSING AND TECHNOLOGY CENTER

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Inland Northwest Food and Farming Calendar

In the Next Issue of **Bringing Home the Harvest...**

Upcoming workshops

Winter farmer-to-farm networking at the RR annual meeting

New Rural Roots board members

Project updates

And more!



Rural Roots Volunteer Opportunities

We would love to have your help with the following jobs:

- General Office Help including mailings and photo scanning (No experience needed, we will train you!)
- Website Editor
- Newsletter Editor
- Onsite Events Volunteer (Workshops, conferences, etc.)
- Newsletter article contributors

Please call the office at 208.883.3462 or email info@ruralroots.org to discuss opportunities!





TILTH PRODUCERS of WASHINGTON

Conference Registration Brochure

THE FUTURE OF FOOD

Tilth Producers Annual Conference
November 10-12, 2006

Friday Symposium
Farming for Food Quality
November 10, 2006

Red Lion at the Quay
100 Columbia Street, Vancouver, Washington

The 2006 annual Tilth Producers conference begins Friday with a day-long symposium, *Farming for Food Quality*, convened by Washington State University. Expert speakers will highlight the latest food quality research and the genetic and production issues affecting nutritional quality of crops, livestock, dairy and fruit.

Friday evening, celebrate the harvest together at a welcome reception, then join us for dinner and activist sessions on Water Law, Genetically Modified Organisms(GMOs) and the 2007 US Farm Bill.

On Saturday morning, Helena Norberg-Hodge, leading analyst of the impact of the global economy on cultures and agriculture worldwide, will offer her keynote address, *Bringing the Food Economy Home*. A plenary session, *Creating a Regional Food System*, follows. The panel features Helena Norberg-Hodge, Paul Roberts, lecturer and author of *The End of Oil*, and Fred Fleming, founder of Columbia Plateau Producers and Shepherd's Grain.

Saturday afternoon is devoted to workshops, while Saturday night brings celebration — an organic wine tasting, trade show, roundtables and dancing to the music of Spoonshine.

Sunday morning, Tilth Producers of Washington will hold its annual membership meeting and board elections. After two more rounds of workshops, the conference will close at 4:00 pm Sunday.

About Tilth Producers of Washington

As the statewide nonprofit association of organic and sustainable farmers, Tilth Producers of Washington promotes ecologically sound, economically viable and socially equitable farming practices that improve the health of our communities and natural environment. Our members are farmers, wholesalers and retailers, farm suppliers, researchers, educators, consultants, consumers and organizations that support sustainable agriculture. We publish the *Tilth Producers Quarterly* journal and the *Tilth Producers Directory*, a *Washington Guide to Organic and Sustainable Growers, Food and Farm Suppliers and Resources*. We host a conference and organic farm walks, promote organics to consumers, manage the Tilth Farm Intern Placement Service—connecting interns and farmers—and advocate for sound agricultural policy.

Our Board of Directors welcomes your involvement in Tilth Producers as a member, volunteer, donor or board member. We hope you will join us at the conference!

www.tilthproducers.org

Friday, November 10

7:00 am - 9:00 am	Symposium Registration & Coffee
8:00 am - 5:00 pm	Symposium: Farming for Food Quality
5:00 pm - 6:00 pm	Opening Reception with Trade Show & No Host Bar
3:00 pm - 9:00 pm	Tilth Conference Registration
6:00 pm - 7:00 pm	Dinner
7:30 pm - 9:00 pm	Activist Sessions on Water Law, GMOs & the 2007 US Farm Bill

Saturday, November 11

7:00 am - 10:00 am	Conference Registration
7:30 am - 8:30 am	Breakfast
8:40 am - 10:00 am	Welcome & Keynote Address: Bringing the Food Economy Home
10:00 am - 10:30 am	Coffee Break
10:30 am - Noon	Plenary Session: Creating a Regional Food System
Noon - 1:00 pm	Lunch
1:00 pm - 2:30 pm	Workshop Session A
2:30 pm - 3:00 pm	Coffee Break
3:00 pm - 4:30 pm	Workshop Session B
5:00 pm - 6:30 pm	Wine Tasting & Trade Show
6:30 pm - 8:00 pm	Dinner & Awards
8:00 pm - 11:00 pm	Dance - Music by Spoonshine
8:00 pm - 11:00 pm	Topical Roundtables

Sunday, November 12

7:30 am - 8:30 am	Coffee
7:30 am - 8:30 am	Breakfast
8:30 am - 10:00 am	Annual Meeting & Board Elections
10:00 am - 10:30 am	Coffee Break
10:30 am - Noon	Workshop Session C
Noon - 1:00 pm	Lunch
1:15 pm - 2:45 pm	Workshop Session D

Trade Show & Cooperative Childcare

Friday, November 10 through Sunday, November 12, Vancouver, WA: Tilth Producers of Washington's Annual Conference, The Future of Farming. The conference will build on three decades of efforts to transform agriculture in Washington State. Participants will present ideas, celebrate accomplishments and further strengthen the Tilth sustainable agriculture movement in the Pacific Northwest.

Friday's day-long Washington State University Symposium, Farming for Food Quality, will raise awareness of the agricultural factors that influence food quality, including crop genetics and production practices. By providing information that links food quality to specific practices and production systems, food processors, manufacturers, farmers, and consumers can make more informed choices in the ongoing effort to enhance the quality of the American food supply.

Everyone is welcome to attend the conference. The full program and registration details will be available September 1st, online at www.tilthproducers.org or by calling Nancy Allen at (206) 442-7620. *More details are on the next page.*

Friday, November 10, Vancouver, WA: Farming for Food Quality A Symposium Sponsored by WSU CSANR, OSU, Washington Tilth, and CF Fresh 8:00am - 5:00pm, November 10, 2006 Red Lion at the Quay, Vancouver, Washington

The goals of this symposium are to create a better understanding of how food quality is measured and the factors that influence food quality, including crop genetics and production practices. By providing information that links food quality to specific practices and production systems, food processors, manufacturers, farmers, and consumers can make more informed choices in the ongoing effort to enhance the quality of the American food supply.

Presentations Include:

- Quality Low Input Food Project
- European Union Food Quality Program, Carlo Leifert
- Overview of Food Quality Work in the U.S., Chuck Benbrook, The Organic Center
- Influences of Plant Breeding, Selection and Production Practices on Food Quality, Steve Jones, WSU
- Influence of Fruit Crop Management Practices on Food Quality, Preston Andrews, WSU
- Pre-Harvest Factors Affecting Meat Quality, Jan Busboom, WSU

Registration for Farming for Food Quality Symposium and for Tilth Conference <http://www.tilthproducers.org/conference.htm> For More Information: Carol Miles; milesc@wsu.edu, (360) 576-6030, x20 <http://csanr.wsu.edu/calendar/index.asp>

December

See the Rural Roots online calendar for December events. www.ruralroots.org

RURALroots

healthy food healthy communities

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"I have grass fed locker lambs for sale..."

"I want to share this article about the E. Coli contamination in spinach!"

"Does everyone know about this great conference coming up?"

www.ruralroots.org/resources/rre-mail.asp

"Farmer/Rancher grant programs...and I can apply?"

"My chickens are eating their own eggs...has anyone else experienced this?"

Join a free Rural Roots listserv and get in on the discussion...

Sustainable Ag Talk • INW Specialty Meats Group Intermountain West Farmers Market Talk

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RURAL roots

healthy food healthy communities

VISION

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

MISSION STATEMENT

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

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

RURAL ROOTS' GOALS

- Increase the availability and visibility of locally grown food and fiber in the Inland Northwest.
- Encourage and support food and farming enterprises that are locally-owned and operated.
- Encourage and support sustainable agriculture practices including rotational grazing, organic, and biodynamic methods.
- Promote sustainable alternative energy sources to meet on-farm, transportation & processing needs.
- Enhance the economic viability of Inland Northwest small acreage and family farmers, ranchers, market gardeners and food-based businesses.
- Increase community participation in the development and revision of food and agriculture related policy.
- Develop community-based and regional food system networks and partnerships.
- Develop relationships and increase collaboration between the sustainable and organic agriculture community, and economic development and agricultural institutions.
- Ensure programs and policies that support and enhance sustainable and organic farming and community food systems are institutionalized by public agencies.
- Promote a culture of safe and healthful food available to all.

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

MEMBERSHIP BENEFITS

- Information & discounts on Rural Roots conferences, tours, workshops, & other food & farming events
- Subscription to *Bringing Home the Harvest*, Rural Roots' newsletter & *Fresh from the Field* Buying Guide
- 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

Join Rural Roots Today!

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

- \$15 Living Lightly/ Student
- \$25 Individual
- \$35 Family/ Farm/ Ranch (includes up to 2 people)
- \$60 Organization/ Co-op/ Collective/ Business (includes up to 3 people)

Lifetime Membership is also available:

- \$250 Individual
- \$350 Family / Farm / Ranch (includes up to 2 people)
- \$600 Organization / Co-op / Collective / Business (includes up to 3 people)

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 _____

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Email _____

Website _____

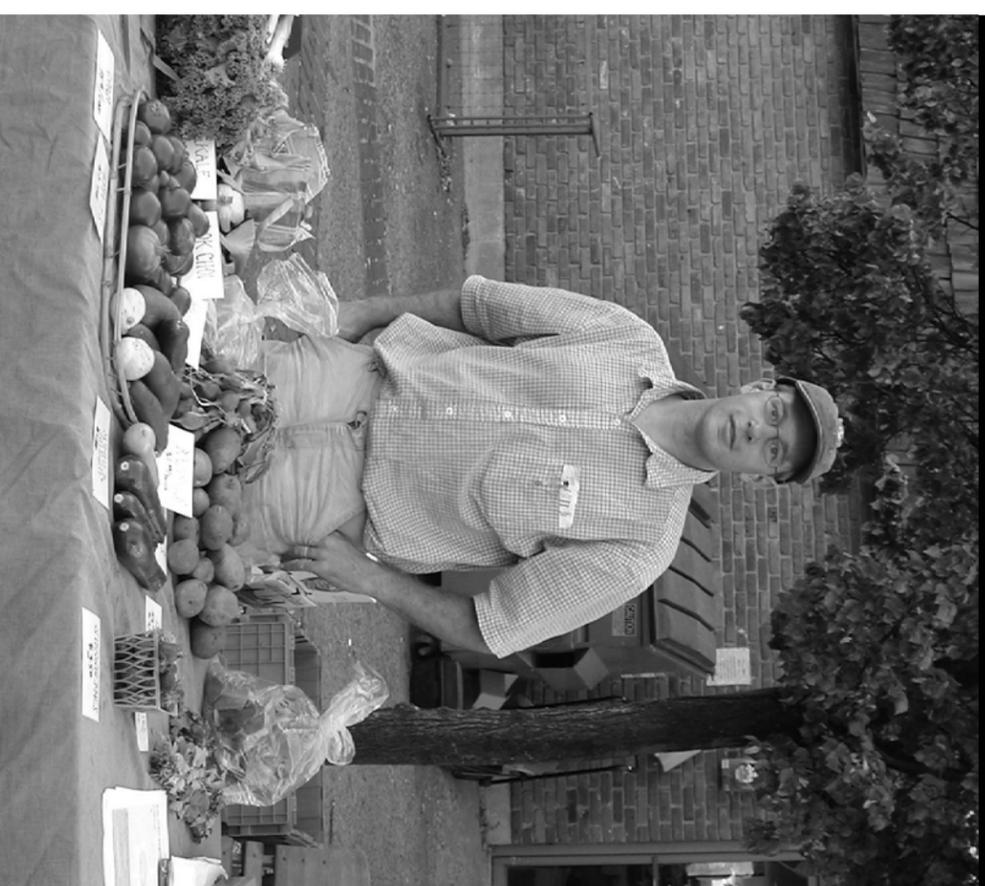
Fall 2006 Volume 8 Number 2



Bringing Home the Harvest

Rural Roots' Quarterly Newsletter

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Talking with
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