



# RURAL ROOTS

## BRINGING HOME THE HARVEST

Spring/ Summer 2006

Volume 8

Number 1

### Reclaiming Our Local Food and Farms Conference Reports

**Pockets of Green, Pockets of Food,**  
by J.D. Wulfhorst

Mary Rohlfing summed it up in a beautifully blunt way at the annual Rural Roots conference held at the Basque Center in Boise: "We need pockets of green, and we need pockets of food." As someone who wants to jump into the production side of small-scale sustainable agriculture, it was awesome to hear from producers like Mary who had made that move within the past few years. At a panel discussion on the last day of the conference, producers explained what motivated them to change their lives toward sustainable agriculture, then talked frankly about some of the downsides, and even shared their opinions on whether this lifestyle choice and commitment is truly viable as a livelihood.

At different times, the panel elicited laughter, tears, and a roller coaster of grins and frowns as producers told stories filled with both risk and enthusiasm. Those emotions not only struck home to me, but made songs out of notes like I've never heard before to begin making my own music in this movement. The session seemed to draw the youth, the elders, and everyone in between in the room to a common point of wondering, hoping, and dreaming about our collective future of the land, family, and the farm. A point of common understanding seemed to be the thread implicit in Mary's message.

Mary's point truly registered on a new level to me when she said 'we need

pockets of green and we need pockets of food.' All across our landscape, in both rural and urban areas, we are continuing to lose productive farmland, at an alarming rate in some areas. In the 1990s, loss of farmland accelerated 51% from what we lost in the 1980s. It has not slowed down. Moreover, the prime, most fertile lands get converted up to 30% more quickly than non-prime lands.

The rates and impacts may be most apparent within the rural/urban interface, but they truly pervade the landscape — from Spokane County, to Moscow, and from McCall to Marsing. 'Pockets of green' are not about stopping growth in its tracks, but figuring out a way to manage and sustain what we do with and within the landscape so that space still exists to grow our own food in a local system that sustains our nutrition, our environment, and our community. 'Pockets of food' are what will come from that future landscape of pockets of green.

When the oil is gone, not affordable, or obsolete, and our transportation modes are commuted to a slower pace, we will be thankful for the insights of Mary and others who understand the need to act now in order to be able to farm and eat later. Sometimes development' seems daunting, if not unstoppable. But I encourage Rural Roots members to consider that sustainable communities include development and renovation in various forms on our landscapes. Our challenge remains on how to incorporate pockets of green, and pockets of food into all ways of living.



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### The "Sustie Awards" by Fred Brossy

Janie Burns and Diane Green were recipients of the 2006 Idaho "Sustie" (Stewards of Sustainable Agriculture) Awards at the annual Rural Roots Conference in Boise. This award honors "those special people who have been actively and critically involved in Sustainable Agriculture" in Idaho. Recipients each receive a beautiful and unique gourd basket individually handcrafted by Kathy Menega of Fairfield. The first Idaho "Susties" were presented to Mir Seyadbagheri and Bob Stoltz by the Idaho Organic Alliance at their 2003 Conference in Twin Falls. The 2006 awards continue this tradition with the merger of IOA and Rural Roots. The concept for the award was liberally borrowed from the Ecological Farming Association of California, who have been honoring deserving and distin-

guished "Susties" for the past nineteen years at their annual Eco Farm Conference.

Janie and Diane have been long-time leaders in the Sustainable Agriculture arena here in Idaho, having both served as founding board members of the Idaho Organic Alliance and Rural Roots, respectively, as well as serving on the Idaho Organic Advisory Council to the State Dept of Agriculture. They have



Diane Green with her "Sustie"

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

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

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

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

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Deadline for Next Issue:  
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Cover photo: Board Member, Fred Brossy enjoying good company at the 2006 Reclaiming our Local Food and Farms Conference in Boise, Idaho.



## A Word From the Executive Director

Colette would like to announce the blessed arrival of Raven DePhelps, shown here (age 3 months), with her attentive brother, Forest (age 5 3/4).

\* \* \*

Colette will be on maternity leave until September, 2006.



## Reclaiming Our Local Food and Farms Conference Reports

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also both been pioneers in local Farmers' Markets—Janie in Boise where she is well known for delicious grass fed lamb and Diane in Sandpoint, where she sells her beautiful flowers and fresh vegetables, herbs and berries. Janie's most recent project has been the co-creation of a local poultry-processing facility in the Treasure Valley to further the growing potential for local meat sales. Among her many enterprises, Diane has developed a successful on-farm apprentice program, as well as Sunday Brunch on the Farm events to help convey the message of local foods to a wider audience. Both of these accomplished women have given selflessly of their time and energy over the past two decades to help people new to farming get started, as well as bringing a greater awareness to the possibilities of eating locally here in Idaho.



"Sustie" Award winner, Janie Burns

### Panel Promotes Farming as a Viable Livelihood

By Beth Rasgorshek

Boise farmers Jan Book and Mary Rohlfing both left successful professions to pursue their own farm businesses. Although somewhat new to their agrarian careers, they are confident and happy about their new work.

Jan Book, 31, started her own community supported farm, Nobel Foods Farm, last year, and Mary Rohlfing broke ground at Morning Owl Farm three years ago. They spoke on a panel at the Rural Roots Local Food and Farms Conference in early February. Cinda Williams, University of Idaho Sustainable Agriculture extension agent, joined them. Each spoke frankly and honestly about their own experiences and observations of farming as a viable livelihood.

Jan, who grew up on a Midwestern farm, researched farming by networking with other small scale organic growers. She encouraged new or aspiring farmers to visit farmers and ask them lots of questions. "Whatever you think, you can begin," she encouraged. "I was scared to death to start farming," but with support and encouragement from her

husband, she launched her farm.

During her first year on the farm Jan said she went into debt to start the farm. "If I had actually made a business plan and saw the bottom line, I probably would never have started farming," she said.

Mary, 45, took a different approach to start her community supported farm. She participated in the Cultivating Success classes offered by the University Idaho Sustainable Agriculture department. Focused on building a farm business from the ground up, Mary appreciated the program. "The classes were very practical and helpful. Each of us had to make a business plan," she explained.

Cinda also encouraged new and beginning farmers to take classes offered throughout the state. She has had the privilege of visiting a lot of farms and observing their businesses. "The farm and farmers who tend to stay in business the longest have a partner working off the farm," she noted. The "off-farm income" partner creates stability to build the farm business. Cinda explained, adding that some partners don't always share the same passion or desire to work on the farm. Her other caution to new farmers was

*Continued on page 4...*

## Perspectives from Some of the Folks that Attended the Reclaiming Our Local Food and Farms Conference in February

Attendees cornered for perspectives by Diane Green



Carrie Jones, Draggin' Wing Farm, Boise, Idaho ~

The two main things I came away from the Rural Roots Conference with are gratitude and inspiration. I am grateful those who put so much work into the planning. I am grateful for the participation of those who don't necessarily farm but came with varied and valuable gifts and insights. It makes sense that anyone who cares about the health of their children, community, region and the earth would want to be a part of the sustainable agriculture movement but their presence at this conference still surprised me almost as much as it delighted and inspired me. Finally I am grateful for the farmers who were there.

As a young and aspiring farmer I came to learn what questions to ask, to learn more about where farming fits into a larger picture of culture and sustainability, and to hover in the presence of the Farmers. I treasure the insight, observation and advice they send my way. Hearing their stories is endlessly inspiring to me, even (and perhaps especially) the stories about the constant challenges we face. The panel discus-

sion about processing seemed to just scratch the surface of what we could accomplish when we get the right people together and hash out the problems and possible solutions. Let's do more of that. In conclusion, thank you to everyone involved, and meanwhile I am translating my inspiration into seeding starts, probably too early, too many of the wrong varieties, and a million other things I won't even think to consider until I learn it "the hard way," but here we go, full steam ahead!



Kurtis Williams, Water-wheel Gardens, Emmett, Idaho ~

Attending the Rural Roots 2006 conference 'Reclaiming our Local Food and Farms' was just what I needed to stay inspired and to renew my vision for our farm and my families' way of life. It was so good to meet so many passionate people with all their experience in farming, marketing and government related issues. Most encouraging was the participation and desire of the young people to pursue and live out their ideals for a better connected way of life to the land. I want to help them all in these vital endeavors to save, maintain, and sustain the rich farmlands of our country.



Barbara Arnold, Nothing But Herbs, Hayden, Idaho ~

Practical tips, food for thought, wise & wonderful people were all united by a common interest in local foods.

Highlights included: very specific ideas on improving Farmers' Markets; philosophical debates on how to reclaim our food; workshops for planning actions to achieve goals we had identified, and just sharing ideas with like-minded people.

Like every conference there were terrific, energetic speakers, ones who put you to sleep and ones that were just plain annoying. But, I came home with dozens of new ideas to put to use and share with fellow farmers. Not a bad four days!!



Judy Hibberd, Morning Owl Farm, Boise, Idaho ~

It is hard to narrow down just what impressed me the most at the Rural Roots Conference. It generated so many thoughts, memories, and ideas. The fact that so many farmers are doing so much to preserve a healthy way of life, sustenance, and community

was impressive. The need to satisfy hunger is at the very base of our existence and so little is known about our food supply by so many people. I knew I was in a roomful of people who care and act thoughtfully about life and who are dedicating themselves to preserving it. That felt good. I am enthusiastic about helping my daughter, Mary Rohlfing in her endeavors on Morning Owl Farm. Thank you, farmers, for what you do.



Jan Book, Nobel Foods Farm & CSA, Boise, Idaho ~

For me, the conference was about what happens between the lines. Like Japanese art, it's the space not the color that creates a picture. The "space" was the deepening of friendships during the planning, getting to know my fellow farmers, and the creation of new connections in this wide community. "Between the lines" was facing the realities of our fragile food system. This experience emboldens in me a passion to strengthening my community connections and face fear head on by being part of a "new" food-system solution.



Conference attendees tour Peaceful Belly Farm

# 2006 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 Certified Organic Farm

The Organic Gardening workshop series is scheduled *every other Monday* from 10:00 a.m. to 12:30 p.m. during the growing season beginning **May 15** through **July 24**. 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.  
**Call for information and to be placed on our on-farm events mailing list! (208) 263-8957**

### ORGANIC GARDENING WORKSHOP SERIES

- ◆ **June 12-** Natural weed control; mulch management, organic mulches, water saving techniques..
- ◆ **June 26 - Pest management:** assess pro-active control practices, identification, natural pest formulas, catch-cropping and plant-pest relationships for natural pest control.
- ◆ **July 10 - Harvesting the bounty:** techniques for optimum yields for vegetables, herbs, cut flowers and post harvest handling; how to get the most out of your garden harvest.
- ◆ **July 24 - Seed Saving:** by saving seed from your garden, you can produce plants best suited to your specific site and micro-climate; includes 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! Individual workshops are \$25.00 per session. Workshops are held at Greentree Naturals, located twelve miles northeast of Sandpoint. All Workshops include handout materials. For registration, directions and more information, please contact us! We wish you a bountiful gardening season!

*Rural Roots members receive a 25% discount*

*Continued from page 2...*

to "grow slowly." She elaborated that some farmers start off too big, selling at several farmers markets, planting lots of acreage, and are quickly overwhelmed.

Jennifer Miller, the panel's moderator, asked the final question: "Can you make a living farming?"

Jan and Mary acknowledged the potential for people to make money off the land but said that they wouldn't become rich. Jan left the security of a steady paycheck and a retirement fund but wouldn't return to those because "you have to

incorporate the other things you get out of farming like a seasonal lifestyle."

Mary answered that "farmers have to redefine what it means to make a living because we're really making life." Both felt like they needed more time at their businesses to give a more accurate answer. "Ask us in 5-7 years." Mary quipped.



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IDAHO STATE DEPARTMENT OF AGRICULTURE,  
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### 2006 RECLAIMING OUR LOCAL FOOD AND FARMS CONFERENCE HOSTED BY:



farmers' market coalition

## THE IMPORTANCE OF RECLAIMING LOCAL FOOD IN YOUR COMMUNITY

by Diane Green



Most of us already know how important it is to get the information out there about buying local and supporting your local farmers. Many of you reading this are farmers or at least have some connection with your local food system. What does 'reclaiming local food in your community' mean?

My husband is a third generation farmer from SE Michigan; they never used chemicals because they couldn't afford them. They were good land stewards and used growing practices that kept the soil healthy and alive. They saved their own seed. They grew the majority of their own food because they had done this for generations. They ate what was in season, canned their food and used their root cellar to store the summer's bounty. In essence, the Sadoski family created their own community food system to feed their 13 children. When they came over from Poland in the late 1800's, they homesteaded enough land to farm and feed their families.

There was a time that a large majority of this country did this. At the turn of the century about 40% of Americans lived on farms compared to about 2% today. We don't see as many family farms anymore because often times the land sold into development acres brings a higher return on the land than producing a crop. Most of the land that Thom's grandfather homesteaded is now housing developments.

Unfortunately, this is happening all across the U.S. The national average for land loss across the U.S. is 47 acres every hour which is 1,128 acres of prime farm land lost daily to housing developments across the country. The highest development areas taking over prime farm land in Idaho right now is around Coeur d'Alene, and between Boise and Pocatello. These statistics give us more reasons for looking at ways to strengthen and reclaim our food in our communities and protect and preserve prime farm land for growing food.

In order to support local community food systems, consumers need access to local foods; they need to know how and where to connect with their local farmers. They need meal planning and food preparations skills; the majority of households do not know how to plan a meal around fresh food. Eaters need to have an understanding of seasonal variation; certain vegetables are only available certain times of the year. The general public is so far removed from the reality of growing food that they do not understand why fresh corn and pumpkins are not available in June in Idaho.

It is helpful if our customers have some knowledge of the local food and agriculture system; it is really up to us as farmers to share the knowledge in any way that we can with our clientele. We can do this with newsletters, news stories, brochures, farm tours and by inviting our customers to our farms. Consumers also need to have an appreciation of the benefits of eating seasonally and locally. The benefits are truly clear when looking at the nutrition of farm fresh vs. vegetables purchased at the grocery store that are already over ten days old. Not only does the food taste better, it is more nutritious!

As a farmer, I will do whatever I can to keep my customers thinking about all the reasons to collectively strengthen our community food system. My husband Thom and I do this by selling at two farmers markets, to several area restaurants, a natural food store and café, and through a 20 member CSA in the Sandpoint area. We also host farm tours, Sunday Brunch on the Farm, and other assorted events and workshops on the farm during the summer season.

We need consumers to be thinking about their food choices that involve buying from local growers. We need this to keep local farms alive! We need to hold on to farmland that is in the path of development so we have local farms to support a community food system! We need to be working with city, county and state planners to bring open-green-space for food production into every new housing development being planned in our state! With perseverance and a collective vision for the future of local community food systems, we can all make a difference if we try.



## Farmer Focus Group Meetings Yield New Educational Models

By Sara Foster  
Program Coordinator

Rural Roots and Greentree Naturals went on the road this spring to finish up Farmer Focus Sessions that began in Buhl, Idaho last December. The focus sessions are the first phase of research funded by Western Sustainable Agriculture Research and Education Program (Western SARE). The purpose is to develop new models for farm apprenticeships through the Cultivating Success Program. Cultivating Success (see page 10 for more information on Cultivating Success) seeks to expand its current apprenticeship program by developing more opportunities for farmers to teach other farmers. Often farmers cannot commit to a traditional summer apprenticeship elsewhere because of farm commitments or a second job. Farmer to farmer learning opportunities need

to be created for these people to grow a more vibrant community food system here in the Northwest. The focus sessions gave us some idea of how that would work best for farmers of all experience levels.

Diane Green and I held focus sessions in Kamiah, Colville, Okanogan, Moscow, Sandpoint and Spokane this spring. Diane did a wonderful job contacting the farmers and organizing the meeting places. We invited beginning farmers (defined as 1-3 years of experience) and experienced farmers (defined as four or more years of experience) to sessions. At each location, we had a separate conversation with the beginning farmers and the experienced farmers. Across the board, farmers seemed to really value the experience of getting together to talk about farming. In turn, we valued the opinions and ideas shared by each person. It was such a treat to be able to talk with so many

passionate people!

We asked a series of simple questions to each beginning farmer group, trying to understand what keeps people from participating in traditional apprenticeships. We also asked what would help people participate in learning from another farmer, what they would like to learn and, maybe the most interesting question to me, what new formats for apprenticing or mentoring would they like to see. We asked the experienced farmer about their past farmer to farmer learning and what would help them to become a mentor for other farmers. Through the ideas and viewpoints shared, we are creating a new picture of models for farmer to farmer education which will help foster and sustain communities of farmers throughout the Northwest.

To really know what farmers want in their on-farm education, however, we need a bigger picture.

Rural Roots, University of Idaho, and Washington State University are working to fit the answers from the focus sessions into a mail survey which will go out to farmers across Washington and Idaho. The last phase of the project involves looking at the responses from the survey and developing farmer to farmer education that will be beneficial for all involved! The last portion of the Western SARE grant money will be used to pilot projects that come out of the survey responses.

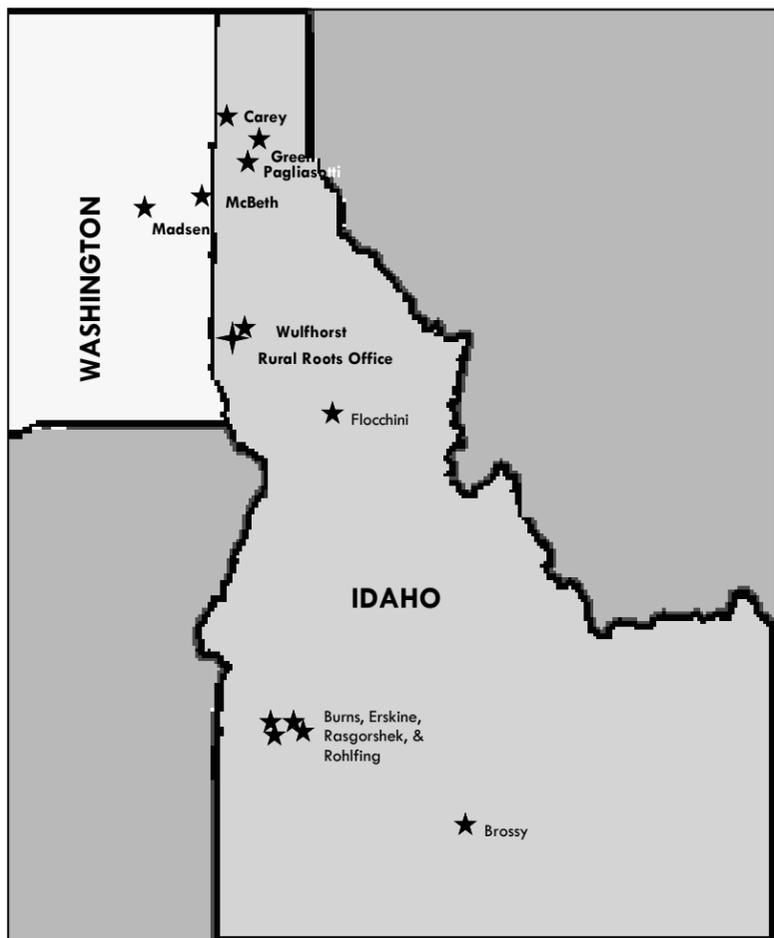
If you are randomly selected and receive an "Enhancing Farmer to Farmer Learning Survey" in the mail, please know that your opinions and ideas are valuable to us. Return your survey as soon as possible, once you get it, to help create new educational opportunities for yourself and other farmers!

**CULTIVATING SUCCESS**  
sustainable small farms education



## Getting to Know the 2006 Rural Roots Board of Directors!

**Question: Please talk about someone who has mentored you in your work or activism in sustainable agriculture. How did you meet that person?**



**Fred Brossy**

There have been so many people that I could call "mentor." Probably the most influential person has been Woody Deryckz. He has been an inspiration since 1992. His work gets me excited about what I do. He is a great teacher and that's his biggest asset. On a day to day basis, however, my fellow farmers continue to mentor me and share my passion for sustainable agriculture.



**Janie Burns**

I like to say that I have stolen ideas from every farm I have visited. I cannot point to any one person as being most influential. To single out one would slight and diminish the influence that so many have contributed. My parents deserve much credit for being fine examples of how to be good citizens. They had a fine eye for balancing the demands of a farm, the family, and the community.



**Toni Carey**

I have always known sustainable agriculture was the right thing for me even before I knew what it was called! I

have never had one mentor. I have what I call my farm friends, people I have met along my sustainable journey that have answered my questions and helped me along the way. Along with an extensive library of books, my farm friends are a valuable source of information to me and I in turn try to be a farm friend to people I know just starting out and struggling. My farm is so diversified it would be hard to have one mentor. One person who has made me realize that what I do has value is Diane Green from our Rural Roots board. She has made me believe in myself, and recognize that what I do is not only important to my family, but to my community. Thanks Diane.



**Clay Erskine**

I would have to say that my most influential mentors are Dianne and Michael Jones who began farming the land we now farm. They have influenced the way we farm in many ways. They taught me how to plant intensively and how to utilize every available space we have to grow food. Since we grow in the middle Boise on a very small piece of land, it is very important to produce as much as we can but still have good rotations and

improve the soil at the same time. My wife and I met Michael and Dianne at the Boise farmers market five years ago when we were interning on a few farms in Oregon. We were planning to move back to Boise and begin our own farm so we were talking to all the organic farmers we could find to try to make some friendships. Michael and Dianne and my wife and I hit it off right away. We began volunteering on their farm and the rest is history. So I would recommend to anyone starting out to get out and talk to as many people as you can. You never know what will come of it.



**Meryl Flocchini**

My most important mentor in sustainable agriculture has been Gabriel Howearth. He is a renowned organic Master Gardener with specialties in native seeds, medicinal herbs, and drought-tolerant plants. He is a co-founder of Seeds of Change, a seed company dedicated to distributing non-hybrid, open-pollinated, and heirloom seeds. Among his teachers were Alan Chadwick (French Intensive Gardening) and Peter Dukish (Bio-Dynamic). I apprenticed with Gabriel on a 3 acre plot where we grew out from seed some 300 varieties of grains, vegetables, fruit, and herb crops with the object of growing the plants for seed. My dedication to sustainability started with the saving of my own seeds.

Gabriel and I met through the Talavaya Institute in Santa Fe. Talavaya was dedicated to research about, and preservation of native seeds.



**Diane Green**

This is a tough question. There have been numerous people that offered me perspectives about the importance of sustainable ag and many of them were not people that I met, but individuals whose stories I read, and to whom I felt connected. There are so many stories of farmers that have made a difference and paved the way for the future of sus-

tainable agriculture. Oftentimes people we connect to as mentors, are not people with whom we've had conversations.

Upon serious contemplation, I would say that one person who had the most impact on waking me up to sustainable and organic agriculture was a man named Terry Carel. I picked Terry up hitchhiking one day in Oklahoma City in 1971. He had just purchased 60 acres of land in the Ozark mountains in Missouri where his intention was to "get back to the land". And that is exactly what he did. Over the years, Terry and his family grew their own food, milked the cow, raised and home schooled their children, grew just about everything they needed. Terry and his wife Theresa created an amazing sustainable food system out of their little niche in the back woods of Missouri, where they live to this day. I house-sat their farm a time or two in the late seventies, and have returned to visit a number of times over these many years of friendship. They proved to me that it is possible to live sustainably and make a life on a small acreage farm. However, I didn't settle into this sustainable agricultural endeavor until 1989 when I moved to the farm that became Greentree Naturals, where I live now.

One of my neighbors, Lois Wyeth (Peaceable Kingdom Herb Farm) has been a mentor just by the way she lives her life and accepts her role as a steward of the land. She has always been willing to share her knowledge with others, and by this example, has encouraged me to do the same.

Finally, I had a wonderful conversation with Fred Kirschenman (Leopold Center for Sustainable Agriculture) at a conference many years ago that gave me insights about our food system I had never really thought about before. These people whom I consider mentors, don't even know how much they have changed my way of thinking by simply sharing their stories with me.



Craig Madsen

Don Nelson, WSU Extension Beef Specialist has had the most impact on the way I think about the environment and how our relationship with each other impacts the environment. Don Nelson received a Kellogg grant to put on a series on workshops to build the professional capacity of agricultural producers and others working in related fields. The series of workshops involved Holistic Management, Steven Covey's 7 Habits of Highly Effective People, Bob Chadwick's Consensus process, Bud William's animal handling techniques and others. My life has not been the same since. Don continues to challenge me with his out of the box thinking, and reminds me of the importance of building relationships when working with people.



Cathy McBeth

Upon reflection, I feel I have always been on a path toward sustainability. There have been encounters on that path with key women who have lead me to the present. My mother gave me my first subscription to "Organic Gardening" as a young woman. The writing and reading recommendations of Dolores La Chapelle taught me to connect deeply to the Earth through ritual, outdoor recreation and living in place. Cinda Williams reached out to us at a WSU conference and lead us to Rural Roots. Colette de Phelps continues to be an example of facilitating sustainability for me. Diane Green has educated me about the world of growing food for others and being involved in the sustainability community. My path toward sustainability is filled with connection, and I am grateful to those who guide me. I can't wait to meet the next mentor around the bend.

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able

Judith Pagliasotti

My Dad was my inspiration. It seems like I was always tagging along after him whether he was feeding animals, working with the team of Belgians, or out in the fields. It was fun. I remember "driving" the old tractor. Dad probably set it to idle along with me in the driver's seat, but to me it was the best of times.

Being out of the house is still my daily ambition. And I still think it's exciting and fun to plant, to make soil, to see the seasons flow through time. Dad is 85 now, has not had a garden for two years, and sold the last horse, Rainbow, but he shops at the local farmer's market, has a sharp mind and laughs easily. My love of farming may be a purely genetic happenstance; or the laughter and fun and fascination with growing life was taught to me by my Dad. Either way, I'm glad to follow in his footsteps, still tagging along.



Beth Rasgorshek

It is difficult to focus on just a few people. There are many who have opted to journey with me, and share their skills and knowledge. My first mentor in sustainable agriculture was Liz Marantz. She was one of the founding members of Portland Tilth, a chapter of Oregon Tilth that met monthly to discuss organic gardening topics. I was drawn to her methodical ways. A keen observer and brilliant woman, she always considers the impacts of her choices and then chooses wisely. She has a beautiful garden, and tends to it with a seasonal perspective that wouldn't compute in most garden guides. But because of her attentiveness, she has learned from nature how to best tend her soil.

My farm business partner Marc Boucher-Colbert was also a valuable mentor. Together, we founded Urban Bounty Farm in Portland, an urban-based community supported farm. During the six years we worked together he taught me so much about hospitality, communication and respect. The man has more energy than I could ever hope for, and his passion about food and growing it was incredibly contagious. I carry so many of his words and ways with me today while I farm.

And most importantly, my parents are the best mentors I could have. They are supportive, insightful, instructive and generous. And while they split their work into traditional gender roles, I truly admire and equally appreciate how they approached their farm as a team. Mom was the first to ever get me in the garden, and Dad is patiently teaching me the complexities of row crop farming and irrigation.



Mary Rohlfing

My primary mentor for my work as a farmer and advocate for a safe and sane food system is Diane Green. I've known Diane for over two decades, since we both lived in St. Maries, Idaho, working for the Forest Service, tending the big plants--trees. Four or so years ago, Diane was visiting my home, looking out over what is now the central garden area of Morning Owl Farm. She said what I'd been dreaming: the land would make a fine area for a CSA or market garden. I took that utterance as a sign that it was time to transition from my position as an associate professor at Boise State to a novice market gardener. A few years later, I'd done just that. Diane lives too far away to teach me many of the nuts and bolts sorts of things, but philosophically, she influences me directly, teaching me to give more than folks expect, to remember that this work is valuable and should be rewarded accordingly, that what we do is part of an important movement that will change the way people live and think about their relationships to one another and this place we call home. Diane also reminds me that farming should be fun, and it is. In addition to Diane, I have farmer friends who inspire me and teach me just by being near them: Jan Book, Janie Burns, and Beth Rasgorshek especially. These good people are not only brilliant at what they do, they are generous, soulful spirits that I am better for merely for knowing them.



J.D. Wulforth

My sustainable agriculture influences have come from several people along the way. First, my mom gardened when I was young, and I observed and helped her with that, even though I thought of the "work" more as chores, and did not understand at the time the value of the simple styles she used. Later, I got inspired by reading some Wendell Berry essays when I lived in Kentucky a few years. Two books by Stanley Crawford, a now-famous garlic grower in northern New Mexico, took that inspiration to a new level so that I became impassioned to actually grow things myself, and find value in the labor of tradi-

tional styles rather than high-tech, and more contemporary facets of agriculture.

Most recently, and clearly the most influential on me, is a couple dear to many readers here I'm sure: Skeeter Lynch & Phil Gage of Full Circle Farms in Princeton, ID. Their working farm and commitment to the sustainable agriculture movement opened up an entire new world of understanding re: the chicken & the egg for my 2 yr old daughter Simone and motivated me to become an activist for local food systems.



## Northwest Direct Farmer Case Studies Online:

<http://www.ruralroots.org/NWDirect/NWDirectCasesStudies.asp>

A total of 12 case studies were produced by Rural Roots, Inc. and the University of Idaho as part of the Northwest Direct project. These case studies were developed to provide in-depth information about the direct and semi-direct marketing opportunities that exist for farmers within their regional food system and how these opportunities are captured by a diverse set of successful producers in Idaho, Oregon and Washington. They are one component of a larger USDA Initiative for Future Agriculture and Food Systems project called Northwest Direct: Improving Markets for Small Farms.

# Buy Fresh Buy Local: Become a Partner in 2006

By Sara Foster  
RR Education & Direct Marketing Coordinator

Become a Buy Fresh Buy Local Partner! In the past five years, Rural Roots has developed the Buy Fresh, Buy Local labels and products to help farmers, restaurants, and retail stores to market their delicious, local food to customers and to help with the crucial job of educating our local customers about the importance of local food systems, here in the Inland Northwest. The beautiful product labels, postcards, bookmarks, posters, bumper stickers and window clings (shown to the side) will attract customers to your farmers' market booth, restaurant or store and help you educate them about the impact of local food. Educating your customers about why local food is important can help them to understand how beneficial it is to everyone in your community that they buy your products.

To become a BFBL member, you need a Rural Roots membership (found on page 23) and you need to fill out a BFBL agreement (which can be found online), which helps us to know that you are local and producing your products sustainably or buying products to sell that have been produced sustainably. Everything you need can also be found on our website [www.ruralroots.org/buylocal/buylocal.asp](http://www.ruralroots.org/buylocal/buylocal.asp).

When you are ready to sign up, fill out your membership form, the BFBL agreement that pertains to your enterprise, and the BFBL order form here on this page, and send in your check and the forms to our office: Rural Roots, P.O. Box 8925, Moscow, Idaho 83843. I look forward to working with each of you. Please call the office (208)883-3462 or email me at [sara@ruralroots.org](mailto:sara@ruralroots.org) with any questions you might have.

Good luck in your growing season and marketing ventures!



## Inland Northwest Buy Fresh, Buy Local 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**	
<b>Total</b>	

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](mailto: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



# Bringing Sustainable Food into Youth Outdoor Education: Project Update

By Jennifer Farley  
RR Membership Coordinator  
and UI Graduate Student

The Bringing Sustainable Food into Youth Outdoor Education Project at the University of Idaho (UI) McCall Field Campus is progressing at a steady rate. Verbal support for the project has continued to be positive and is growing as more people become aware of the plans to use local and sustainable food at the UI McCall Field Campus.

Major accomplishments since the last update are that surveys have been distributed and returned from field campus staff, 2005 resident graduate students and AmeriCorps members, and visiting 5th and 6th grade students and chaperones. Surveys have also been distributed to regional producers within 200 miles of McCall. The purposes of the surveys are to assess the potential opportunities, barriers, and benefits for developing a farm-to-school program at the field campus. Data entry from the surveys is currently underway and will be completed by the end of May. Data analysis is expected to be completed by the end of the

summer. Preliminary formal and informal interviews with campus staff and graduate students were also conducted last fall, with follow-up interviews planned for the summer months (the

tracting requirements. Greenhouse and composting plans for the field campus will also be explored. Finally, a brief assessment of the UI McCall Field Campus and McCall area/central

As stated in my last newsletter update, this project is exciting as it holds potential to increase the sustainability of the central Idaho and University of Idaho food system. Our hope is that the hundreds of Idaho 5th and 6th graders and the dozens of parents, chaperones, and graduate students that visit the field campus every year will return to their homes with an increased awareness of the importance of local food systems, the local environment, and community.

If you have any questions about the farm-to-school plan at the UI McCall Field Campus please contact me at [jennifer@ruralroots.org](mailto:jennifer@ruralroots.org) or 208-883-3462.

The "Bringing Sustainable Food into Youth Outdoor Education Project" is a plan to develop a farm-to-school program model and assessment that promotes the purchase and cultivation of fresh, local, nutritious, and sustainable food to visitors and seasonal residents of the McCall Outdoor Science School (MOSS), located at the University of Idaho (UI) McCall Field Campus in Idaho. This project is a partnership between the University of Idaho, Rural Roots, Inc., and the Palouse Clearwater Environmental Institute (PCEI). The project is funded by the USDA-CSREES Community Food Projects Competitive Grants Program and is scheduled to be completed in the fall of 2006.

field campus is closed from December to mid-May). Interviews focus on the possibilities of buying local food from producers or through SYSCO Food Services of Idaho (the current food service provider for the field campus).

This summer is expected to be exciting and busy as I look into the University of Idaho's food purchasing policies, health and insurance regulations, and con-

Idaho food system will be conducted.

I have recently been informed that the McCall Field Campus has hired new cooks. These individuals have expressed an interest in the project, and in using locally and sustainably grown foods at the campus. It is very exciting to have this kind of enthusiasm expressed by members of the McCall staff.



## Buy Fresh, Buy Local in 2006!



**BFBL Materials Available!**  
See [www.ruralroots.org](http://www.ruralroots.org) for actual dimensions and ordering information.

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

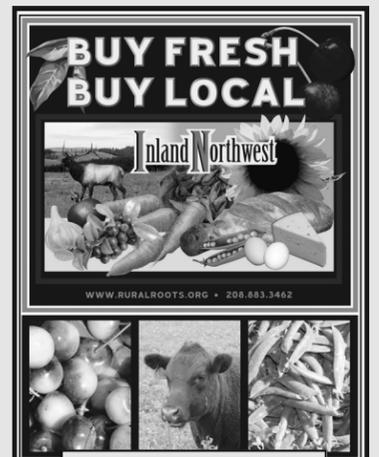


Vertical Product Tag (Available in horizontal, vertical and extra wide.)

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



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.)



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



## Cultivating Success is Taking Flight!



By Cinda Williams  
University of Idaho  
Sustainable Ag. Coordinator

Cultivating Success is spreading its wings and taking flight! 2005 was an interesting year for our five year old Cultivating Success Small Farms Education program. Numbers are up, new locations were added, and new courses were developed!

The program's numbers have grown by leaps and bounds: 470 students took Cultivating Success courses in 2005, bringing our total student numbers to 914. Program participants are mostly beginning farmers and ranchers, but experienced farmers, academic students, members of non-profit groups and other interested community members added a welcome diversity of backgrounds, experience and perspectives to the courses.

New distance education classes were offered in 2005. A web-based version of the Sustainable Small Acreage Farming and Ranching class was piloted at three sites and a Sustainable Livestock Production course was offered at two sites.

Three new locations in Idaho and six in Washington joined the fast growing list of sites offering one or more classes. A grant from USDA Risk Management Agency has provided seed money for individual sites to get these courses up and running. The partnership with RMA has also helped to

provide an enhanced focus on risk management in both the whole farm planning course (Sustainable Small Acreage Farming and Ranching) and the business management course (Agricultural Entrepreneurship).

As of February 1st, Theresa Beaver relocated to Port Townsend, Washington where she will continue to work part-time to coordinate the Cultivating Success course offerings in county offices. We miss her presence in our UI office (in Moscow, ID), but she is still an integral part of the CS management team!

Theresa is the lead person working on the development of an alternative curriculum for the Cultivating Success Business Module. We were awarded a grant from Western Center for Risk Management Education to develop this alternative curriculum as an option for instructors and students to use in developing a successful small farm business.

The alternative curriculum will be a highlight of our Annual Cultivating Success Instructor Workshop on May 31<sup>st</sup> in Ellensburg, Washington. If you are interested in being more involved with this program, as an instructor, farmer mentor or partner/sponsor please contact Theresa for details at [tbeaver@wsu.edu](mailto:tbeaver@wsu.edu).

Other program activities this year include a research project funded through the Sustainable Agriculture Research and Edu-

cation (SARE) program. We are exploring educational methods and the effectiveness of on-farm learning experiences based on both university and working farms. In fact, many of you have helped us out over the past few months by participating in farmer and student focus groups that will help our research on experiential on-farm learning. What works and what doesn't? What do you want to learn and in what format? What about scheduling issues and incentives? How much on-farm learning do you need to be successful? These are just a few of the questions being asked in a survey of 1200 small acreage farmers and ranchers in Washington and Idaho. If you should be one of the randomly selected participants to receive the survey, *please respond*. Your answers will help us develop the most effective strategies for providing the educational programs you want!

Last year, we had our first student successfully complete a Cultivating Success On-Farm Apprenticeship. Heidi Heffernan, a student in at the University of Idaho, helped the program by piloting an apprenticeship on the UI student-run organic farm. In addition, Heidi graduated from University of Idaho this month (May 2006) with a degree in Ag Science and Technology and will receive the first Certificate of Completion in Sustainable Small Acreage Farming and Ranching. Congratulations Heidi!

This summer we have two UI students enrolled in the On-Farm Apprenticeship course to learn from the experts! Diane Green, of Greentree Naturals farm in Sandpoint, Idaho will mentor UI student and aspiring farmer, Christine Malek. Brad Jaeckel, the farm manager at the WSU's Organic Farm in Pullman is offering the Organic Farming Practicum course again this summer and Jessica Wiley is taking the practicum as a 6 credit internship through the UI.

Earlier this year the Cultivating Success Management team decided to get more people involved in the process of making the program more effective. We identified and solicited involvement of key people to help us in an advisory capacity. The people who have agreed to serve on the Cultivating Success Advisory Committee for 2006 are listed on the next page. We have already had our first introductory conference call and really appreciate the time these people are volunteering. We look forward to involving them in many aspects of growing and improving the Cultivating Success program in the coming years.

With so much going on with the Cultivating Success Program, I cannot fit it all in this article. Luckily for you, our UI Sustainable Ag Program Assistant, Ariel Agenbroad, has developed our comprehensive new Cultivating Success web site. Check out the site for all the details about our Small Farm Education program at [www.cultivating-success.org](http://www.cultivating-success.org).

## CULTIVATING SUCCESS

sustainable small farms education

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\$100 full page	\$75 full page
\$85 2/3 page	\$60 2/3 page
\$60 1/2 page	\$45 1/2 page
\$35 1/4 page	\$25 1/4 page
\$10 business card size	\$8 business card size

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

**Deadline for Next Issue:  
Friday, July 14, 2006**

Please contact Rural Roots at 208-883-3462 or [info@ruralroots.org](mailto:info@ruralroots.org)



## RURAL ROOTS MEMBER LIST

The members of this organization give energy and direction Rural Roots' programs and events. **Thank you for your support**, and thanks especially to new members. We are looking forward to working with you on all of our 2006 programs. Watch the website for updates on our activities.  
(Please note this list was updated 5/1/06).

- Rachel Airmet, Boise, ID  
 Linda and Rodger Albers, Sunbeam Farm, Greenleaf, ID  
 Jessie Alger, Spokane Tilth, Spokane, WA  
 Billey & Rhetta Anderson, RTR Black Angus Farm, Clark Fork, ID  
 So & Gary Angell, Rocky Ridge Ranch, Reardan, WA  
 Barb Arnold, Nothing But Herbs, Hayden, ID  
 Bruce Baldwin, Palouse Grain Growers, Inc., Palouse, WA  
 Anna & Steve Banks, Princeton, ID  
 Cathy F. Bean, St. Maries, ID  
 Vickie & David Bearman, Kooskia, ID  
 Theresa Beaver, WSU Jefferson County, WA  
 Jana Berger, Sunshine Farm Market & CSA, Chelan, WA  
 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, Angel's Organics, Gold Hill, OR  
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 Janie Burns, Meadowlark Farm, Nampa, ID  
 Mary Jane Butters, MaryJanesFarm, Moscow, ID  
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 Ron & Toni Carey, Four Seasons Farm, Priest River, ID  
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 Lora Lea & Rick Mysterly, Quillisascut Cheese Company & Chefs Collaborative, Rice, WA  
 Denise Moffat, The Healing Center, Moscow, ID  
 Stacia & David Moffett, Moffett's Organics, Colton, WA  
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 Rob and Dixie Nelson, Apple Valley Organic Farm, Parma, ID  
 Laura & Steven Nittolo, Moscow, ID  
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 Erin O'Rourke, Three Sisters Eggs, Deary, ID  
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 Lee, Gilbert, and Kim Rice, Rice Family Farm, Meridian, ID  
 Maurice Robinette, Lazy R Ranch, Cheney, WA  
 Lori Wright, Judith Hibberd & Mary Rohlfing, Morning Owl Farm, Boise, ID  
 David & Caryl Ronniger, Ronniger's Potato Farm, Moyie Springs, ID  
 Jessica Ruehrwein, Sierra Club, Boise, ID  
 Elizabeth & Ron Schwartz, Flannigan Creek Farm LLC, Viola, ID  
 Jeff Schahczenski, NCAT, Butte, ID  
 Kristan Schlichte, Spirit Garden, Catholic Charities of Idaho, Boise, ID  
 Paul Smith & Ellen Scriven, Killarney Farm, Cataldo, ID  
 Pam Secord, Calico Creations, Santa, ID  
 Marsha Semar, Cottage Garden, Moyie Springs, ID  
 Sarah Skaar, Skaar Ranches, Kendrick, ID  
 Ariel Spaeth Agenbroad, Soil Stewards, PSES, University of Idaho, Moscow, ID  
 "Tofu Phil" Spiegel, Small Planet Tofu, Newport, WA  
 Alisa Stauter, Empress Tea Company, Meridian, ID  
 Cheryl Bennett & Mike Stevens, Lava Lake Land & Livestock, L.L.C., Hailey, ID  
 Tona and Clarence Stilwill, Fair Mountain Farm and Ketchum Farmers' Market, Fairfield, ID  
 Pete Stoltz, Rathdrum, ID  
 Karen and Judith Strickler, Pollinator Paradise, Parma, ID  
 Daryl Swanstrom, Deary, ID  
 Craig Thomas, West Valley City, West Valley City, UT  
 Stan Urmann, Riley Creek Blueberry Farm, Laclede, ID  
 Marten Vonk, Boise, ID  
 Russell Walgamot, Earth's Produce, Gooding, ID  
 Dan Walters, Earth Institute, Boise, ID  
 Bill and Connie Ward, Granny's Farm, Meridian, ID  
 Carol Ann Wassmuth, Monastery of St. Gertrude, Cottonwood, ID  
 Jeff Ennis & Margo Welch, Little Rock Farms, Deary, ID  
 Cathy Weston, Talking Creek, Hauser, ID  
 Paul & Brenda Wheaton, Nine Springs Permaculture Farm, Chattaroy, WA  
 Eric Nilsson & Janice Willard, Wyndknoll Farm, Moscow, ID  
 Cinda Williams, PSES, Moscow, ID  
 Kurtis Williams, Waterwheel Gardens, Emmett, ID  
 Susan and Eileen Williamson, Williamson Orchards, Caldwell, ID  
 Eric & Brandy Wilson, Boise, ID  
 Beth & Jeff Workman, Boise, ID  
 Julia Parker & J.D. Wulfhorst, Moscow, ID  
 Kristine Zakarison, Zakarison Partnership, Pullman, WA  
 Sheryl Hagen Zakarison, Zakarison Partnership, Pullman, WA

# DIGGING DEEPER:



## Press Releases and Books

### A Younger Face for Rural America

Contribute your stories, images to book showcasing role of young people in rural revitalization.

Minneapolis, MN—As rural populations decline, community leaders across the country find themselves concerned about how to hold on to young residents—and attract young families to rural places. But young people are, in fact, making lives for themselves in rural America—launching new businesses, keeping family farms in production, starting new farms, and becoming involved in their local communities. Moreover, young people in both rural and urban areas are engaging in rural development by participating in farm-to-school programs, community gardens, and exchange programs that give young people a taste of rural lifestyles. Forward-thinking communities are finding new and innovative ways to en-

gage the next generation in building a better future for their original and adopted hometowns.

Consider contributing your story or photo to *Youth Renewing the Countryside*, a book in progress that will capture the best stories of hope and youth-led renewal in rural America. The book will be produced by young writers and photographers who tell the success stories of young adults crafting rural livelihoods that support themselves, their families, and their communities, and of youth programs that build social capital while strengthening local food systems. The book will form the basis for a national public education campaign about the role of young people in sustaining and revitalizing rural communities.

*Renewing the Countryside*, a Minneapolis-based non-profit organization, in partnership with the USDA's Sustainable Agriculture Research and Education (SARE) program, is now seeking sto-

ries and story ideas, as well as young writers and photographers to be part of the Youth Renewing the Countryside production team this summer. A national committee composed of representatives from farming, youth development, and entrepreneurship networks, along with writers and photographers, will select the stories to be included in the publication and the writers and photographers who will create it. Selected contributors will be paired with professional writers and photographers who will act as mentors throughout the process. *Renewing the Countryside* will provide modest compensation to writers and photographers for their work.

Contact Beth Munnich (beth@rtcinfo.org or (866) 378-0587) with:  
\* your story idea  
\* name(s) of potential contributor(s), including young writers or photographers

The deadline for nominating stories, writers, and photographers is June 15, 2006. Submissions and nominations will be reviewed beginning in early June.

*Renewing the Countryside* is a 501c3 non-profit organization that provides support and resources for individuals and communities who are looking for sustainable ways to strengthen their rural communities and reduce poverty. The organization does this by sharing stories of rural renewal, building public awareness of and support for sustainable endeavors, connecting people interested in sustainable rural development to each other, providing practical assistance and networking opportunities for people working to improve rural America, and fostering connections between urban and rural residents.



## WSU Organic Grain Field Day Rescheduled to June 20

PULLMAN, Wash. — Delayed planting has forced a postponement of Washington State University's Organic Dryland Grain Crop Field Day.

The event, originally scheduled for June 7, has been rescheduled for June 20 at the Les and Pat Boyd farm located just north of the Moscow-Pullman Airport.

Among other topics, researchers will talk about how to make the transition to organic, use of goats to control weeds, winter legumes as a cover crop, and conservation of beneficial insects along farm margins.

Registration begins at 8:30 a.m. The field day will conclude about noon. The farm is located at 3801 Airport Road. Contact Dennis Pittmann or Amanda Snyder at (509) 335-7484 for further information.

They can be reached by e-mail at [pittman@wsu.edu](mailto:pittman@wsu.edu) or [akoss@wsu.edu](mailto:akoss@wsu.edu). The event is free and open to the public.

A message from Tilth Producers of Washington:

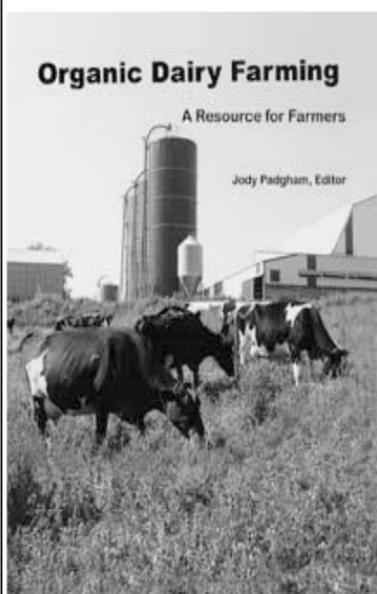
## New Guide to Northwest Farm Resources Available

The 2006 Farming Sourcebook for the Pacific Northwest is now available. Produced by Celilo Group Media, publishers of the Sustainable Industries Journal (<http://www.sijournal.com/>), the goal of the sourcebook is to provide a one-stop guide to the most current tools, resources, and information available with respect to certified and sustainable agricultural production. It includes sections on marketing, certification and labeling, management practices, water quality, soil health, pest management, seeds and starts, farm energy, and more.

The publication is available online. Go to: <http://www.sijournal.com/resources> and scroll down to the Sourcebook ( PDF / 3.6 MB).

Michael Pollan's new book, *The Omnivore's Dilemma* is available at <http://us.penguinroup.com/nf/Book/BookDisplay/0,,9781594200823,00.html>  
This new publication is shaking up America's understanding of what and how we eat.

### Announcing an important new book for organic agriculture

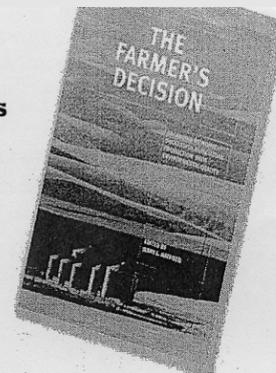


Written for the transitioning and new organic farmer, *Organic Dairy Farming* brings together for the first time in a single volume the information to explain everything from organic soil management, calf care and mastitis control to the certification process and marketing for the organic premium. Combining up-to-date advice from farmers, veterinarians, researchers and consultants in the organic community, it presents organic concepts and practices in a readable form. The book includes farmer interviews demonstrating how they have successfully applied organic practices on their own farms. Over sixty illustrations, glossary, list of resources and complete index make the book highly useable. An essential tool for both the farmer and the agricultural professional.

## New Book

explains how decision support tools can be applied to agriculture.

*The Farmer's Decision:  
Balancing Economic Successful Agriculture  
Production with Environmental Quality*  
Edited by Jerry L. Hatfield



Decision making to achieve a balance between the economic goals of producers and environmental quality benefits is complex. *The Farmer's Decision* is a synthesis of years of interdisciplinary research and practice, and addresses the recent increasing development—applying decision support tools to agriculture. This book is a resource for the decision making process that goes into balancing economic success with a healthy environment. The discussions represent an international view and are a blend of field and watershed scale observations and research. The writers wish is to move science forward to impact the lives of fellow scientists, policymakers, planners, producers, and the consumers of food and fiber.

There are several convenient ways to place your order.

- Email your order to [pubs@swcs.org](mailto:pubs@swcs.org)
- Call 1-800-THE-SOIL, Extension 10
- Send the form below to our office

# DIGGING DEEPER:

## Sustainable Ag Resources & Announcements



### 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 contributor

Please call the office at 208.883.3462 or email [info@ruralroots.org](mailto:info@ruralroots.org) to discuss opportunities!

### Certification & Labeling Considerations for Agricultural Producers Booklet

Copies of the 54-page booklet can be downloaded at <http://cals.arizona.edu/arec/wemc/certification.html>

### Herbs: Organic Greenhouse Production

This publication looks at marketing channels for and assesses the economics of small-scale organic production of fresh-cut herbs. Certified organic production differs from conventional methods chiefly in fertility management and pest control. Propagation methods differ for annuals and perennials.

<http://attra.ncat.org/attra-pub/summaries/gh-herbhold.html>

### Herb Production in Organic Systems

The emphasis of this publication is on research into organic herb production in the U.S. and implications for herb production under the National Organic Program regulations. It addresses harvesting wild herbs, as well as organic production of annual and perennial herbs, and presents current research abstracts.

<http://attra.ncat.org/attra-pub/summaries/om-herb.html>

### Resources for Record Keeping

An informative pdf file for farmers to learn vital record keeping skills.

Download off the Rural Action Website:  
[www.ruralco.org](http://www.ruralco.org)

### Farmland Preservation Program Comments Needed!

The Interagency Committee for Outdoor Recreation (IAC) is requesting your review of the draft policy manual for the new Farmland Preservation Program.

The Farmland Preservation Program, a new program within the Washington Wildlife and Recreation Program, is aimed at preserving economically viable farmlands in Washington State through the purchase of development rights. Restoration of ecological functions that will enhance the viability of the preserved farmland is also eligible in combination with acquisition.

The new program is administered by the Office of the Interagency Committee for Outdoor Recreation, a state agency responsible for administering 11 state and federal grant programs for outdoor recreation, habitat protection, and salmon recovery. You can find more details about the program and the draft policy manual at: <http://www.iac.wa.gov/iac/grants/farmland.htm>.

### New Cultivating Success Website!!

<http://cultivatingsuccess.ag.uidaho.edu/>

Check out all we have to offer!

Save the Date!

2006 National SARE Conference  
Aug. 15-17, 2006 in Oconomowoc, Wisconsin

The following are good ways to hook up with organic growers, master gardeners, and folks interested in sustainable agriculture in the Boise area:

- 1) Get familiar with Rural Roots, which has a growing presence in southwestern Idaho, including Treasure Valley area. See [www.ruralroots.org](http://www.ruralroots.org)
- 2) Get familiar with the master gardener and Living on the Land courses offered via the county extension offices. You can contact extension educator Kevin Laughlin at Ada County extension office.
- 3) Get familiar with the farmers' markets. You can contact market manager Karen Ellis at the Capital City Public Market.
- 4) Get familiar with National Coalition for Alternatives to Pesticides. You can contact Jennifer Miller, the local NCAP representative.
- 5) Get familiar with the U of I Sustainable Agriculture office. See [www.ag.uidaho.edu/sustag](http://www.ag.uidaho.edu/sustag). You can contact Cinda Williams, who heads the office.

### Need More Resources?!

Visit Rural Roots Resources Page:

[www.ruralroots.org/resources/ddr.asp](http://www.ruralroots.org/resources/ddr.asp)

- Bulletin Board
- Past Newsletters
- RR Publications
- RR Past Presentations



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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Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

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[www.touchthesoil.com](http://www.touchthesoil.com)

# DIGGING DEEPER: Conferences



## 2006 SARE National Conference

Sustainable Agriculture Research and Education



Make plans now to attend "A Midwest Homecoming: Sharing a New Tradition of Sustainability," August 15-17 in Oconomowoc, Wisconsin. The conference is the 4th SARE national/regional gathering that draws university research and extension staff, farmers, ranchers, youth/students, agribusiness representatives, policymakers at all levels of government, and nongovernmental organizations to explore current issues in sustainable agriculture.

The conference will feature oral presentations, poster sessions, workshops, roundtable discussions and tours designed to recognize and advance sustainable agriculture throughout the nation.

<http://www.sare2006.org/index.html>

## Save the Date!! The Future of Farming: Tilth Producers of Washington Annual Conference

### Event Details

City: Vancouver  
State: WA  
Date: 11/10/2006-11/12/2006

### Sponsor/Contact Info

Sponsor:  
Contact: Nancy Allen  
Phone/Email: 206-442-7620

### Save the Date!

November 10-12, 2006  
The Future of Farming:  
Tilth Producers of Washington Annual Conference  
Vancouver, Washington  
Red Lion at the Quay

**Keynote Address:** Bringing the Farm Economy Home by Helena Norberg-Hodge

Helena Norberg-Hodge is founder of the International Society for Ecology and Culture

**Contact:** Tilth Producers of Washington <http://www.tilthproducers.org>  
P.O. Box 85056  
Seattle WA 98145  
206-442-7620  
Nancy Allen, Administrative Director  
Email: [nancy@tilthproducers.org](mailto:nancy@tilthproducers.org)

## Lavender Conference in Sequim Washington July 17-18, 2006

Join lavender growers and enthusiasts from across the country and around the world at the 3rd North American Lavender Conference in Sequim, Washington on July 17 & 18, 2006. If you're interested in growing lavender, distilling lavender oil, making lavender products, marketing lavender, or simply utilizing this amazing, fragrant herb in your home, garden, or otherwise, you don't want to miss this conference. Featured speakers for 2006 include: Virginia McNaughton,

international lavender authority, author of the book, "Lavender: The Grower's Guide," and operator of Lavender Downs, a lavender farm in New Zealand; Brian Lawrence, a world-renowned expert on lavender oil and other essential oils; Ellen Spector Platt, author of numerous books on herbs, including the book,

"Lavender: How to Grow and Use the Fragrant Herb;" and Andy Van Hevelingen, author, lavender breeder and operator of a wholesale lavender nursery in Oregon. In addition to these featured speakers the conference will feature numerous additional workshops on practical aspects of growing, utilizing, marketing and appreciating lavender.

Conference co-sponsored by the Sequim Lavender Growers Association and Washington State University Extension.

For detailed information about the conference schedule, speakers, or to register, please visit this website:  
[www.lavenderconference.com](http://www.lavenderconference.com)

You can also call toll-free at 1-877-681-3035 or e-mail [info@lavenderconference.com](mailto:info@lavenderconference.com) with questions about registering for the conference, and you can even register over the phone if it is more convenient for you.

## BRING IN THE BUCKS! SUSTAINABLE TOURISM DEVELOPMENT

## MEETING OF THE INLAND NORTHWEST PARTNERS

**TUESDAY JUNE 27, 2006  
HAYDEN LAKE, IDAHO**

**[WWW.INWP.ORG](http://WWW.INWP.ORG)**

## Introduction to Sustainable Small Acreage Farming August 7-11, 2006 Quillisascut Farm School, Rice, Washington

*Hands on, multidisciplinary, immersion course in successful small-scale farming. Learn from experienced value-added producers.*

- pastured poultry management
- organic orchard management, including insect monitoring
- soil sampling and soil fertility management
- tree fruit grafting
- certified organic garlic production
- farmstead energy efficiency
- jam-making in a WSDA certified kitchen
- whole farm management techniques

Participants will stay at the Quillisascut farm school, with bunkhouse-style lodging, meals and all course instruction included in tuition. \$495 (transportation not included). Continuing education or academic credits available through WSU. Fulfills credit toward Cultivating Success Certificate Program.

### Applications on line or contact:

Rick and Lora Lea Misterly, [rmisterly@ultraplix.com](mailto:rmisterly@ultraplix.com) (509) 738-2011  
Tuition: \$495 per person, limited financial assistance available  
To ensure placement, send application and tuition check made out to:  
Cultivating Success Program  
Quillisascut Farm School  
2409 Pleasant Valley road  
Rice, WA 99167

View information, applications and a sample schedule at [www.quillisascutcheese.com](http://www.quillisascutcheese.com)

Offered in partnership with the WSU Small Farms Program ([www.smallfarms.wsu.edu](http://www.smallfarms.wsu.edu)) and Cultivating Success ([www.cultivatinguccess.org](http://www.cultivatinguccess.org)) and sponsored by the USDA Risk Management Agency



# INLAND NORTHWEST FOOD AND FARMING CALENDAR



## PRODUCERS ENJOY NETWORKING AND EXPERTISE AT FARMER TO FARMER WORKSHOP

Approximately forty producers gathered in March in Caldwell, Idaho to attend workshops on Irrigation, Effective Cover Cropping and Direct Marketing.

The brain child of Rural Roots board member Beth Rasgorshek, this workshop capitalized on the expertise of drip irrigation specialist Dick Bronson, cover cropping guru, Dr. Jennifer Miller, and the maven of direct marketing, Diane Green. Attendees of the conference expressed appreciation for:

- “the excellent diversity of presentations,”
- “the chance to network with other growers,”
- “the entertaining and educational” material,
- “the sharing of ideas,” and
- “the great food.”

Attendees were given the following list of helpful websites, including:

### SARE:

[www.sare.org/publications](http://www.sare.org/publications)

### The Small Farm Resource:

[www.farminfo.org](http://www.farminfo.org)

### Natl. Sustainable Ag. Information Service:

[www.attra.org](http://www.attra.org)

### University of Idaho's Cooperative Extension Publications:

<http://info.ag.uidaho.edu>

### USDA Small Farms Site:

[www.usda.gov/oce/smallfarm](http://www.usda.gov/oce/smallfarm)



## June

### June 5 - Tilth Walk: Thundering Hooves, Touchet, WA

Thundering Hooves is a fourth generation, 400-acre family farm in the Walla Walla Valley where Joel Huesby and family raise and finish 100% grass fed livestock and pastured poultry on certified organic pastures of alfalfa and grass. Livestock receives no hormones & no antibiotics, resulting in naturally flavorful, healthy meats. See [www.thunderinghooves.net](http://www.thunderinghooves.net). All Farm Walks are on Mondays from noon-3:30pm. Beverages provided –please bring a brown bag lunch. Driving directions available: [www.tilthproducers.org](http://www.tilthproducers.org). Cost: \$10 for Tilth Producers members; \$15 for non-members. Info: (206) 442-7620 [nancy@tilthproducers.org](mailto:nancy@tilthproducers.org).

### June 12- Greentree Naturals Workshop: Natural weed control, Sandpoint, ID.

Mulch management, organic mulches, water saving techniques. Call for information and to be placed on our on-farm events mailing list! (208) 263-8957. Or visit our website at [www.greentreenaturals.com](http://www.greentreenaturals.com).

### June 15- Call for Contributions

Contribute your stories, images to book showcasing role of young people in rural revitalization. Contact Beth Munnich ([beth@rtcinfo.org](mailto:beth@rtcinfo.org) or (866) 378-0587) with your story idea, name(s) of potential contributor(s), including young writers or photographers. The deadline for nominating stories, writers, and photographers is June 15, 2006. Submissions and nominations will be reviewed beginning in early June.

### June 20- WSU Organic Grain Field Day, Pullman, WA.

Among other topics, researchers will talk about how to make the transition to organic, use of goats to control weeds, winter legumes as a cover crop, and conservation of beneficial insects along farm margins. Registration begins at 8:30 a.m. The field day will conclude about noon. The farm is located at 3801 Airport Road. Contact Dennis Pittmann or Amanda Snyder at (509) 335-7484 for further information. They can be reached by e-mail at [pittman@wsu.edu](mailto:pittman@wsu.edu) or [akoss@wsu.edu](mailto:akoss@wsu.edu). The event is free and open to the public.

### June 26 - Greentree Naturals Workshop: Pest management, Sandpoint, ID.

Assess pro-active control practices, identification, natural pest formulas, catch-cropping and plant-pest relationships for natural pest control. Call for information and to be placed on our on-farm events mailing list! (208) 263-8957. Or visit our website at [www.greentreenaturals.com](http://www.greentreenaturals.com).

### June 26 - Tilth Walk: Oxbow Organic Farm, Carnation WA.

See a diversified, organically-certified, direct market farm selling through Seattle farmers markets, restaurants and a CSA program. This early Salmon Safe farm offers a look at salmon habitat and restoration work along the oxbow in the middle of the farm. Most of the 100 acres are devoted to hay, with 5 acres for organic vegetables, cane berries, strawberries, tree fruit and grapes. [www.oxbowfarm.org](http://www.oxbowfarm.org). All Farm Walks are on Mondays from noon-3:30pm. Beverages provided –please bring a brown bag lunch. Driving directions available: [www.tilthproducers.org](http://www.tilthproducers.org). Cost: \$10 for Tilth Producers members; \$15 for non-members. Info: (206) 442-7620 [nancy@tilthproducers.org](mailto:nancy@tilthproducers.org)

## July

### July 10 - Greentree Naturals Workshop, Sandpoint, ID.

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. Call for information and to be placed on our on-farm events mailing list! (208) 263-8957. Or visit our website at [www.greentreenaturals.com](http://www.greentreenaturals.com).

### July 17-18 - Lavender Conference, Sequim Washington.

If you're interested in growing lavender, distilling lavender oil, making lavender products, marketing lavender, or simply utilizing this amazing, fragrant herb in your home, garden, or otherwise, you don't want to miss this conference. For detailed information about the conference schedule, speakers, or to register, please visit this website: <http://www.lavenderconference.com/>

### July 19 - Organic Seed Alliance Farmer Field Days, Philomath, OR.

**Producing Organic Vegetable Seed.** Learn about Organic Lettuce and Brassica seed production and crop improvement and tour a diversity of seed crops at this WSARE funded, farmer-led field day. Includes presentations by Frank Morton (Wild Garden Seed), John Navazio and Micaela Colley (OSA), Ken Johnson and Jim Meyers (Oregon State University). Website: <http://www.seedalliance.org>

### July 24 - Greentree Naturals Workshop: Seed Saving, Sandpoint, ID.

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. Call for information and to be placed on our on-farm events mailing list! (208) 263-8957. Or visit our website at [www.greentreenaturals.com](http://www.greentreenaturals.com).



# INLAND NORTHWEST FOOD AND FARMING CALENDAR

## July

**July 28-30 - SolWest Renewable Energy Fair, John Day, Oregon**  
 County Fairgrounds in John Day, Oregon. SolWest Fair draws over 2000 participants and exhibitors from around the region to share new technologies, attend workshops and network. Contact Jennifer Barker at 541-575-3633 or email [info@solwest.org](mailto:info@solwest.org). [www.solwest.org](http://www.solwest.org)

**July 31 - August 6 - Eat In, Act Out Week - Speak out for Local Food!**  
 Join groups around the world to celebrate and speak out together for local food in our communities. Sponsored by BLAST and The Food Project. For information on hosting an Eat In, Act Out event contact: Monica Pless. email [mpless@thefoodproject.org](mailto:mpless@thefoodproject.org). [www.thefoodproject.org/eatinactout](http://www.thefoodproject.org/eatinactout)

## August

**August 7-11 - Introduction to Sustainable Small Acreage Farming, Rice, Washington.**  
 Quillisascut Farm School. Contact Rick and Lora Lea Misterly. [rmisterly@ultraplix.com](mailto:rmisterly@ultraplix.com) (509) 738-2011. Tuition: \$495 per person. limited financial assistance available. View information, applications and a sample schedule at [www.quillisascutcheese.com](http://www.quillisascutcheese.com)



**NEXT ISSUE OF BRINGING HOME THE HARVEST!**

- Buy Fresh Buy Local Update ★
- Fall Farm Events ★
- The Joys of a CSA ★
- Farm Focus. Highlighting a Local Farm ★

### Resources for Women in Sustainable Agriculture

**Women on U.S. Farms Research Initiative**  
<http://agwomen.aers.psu.edu>  
*These vivid maps and reports make it easier to interpret the ways that American women are involved in farming.*

**Women and Sustainable Agriculture: Interviews with 14 Agents of Change**  
 By Anna Anderson, 2004, McFarland Publishers  
*Farmers, researchers, and farm advocates – all the women in this book have dedicated their lives to improving the American food system.*

**Herstory: Women in Organic Agriculture**  
 Summer 2002 CCOF Newsletter of California's certified organic farmers  
[www.ccof.org/archives.php](http://www.ccof.org/archives.php)

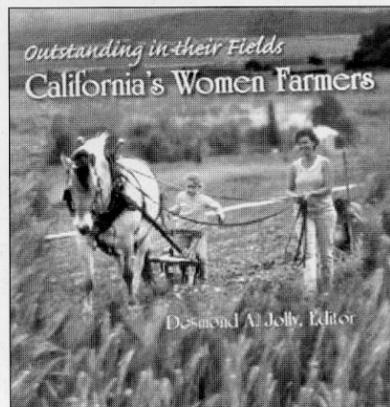
**Changing the Way America Farms: Knowledge and Community in the Sustainable Agriculture Movement**  
 By Neva Hassanein, 1999, University of Nebraska Press  
*Focusing on Wisconsin, this book explores the function and importance of social networks in the sustainable agriculture movement.*

**MaryJanes Farm**  
 100 Wild Iris Lane, Moscow, ID 83843  
 888-750-6004; [www.maryjanesfarm.org](http://www.maryjanesfarm.org)  
*Talk about enterprising: here's a stylish magazine that combines home, garden, and farm tips with a catalog of organic farm products.*

**Women in Winegrowing Calendar**  
 811 Jefferson Street, Napa, CA 94559  
 707-944-8311, [www.napagrowers.org](http://www.napagrowers.org)  
*The Napa Valley Grapegrowers have created a calendar that features 21 community and sustainable farming leaders.*

**Outstanding in their Fields: California's Women Farmers**  
 Editor: Desmond Jolly. Staff writers: Jamie Anderson, Isabella Kenfield, Susan McCue, Kristin Reynolds, and Michelle Young. University of California Small Farm Center, 2005. 530-752-8136  
[www.sfc.ucdavis.edu/women.html](http://www.sfc.ucdavis.edu/women.html);

*To highlight women in agriculture, this useful new book presents the stories of 17 small-scale farmers and ranchers and their families. Some of the women raise alpacas, goats, Jacob sheep, or bees. Others grow vegetables, fruit, wine grapes, olives, or blueberries. These creative, persistent women have found a wide range of markets – from nearby stores and community supported agriculture projects (CSAs) to New York City specialty shops. Explaining practical details about how they started out and how they add value to their products, the farmers offer thoughtful advice to others who may be considering similar ventures.*



Jennifer Greene, who runs a grain CSA described at right, is pictured on the cover of *Outstanding in their Fields*.

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

March-April 2006

Page 2

## Save the Date

FOOD SECURE CANADA AND COMMUNITY FOOD SECURITY COALITION present:



**Bridging Borders Toward Food Security Conference**  
 October 7-11, 2006 • Vancouver, BC • Sheraton Wall Centre  
[www.foodsecurity.org](http://www.foodsecurity.org)



Each of the farms, ranches and businesses listed in *Fresh from the Field* are dedicated to bringing you fresh, local products that are produced using sustainable methods.

Rural Roots is committed to supporting a wide range of sustainable production methods. In the guide, you will find food produced using a variety of sustainable agriculture techniques, such as rotational grazing, cover cropping, integrated pest management, and organic methods.

Buy a local product and savor the great taste of home!



# RURAL ROOTS: WHO WE ARE

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

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

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

*BUY FRESH, BUY LOCAL TODAY!*

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# RURAL ROOTS

## VISION

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

## MISSION STATEMENT

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

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

## RURAL ROOTS' GOALS

- Increase the availability and visibility of locally grown food and fiber in the Inland Northwest.
- Encourage and support food and farming enterprises that are locally-owned and operated.
- Encourage and support sustainable agriculture practices including rotational grazing, organic, and biodynamic methods.
- Promote sustainable alternative energy sources to meet on-farm, transportation, and 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:  
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 Executive Director, Rural Roots  
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 208-883-3462 or at colette@ruralroots.org  
[www.ruralroots.org](http://www.ruralroots.org)

## RURAL ROOTS MEMBERSHIP BENEFITS

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

## Join Rural Roots Today!

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

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

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



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# BRINGING HOME THE HARVEST

RURAL ROOTS' QUARTERLY NEWSLETTER



Reclaiming our Local Food and

Farms

Conference Reports



Farmer Focus Groups Report



Farm to School Update



Cultivating Success is Taking

Flight

