



NOFA-NJ

Organic News & Views

For farmers, gardeners, consumers, and supporters
In the Garden State

Special Notices

There is a one day workshop on **GROW BIOINTENSIVE**: on **Friday, January 29th at Treys Hall at Douglass Campus Center on Rutgers.** **Registration will NOT be accepted after January 20, 2010**

Registration is on-line at: www.johnjeavons.info

Costs:

\$100 if received by January 14, 2010).

\$125 if received between January 15, 2010 and January 20, 2010

Also, please note that we will be showing **DIRT-The Movie** on Friday evening, January 29, 2010 after the GROW BIOINTENSIVE workshop at the Douglass Lounge, Rutgers University starting at 7 pm. There is no cost for this event but you will need a ticket. You can get your ticket from either John Jeavons at the GROW BIOINTENSIVE workshop or by contacting the NOFA-NJ office.

NOFA-NJ Office
334 River Road
Hillsborough, NJ 08844

Phone: 908-371-1111
david.glenn@nofanj.org
m.glenn@nofanj.org

Volume II Issue I

January 2010

The Organic Food Movement

What does the word “organic” mean to you and are you part of an organic food movement? What did this mean to you 10 years ago and what does it mean in relation to how you choose your food and how you live in your community today?

Is Organic a term only for farming or does it apply to gardening? Does it apply to your lifestyle choices? Can it apply to a community living together? Did organic mean something different to you before it was defined by USDA? How do we get back to the original intent of the word?

Or perhaps we need new words to define our goals in building healthy food systems? For our Winter Conference, we are using the words ‘Regenerative Agriculture and Resilient Food Systems’. Perhaps those words resonant with you or perhaps we need different words to describe our philosophies and evoke the purpose behind the decisions we make when choosing our food and food sources.

We have many contradictions in our global food systems and one of them is that we produce more food than ever before and also have more people who are hungry than ever before. But what is very alarming is that the hungry people on this planet are outnumbered by those who are overweight. How is it

that we have more hunger and more obesity at the same time? According to Raj Patel, these are symptoms of the same problem and that answers to ending world hunger are the same answers to solving global health issues linked to our food and food supply systems.

I hope you will consider joining Dave and I at our session during the Winter Conference, “Grow the Movement—Empowering Our Collective Voice for Change.” During this session we are going to explore the links between President Obama, Michael Pollan and Arlo Guthrie when considering the Organic Food Movement. We want to discuss how the concepts presented by these three individuals are linked and related to your local food supply and why this is the time to join unite our voices and actions to increase our impact at local, state and national levels.

So please join us at the Winter Conference for a discussion about how each of us can contribute to defining and building the organic movement and be a voice for change in bringing better food to our families and our communities.

“If many people, in many little places, do many little things, they will change the face of the world.”

- Agricultural at a Crossroads:
A Global Report

Inside this issue:

Latest News on Blight	3
Princeton Environmental Film Festival	4
NJ Farm to School Network	4
20th Annual Winter Conference is Here!	5
Organic News, Updates and Announcements	6
Sharing Recipes	7
School Garden Corner	8
NOFA-NJ Educational Programs and Trainings	9
NOFA-Mass Advanced Growers Seminar	10
BIODYNAMIC Training	10
NRCS Assistance to Organic Farmers	11
The Fund for NJ	11
Book Reviews	12
Land Available / Farmers Needed	12
Animal Manure Management	13
News and Announcements from our Partners	14

NOFA-NJ Organic News & Views

Executive Directors/Editor Notes

Happy 25th Birthday to NOFA-NJ

This is an exciting year ahead for NOFA-NJ marking the 25th year of bringing together those in our state who are working to support organic and sustainable farming, create resilient food systems, and improve our environment.

Healthy Farms, Healthy Foods, Healthy Lands.

And as we move into this exciting era of work for NOFA-NJ, we welcome you to the second edition of the NOFA-NJ Organic News & Views newsletter. Since we have joined you last September, we have been overwhelmed by the support and opportunities to meet with some of you and assist with the development of NOFA-NJ as a dynamic leader in the organic movement.

We are looking forward to building this section of the newsletter. We welcome your questions, comments and suggestions. We hope to create a dynamic dialog with you to ensure that this publi-

cation is providing you with the information you need.

You can consider this an opportunity to ask technical questions regarding anything from pests in your garden to what financial assistance or grants may be available. We also welcome letters to the editor in this section if you have a position or opinion you would like to share with our membership.

We think it would exciting to see more regular columns on topics such as "Latest in Organic Research" or "Renewable Energy News" or Please do suggest the types of information you would like to see and ideally a person who would like to contribute to the newsletter on these topics.

Again, this newsletter belongs to the membership and we look forward to building it back into being an effective means of sharing information. Our contact information is available on line or on the front and back pages of this newsletter.

For farmers, gardeners,
consumers, and supporters

NOFA-NJ approaches its work holistically, as befits an organization with deep roots in the sustainability movement. We have always recognized that sustainable agriculture must address the economic, environmental, and social impacts of farming operations. We recognize the role of food production, distribution and consumption in human and community health. We believe that sustainable and organic agriculture, at its best, supports the development of healthy communities connected through a web of relationships built around food. This community-based view stands in direct contradiction to a globalized food system organized around commodities and operated with little regard to environmental or social impact. Yet, even with all this awareness, the challenge of expanding and supporting a sustainable organically produced local food system is enormous.

We invite you to support NOFA-NJ in our efforts to support building regenerative local food systems by either sponsoring an event or program, volunteering, joining the membership, or attending one of our events, conferences or educational programs.



The latest news on Late Season Blight

Late blight was the talk of 2009 for tomato and potato growers. Will it be in 2010 too? It is hard to say yet, but vigilance will be needed by all to avoid another catastrophe. The 2009 infestation was a result of the “perfect storm” of conditions – cool nights, moisture (rain), and infection points. We have no control over two of these conditions – moisture and cool nights – but can manage the infection points.

The main point of management will be the source of transplants and seed tubers. Being sure that clean seed and conditions for growing the transplants will help minimize chances of late blight starting. It will be the responsibility of us all to educate as many home gardeners as possible about the necessity of buying clean and inspected plants, and to properly rotate plants in the garden.

The million dollar question is – Will late blight overwinter? We have to look at the life cycle of the disease to understand how it survives to answer that. To date, *Phytophthora infestans* (late blight), cannot survive outside a living organism. There are three ways for the disease to get started and spread:

- 1) Diseased potato tuber,
- 2) Infected tomato transplants, or
- 3) Blown in as spores from infected plants in another location.

Late blight is not known to be able to survive on tomato cages and stakes, so disinfecting for late blight is not necessary, but is wise for other bacteria diseases. Can it survive in the soil?? Only in a living tissue – like a potato tuber left unharvested or deep in a compost pile not properly heated. Late blight has been known only to reproduce asexually in the northeast – meaning it would need two mating types to survive without a living tissue. To date there is only one mating type in the northeast US – so the only way to survive the winter here is on a living tuber. If the second mating type were to be present, the disease then could potentially survive the winters here.

Proper controls of potato volunteers will be CRITICAL in 2010. All surviving potato and tomato volunteers should be addressed immediately via manual or chemical controls. Cull piles of potatoes need to be properly disposed of and not left to compost freely with volunteers on the pile.

(<http://www.umaine.edu/umext/potatoprogram/Fact%20Sheets/Composting%20Cull%20Potatoes.pdf>).

Use only clean, certified and tested seed sources of potato and local tomato transplants to minimize any disease risk. There are several resistant varieties of potatoes including: Kennebec, Sebago, Allegany, Jacqueline Lee, Defender and Rosa. Elba is currently the most resistant variety. This does not guarantee disease avoidance, but can slow it down.

Avoidance...Regular scouting of fields is a practice that pays most years – whether it be for bugs or diseases. Be sure to scout and eliminate any suspicious plants early – discarding properly by burying, burning, or bagging plants. Offer more airflow to rows by widening rows, staking plants, and letting plants dry faster and more completely. Follow proper bio-safety procedures and be sure to minimize traffic in fields to those who should be there with the proper equipment. Sanitize between fields – boots, hoes, etc...

We will all be watching the weather and conditions for late blight closer this year, but we can't lose focus on other potential problems by focusing too much on blight. Proper field management, plant management and scouting should be followed every year. Years like 2009, with the widespread infection points, rain and cool weather, allowed this disease to spread like wildfire – even if all the proper precautions were taken. Getting the proper protectants on early will be the difference in 2010 as we all watch much closer.

There are numerous websites with great information about late blight for you to check out:

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

[LateBlightAlertforTomatoandPotato.html](http://www.umassvegetable.org/LateBlightAlertforTomatoandPotato.html)

[http://www.uvm.edu/vtvegandberry/factsheets/](http://www.uvm.edu/vtvegandberry/factsheets/LateBlight2009/pdf)

[LateBlight2009/pdf](http://www.uvm.edu/vtvegandberry/factsheets/LateBlight2009/pdf)

[http://www.hort.cornell.edu/department/Facilities/lihrec/](http://www.hort.cornell.edu/department/Facilities/lihrec/vegpath/lbmisinfo.pdf)

[vegpath/lbmisinfo.pdf](http://www.hort.cornell.edu/department/Facilities/lihrec/vegpath/lbmisinfo.pdf)

<http://nofany.org/policies/hottopics/>

[managing_late_blight_organically_produced_potato.pdf](http://nofany.org/policies/hottopics/managing_late_blight_organically_produced_potato.pdf)

www.extension.org/article/18361

The videos of the late blight forum at the NOFA Summer Conference are still being worked on by the people we hired to do the recording. Soon they'll be available for a \$20 fee for purchase or a \$10 rental. The website for the NOFA video project is here:

<http://www.nofa.org/conference/video/index.php>

Princeton Environmental Film Festival: Farming & Flavor

FARMING AND FLAVOR:

A Panel Discussion on the Relationship Between Farming Practices and Flavor

Monday, January 11 at 5:30PM (immediately following the screening of *Food Fight*) at the Princeton Public Library Community Room, 65 Witherspoon Street, Princeton, NJ

Panel:

- Chris Albrecht, Executive Chef at Eno Terra
- Gab Carbone, co-owner and artisan ice cream and confection maker at the bent spoon
- Jeanne DeNoyer, graduate student, plant ecologist, Princeton University, Department of Ecology and Evolutionary Biology
- Fran McManus (moderator), Whole Earth Center and UnderstandingFlavor.com
- J. David Waldman, owner and roaster at Rojo's Roastery
- Jonathan White, farmer and cheese maker at Bobolink Farm



Flavor is often cited as one reason that foods produced on small-scale farms are better than mass produced foods. But what does that mean? How do foods produced on small farms differ from their industrial counter-

parts? What differences do chefs and artisan processors find in the way these foods behave in the kitchen? How does having a direct relationship with the farm change the way chefs and processors handle these products? How do farming practices influence the flavor of the end product?

This panel brings together the perspectives of farmers, chefs, researchers, and artisan processors to explore the story behind the claim that ingredients raised on small-scale farms deliver the best flavor.

This panel is preceded by a 4PM screening of the film *Food Fight*. For a complete Festival schedule, visit

www.princetonlibrary.org/peff



NOFA-NJ Supporting New Jersey Farm to School Network

Please plan to attend on **Thursday evening, January 28th at 6:30 pm.**

To support the efforts of The New Jersey Farm to School Network, NOFA-NJ has the opportunity to coordinate a fund-raising event with D&R Greenway Land Trust and Sustainable Fare. Our keynote speaker from our NOFA-NJ Winter Conference, John Jeavons, has agreed to provide an additional lecture during his visit to New Jersey for this event.



The lecture will be provided at D&R Greenway Land Trust Johnson Education Center, One Preservation Place, in Princeton.

Title of the lecture is **GROW BIOIN-**

TENSIVE® Sustainable Mini-Farming.

This event will be different from the keynote address that John Jeavons will give on Saturday in that here, the audience will have opportunity to interact with John and have the opportunity to ask questions.

The doors will open at the D&R Greenway Johnson Education Center at 6:30 pm to share some good food and discussion. We will be providing a winter vegetable soup (from Beth Feehan, Director of New Jersey Farm to School Network; and Gary Giberson from Sustainable Fare and Lawrenceville School) and bread (Village Bakery).

The lecture by John Jeavons will begin at 7 pm with time for ques-

tions from the audience. Cookies will be available at the close of the event (prepared by Pam Flory and Michelle Glenn). We will be requesting donations at the event to support the New Jersey Farm to School Network.

Suggested donations are \$35 for adults and \$15 for students/children.

D&R GREENWAY
LAND TRUST
1989/2009
20 Years of Saving Land



NOFA-NJ WINTER CONFERENCE PROGRAM

7:15 - 8:30 Check-in, Registration, and Breakfast

8:30 - 8:45 Welcome & Announcements

8:45 - 10:00 KEYNOTE ADDRESS: JOHN JEAVONS

SESSION # 1

10:30 - 11:30

Gardens and Meadows for Native Pollinators, Birds, and Butterflies

Tama Matsuoka, Meadows and More

Cutting Edge Research in Organics

Jeff Moyer, Rodale Institute

What is Farm to School?

Beth Feehan, Sal Valenza

New Approach to Community Development: Water

Buffalo & Mozzarella Cheese, *Courtney Foley, Meadow*

Breeze Farm

The Food Safety Modernization Act

Wesley Kline,

RCE

Urban Growing in New Jersey

Meredith Taylor, Isles

SESSION # 2

11:45 - 12:45

Lacto - Fermentation

Weed the Soil, Not the Crop

Anne and Eric Nordell, Beech Grove Farm

Moss Alternative to Lawns

Dave Benner

Models for Kids and Youth Farm Programs

Larry Kuzer, Fernbrook Farms

Pam Mount, Terhune Orchards

Perennial Warm Season Grasses for Bioenergy and

Value Added Products

Zane R. Helsel,

Rutgers Cooperative Extension

(RCE)

Grow the Movement—Empowering our Collective

Voice for Change, *David Glenn & Michelle Glenn, NOFA - NJ*

SESSION # 3

2:30 - 3:30

Manage for Hard - to - Control Diseases

Andy Wyenandt, RCE

Wesley Kline, RCE

Seasonal Eating, An Aryuvedic View

Nancy Smith, Essence of Self

The Whole Word on Seed Saving

Adam Forbes, Thomas J. Watson Fellow

Making Hay Pay (High Quality Hay Best Suited to NJ)

Function and Utilization of Arbuscular Mycorrhizal

Fungi

David Douds, USDA, ARS

Pastured Poultry Egg Production

Rob Thompson, Herdsperson, Thanksgiving Farm, Center for

Discovery

SESSION # 4

3:45 - 5:00

Seed Starting Made Easy

Raw Milk:

Facts and Fiction

David Gumpert

At Home Meat Processing

Matt Wilkinson

How to Get a Piece of the Farm Bill

Tim Dunne, USDA - NRCS

Bee Free: Keeping Honeybees & Native Pollinators

Healthy

Charlie Toth, Beekeeper

Rachel Winfree, RCE

Key Ingredients to a Successful Farm Market

Stacey Antine, HealthBarn USA

Meg Metz, Dvoor Farm Market

Register for NOFA-NJ's

20th Annual Winter Conference

at www.nofanj.org or contact s.smith@nofanj.org

Organic News, Updates, & Announcements

Add value to your agricultural system. A growing number of small farms are reaping more profit by becoming “certified organic,” selling everything from strawberries to pecans. Others are adding value to their crops by processing them on the farm-- turning tomatoes into salsa, or milk into cheese, or grapes into wine. In combination, each of these strategies—organic and adding value-- can enhance the other.

A new resource, ***Farm Made: A Guide to On-Farm Processing for Organic Producers***, available online, is jam-packed with information on processing organic ingredients into value-added organic products, right on the farm. It is available free at www.kerrcenter.com.

The 40-page publication begins with an overview of the general requirements for organic certification and for food processing facilities, lists of resources for further information and supplies. *Farm Made* is published by the Kerr Center with funding from the Organic Farming Research Foundation and co-distributed with ATTRA, the national sustainable agriculture information service.



Are you a Winter Gardener?

What have you learned about extending your season and producing vegetables during the winter? Share your cold-weather growing tips with us. Please email to: info@nofanj.org or m.glenn@nofanj.org

Rats Agree: Organic is Better

When given a choice between organic and conventional food, rats choose chemical-free. From Mother Earth News, May 2008 By Alison Rogers

Apparently Remy from the Disney movie *Ratatouille* isn't the only rat with a nose for chemical-free munchies. According to a recent article in *The New York Times*, Swiss and Austrian scientists offered 40 lab rats a choice between biscuits made with organically grown wheat and biscuits made with wheat that was grown through conventional methods. The rats showed a notable preference for the biscuits made with organic wheat. The experiment was part of a study on organic wheat production, and was intended as a supplemental, “integrative method” to measure the wheat's quality. If rats avoid food produced with synthetic chemicals, shouldn't we?

Are you interested in starting a Community Garden or interested in growing food communally for your neighborhood or just interested in working in a garden to grow food for a local food bank?

We are starting an Organic Gardening Club at NOFA and would like to hear from you. Let us know how what sort of resources or information you need to get a garden started in your local food network area. We are eager to help you get good fresh food to your neighborhoods and also to provide the inspiration to add better food to your diet. Email Shelly at m.glenn@nofanj.org

Grow Well, Eat Well, Live Well.

We recently found a great on-line resource to share.

Rebel Tomato

Learn how to grow your own food, enjoy the taste of food you grow, and maybe even make a profit while you're at it. It all starts with planting the seed. Start in our Seeds section, and check out all of our interactive tools to learn how you can become a Rebel!

<http://communitygarden.org/rebeltomato/seeds/>

Sharing and Preparing Some Great Food!

Over the past year, NOFA has been contacting its members and local restaurants for some of their favorite and most treasured recipes. We had a group of volunteers working with us over the summer who have compiled these recipes into a great cookbook to share with our members. You will find copies of this cookbook for sale soon on our website or at our events. This cookbook is bound in a way that you will be able to add more recipes to it over the years. Below you will find two tantalizing samples of the recipes in this cookbook.

Each year, when you renew your NOFA Membership, you will receive new additions to your collection of recipes! We are looking forward to years of sharing and enjoying new ideas and recipes for preparing the food from the Garden State.

Please let us know if you have a favorite recipe to contribute.

“One cannot think well, love well, sleep well, if one has not dined well.”
-Virginia Woolf.

“Illias” Fresh Kale Salad

Gather:
1 bunch kale



(Green Curly, Red Russian or Tuscano)

½ cup pine nuts

8 paper-thin slices of red onion

½ cup extra virgin olive oil

½ cup balsamic vinegar

1. Chop kale into ¼ inch pieces (stems) and ¼ inch ribbons (leaves) and toss into large bowl with pine nuts and onion slices.
2. Pour oil and vinegar over top and “massage” the salad with clean hands for 2 minutes until the Kale starts to wilt and decrease in volume.

3. You won't believe how amazing this simple salad is!

Illia Barger

Byram, NJ

www.pantaluna.com



Kabocha Squash Puree Soup

Gather:

8 cups roasted flesh of Kabocha squash

1 cup Spanish onion, chopped

1 cup celery, chopped

2 clove garlic

2 bay leaves

1 gallon vegetable stock

salt and pepper

*nutmeg, cinnamon and allspice are great additions for flavoring, so use them sparingly

1. Split, seed and roast squash in a 350 degree oven until soft. Scoop the flesh from the skin and reserve for later.
2. Sauté onion, celery, and garlic in a thick-bottomed pot until softened.
3. Add roasted squash, bay leaves, stock, and allow soup to simmer until all vegetables are softened.
4. Puree soup in a blender until smooth & season with salt and pepper. Adjust consistency with stock - bringing it to desired thickness.

We like to garnish with browned butter and chopped sage.



School Gardens Corner

Farm to School Bills Introduced and Soon to Be Introduced!

NSAC has learned that Representative Rush Holt (NJ-12) will be introducing a bill in the next few weeks that proposes to authorize \$50 million in mandatory funding for the Farm to School program. NSAC and its farm to school collaborative partners, the Community Food Security Coalition and Farm to School Network are encouraging people to contact their Representatives and urge them to co-sponsor Rep. Holt's bill. If you have any questions, please contact the NSAC office: 202-547-5754. If the bill is introduced yet this week, we will issue a blog posting with more information.

Also, Representative Sam Farr (CA-17) introduced the Children's Fruit and Vegetable Act (HR 4333) which includes several provisions that would increase the availability of fresh fruits and vegetables in school cafeterias, as well as \$50 million in mandatory funding for the Farm to School program. HR 4333 has been referred to the House Education and Labor Committee and Agriculture Committee.

Garden Designed for Math and Science

From THE TENNESSEAN
By Maria Giordano

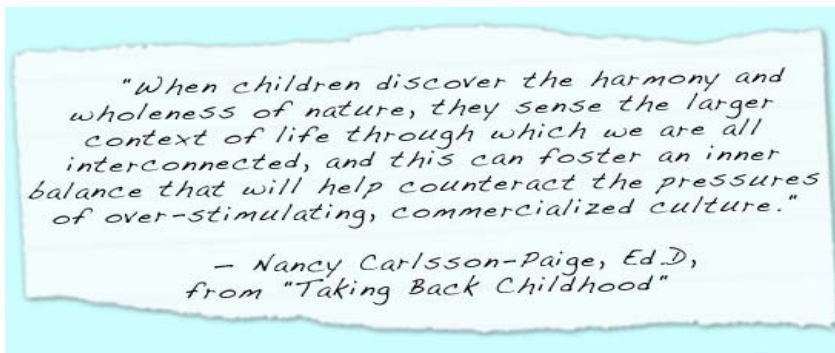
Franklin, TN—Raised flowerbeds in the shapes of trapezoids, triangles and pentagons are just the beginnings of a new math tool for Freedom Intermediate School students. Between two classroom

wings at the school, the garden will feature native Tennessee plants and will give students a chance to visually and physically understand basic math concepts.

The raised planters in geometric shapes can be measured. Also the middle of the garden space are about 100 pavers that can be used like a giant piece of graph paper. Students can use this space to add, subtract, create graphs and even multiply.

Science teacher Barbara Orr is coordinating the development of the math garden. "Whenever you can get them outside and change their perspective, it's more exciting," she said. "And they can wiggle more. We remember things better when we physically do them."

See more about this article and garden concept at: <http://www.tennessean.com/article/20091214/WILLIAMSON01/912140303/1327/Garden+designed+for+math++science>



Education Trainings and Workshops

Shelburne Farms, VT Project Seasons Farmer Workshop March 5-6, 2010.

Develop hands-on education programs for your farm that encourage school groups and visitors to learn and explore. Whatever your farming background and whatever your farm, these seasonal workshops are for you!

Topics include marketing your farm program to schools and the community, creating a safe farm environment for the public, and meeting teachers' needs. Presented by Shelburne Farms in partnership with The Farm Based Education Association.

Fee: \$200/workshop. Scholarships available.

Registration: Erica Curry,
ecurry@shelburnefarms.org or 802-985-0325

Download or view a PDF flyer
<http://www.shelburnefarms.org/educationprograms/professional.shtm>

2009 Farm-Based Education Conference

180 farm-based educators met in New York in November to share their expertise and enthusiasm. Visit the [Conference Page](#) <http://www.farmbasededucation.org/page/2009-farmbased-education>

to download conference materials, view video from workshops that streamed live, and stay in touch with the people who attended the conference, even if you weren't able to be there.

NOFA-NJ Programs and Training Events

Exploring the Small Farm Dream:

Is Starting an Agricultural Business Right for You?
A short course developed in cooperation with the New England Small Farm Institute

Taught by Jess Niederer and Pam Flory

Have you ever thought about starting a farm? Whether your vision includes making goat cheese, selling cut flowers, or growing rare tomato varieties, this course will give you the tools to start *making that dream come true*.

Participants will discuss current opportunities in small-scale agriculture, explore objectives, assess personal and financial resources, conduct preliminary market research and develop an action plan for pursuing their interests in food and farming. All levels of experience are welcome. If you are thinking about starting a farm, this class is for you! This includes people thinking about full time farming, farming part-time while continuing other employment, changing careers to start a farm, and /or developing an existing but informal farming pastime into a more serious business activity. For more information about the course, call Michelle Glenn at (908) 371-1111 x 2 or email to m.glenn@nofanj.org.

When: Four Wednesdays, February 17, and 24, March 3 and 10, 2010 from 6:00 – 9:00 p.m. and one daytime Saturday class yet to be announced.

Where: Classes will be held at Duke Farms, 80 Rt. 206 South, Hillsborough, NJ 08844 and on local farm locations.

Fee: Tuition is \$300.00 including all course materials. Two people from the same family or working on the same farm business plan may attend for a combined tuition of \$450.00 including two copies of all course materials.

Register for either of these courses by calling the Duke Farms registration number at (908) 722-3700 any day between 11 a.m. and 2 p.m. Payment is available only by credit card.

Tilling the Soil of Opportunity

A NxLevel course for Agricultural Entrepreneurs that will provide new and experienced farmers with the tools to develop agricultural business plans to start or grow their businesses. Taught by Dave Glenn.

This course is designed for small, sustainable, organic farmers—new or experienced. For those looking to expand or get started, this course helps explore, in a complete and structured format, all aspects of a business plan. New, non-traditional farmer participants are encouraged.

The course begins Saturday February 13 through Tuesday March 9.

(Actual dates are Feb 13, 16, 20, 23, 27 & March 2, 9)

The Saturday sessions will be from 9AM- 4PM and the Tuesday sessions will be from 6-9PM.

The course will be taught at the Coach Barn at Duke Farms—80 Route 206 South, Hillsborough, NJ 08844 (enter through security gate). The cost is \$600 per person or \$750 for two (with a farming partner is encouraged!)

(As an incentive, each participant/couple that develops a complete business plan will be refunded up to \$200.) The class size is limited to 20 people!

The course includes the following topics:

1. Take Stock of your Resources
2. Basic Equipment Required
3. The Legal Terrain
4. Manage from the Ground Up
5. Plant It, Grow It, MARKET IT
6. Reap the Benefits—Marketing Strategies
7. Get Your Budgets in Line
8. Analyze THESE: Cash Flow and Financial Statements
9. Cultivate Your Money Resources
10. Harvest Your Future

For more information or if you have any questions contact: **David Glenn at 908.371.1111 extension 3 or by email at david.glenn@nofanj.org**





"Holistic Sustainable Agriculture from the Soil Up"

Contact Ben Grosscup,
ben.grosscup@nofamass.org
 .org
 413-658-5374

From NOFA-Mass : Advanced Grower's Winter Seminar

February 2-3, 2010: "Holistic Sustainable Agriculture from the Soil Up"

The second annual NOFA/Mass Advanced Grower's Winter Seminar is scheduled for two full days, February 2 and 3, 2010 at the Barre Congregational Church in Barre, MA. The presenter is veterinarian and biological agriculture expert, Paul Dettloff. This seminar will present a holistic approach to soil fertility based on nutritional needs, techniques for raising nutritional quality of forage, a full range of organically certifiable veterinary tools, management strategies for livestock, and application of soil fertility principles to growing fruits and vegetables.

This event will take place at the same location as the first annual event with Arden Andersen in February 2009, and we will continue the practice of hosting out-of-town farmers at the homes of local NOFA members as well as inviting seminar participants to bring bulk food from their own winter stores.

Seminar registration is \$165. There's a \$15 discount for NOFA membership and a \$10 discount for registration by January 16, 2010. There is a \$50 food fee, which is waived if you bring a food item worth roughly that amount; see registration form at the link below for details on food and homestays. Pre-registration is required and seminar enrollment is capped at 100 -- first come, first served. Contact: Ben Grosscup, ben.grosscup@nofamass.org, 413-658-5374. All information for the event is available on the website, including a registration form, technical bulletins by Dr. Dettloff, and a link to an MP3 audio recording of an interview with him that will be published in the Winter 2010 edition of *The Natural Farmer*:

www.nofamass.org/seminars/winterseminar.php

BIODYNAMIC Training Opportunities

BIODYNAMIC WINTER INTENSIVE

"Plants, Earth and Cosmos"

February 14-19 and/or February 21-26, 2010

Led by The Nature Institute and the Hawthorne Valley Farm Learning Center in partnership with the Biodynamic Farming and Gardening Association

A two complementary weeks of instruction is being offered to those seeking a fuller understanding of biodynamic agriculture. The first week will offer participants a way to deepen their own observations in relation to the world of plants and to practice flexible thinking as a means of becoming more perceptive land workers. The second week will focus on concepts and practices more specifically related to biodynamic agriculture.

The first week will be led by Craig and Henrike Holdrege of The Nature Institute. The second week will feature presenters including: Jean Paul Courten of Roxbury Farm; Malcolm Gardner, editor of the *Agriculture Lectures*, by Rudolf Steiner; Walter Goldstein, research scientist at Michael Fields Agricultural Institute; Eric Nordell, (on DVD and by phone), of Beech Grove Farm; Claudia Knab-Vispo of the Farmscape Ecology Program; Hugh Williams of Threshold Farm and others. This is the first of two such intensives.

Fees are on a sliding scale: \$250-450 for each week; or \$400 to 480 for both weeks. For more information, contact the Hawthorne Valley Farm Learning Center, 518-672-7500 x 105; or email caroline@hawthornevalleyfarm.org

Food and Our Future: Hope and Solutions through Biointensive Farming

John Jeavons presents the **GROW BIOINTENSIVE™ farming method** in Asheville, NC at Warren Wilson College in 2010!
3-Day Workshop, Thursday - Saturday, April 8-10.

In these presentations and workshops, John will share eight essential aspects of the GROW BIOINTENSIVE method including: Deep Soil Preparation, Raised Beds, Composting, Intensive Planting, Companion Planting, Carbon Farming, Calorie Farming, Use of Open-Pollinated Seeds, and A Whole-System Farming Method. John will also provide time for questions and answers concerning northwest small-scale farming, long-term sustainable soil fertility, climate, and market challenges.

Costs for the workshop are \$350 if received at least one month in advance (Deadline: March 8, 2010) and \$400 if received between March 9 and March 25, 2010 (Applications will not be accepted after March 25, 2010 because we need time to prepare materials for the workshop)

For more information, go to www.johnjeavons.info
 Please contact Michelle Glenn for NOFA-NJ scholarship opportunities to this training at m.glenn@nofanj.org

Assistance Available for Organic Farmers from NRCS

SOMERSET, December 14, 2009 – The Natural Resources Conservation Service (NRCS) offices in New Jersey will conduct a special Organic Initiative sign-up for the Environmental Quality Incentives Program (EQIP) through **February 5, 2010**. State Conservationist Tom Drewes said, “Because of the current national emphasis on increasing organic production across the country, we are able to offer this sign up. It is a great opportunity for New Jersey organic growers to receive technical and financial assistance for improving the quality of the farm operation and the local environment.”

Persons who are engaged in organic livestock and/or organic crop production can apply for financial and technical assistance to implement conservation practices on eligible agricultural land. National Organic Program (NOP) certified organic producers, as well as producers in the process of transitioning to organic production, are eligible to apply.

Under this initiative, a producer’s conservation goals may include transitioning to organic agriculture, aiding pollinator populations, increasing biodiversity including soil-borne organisms, controlling invasive species, enhancing water quality or other resource-enhancing goal. Practices that are linked to one of these resource concerns may be eligible for a conservation payment.

Farmers who want to apply for financial assistance may receive up to \$20,000/year and are limited to \$80,000 over a six-year period. Payments are not authorized for activities or practice components which are solely production related and are not linked to an identified resource concern. Payments may not be used for any costs related to organic certification.

To be eligible for EQIP and this special funding, the applicant must have an interest in an agricultural operation (IRS Schedule F form showing profit or loss from a farm operation), own or have control of the land (by lease or rental agreement) for the length of contract, be an individual, entity or joint operation, be registered in the USDA Service Center Information Database (SCIMS), and be certified as organic according to the National Organic Program OR be in the process of transitioning to organic production

More on basic program eligibility and application materials are available on the *Environmental Quality Incentives Program (EQIP) in New Jersey - ORGANIC INITIATIVE* webpage at www.nj.nrcs.usda.gov/programs/eqip/organic.html and at your local USDA Service Center (<http://www.nj.nrcs.usda.gov/contact/index.html>).



The Fund for New Jersey

Grants made by **The Fund for New Jersey** are restricted to activities in New Jersey, with particular attention given to projects seeking to affect public policy. While a few grants are provided for local activities, direct services, and general operating support, such proposals are considered usually at The Fund’s invitation. The Fund does not accept proposals for support of individuals nor for capital projects such as acquisition, renovation, or equipment. The Fund is unable to support day care centers, drug treatment programs, arts programs, health care delivery, or scholarships.

The Board of Trustees meets four times a year in

the middle of March, June, September and December to consider proposals that come to it with staff recommendation. Proposals are due at the Fund’s office at least six weeks prior to the board meeting. The process may involve a considerable lapse in time before a determination is made on a specific proposal.

For more information, visit

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

Deadline: Four times per year (next in late January/early February)

Need something interesting to read this winter?

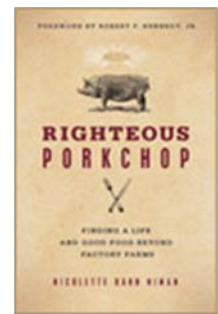
***Stuffed and Starved: The Hidden Battle for the World Food System* by Raj Patel**

This author was recommended to me as the next Michael Pollan. Michael Pollan wrote about this book, “For anyone attempting to make sense of the world food crisis, or understand the links between U.S farm policy and the ability of the world’s poor to feed themselves, *Stuffed and Starved* is indispensable.”



Starting her work for Bobby Kennedy’s organization in North Carolina, Nicolette uncovers the shocking practices of hog factory farms, including inhumane animal confinement and devastating water and air pollution. She organizes a national reform movement to fight these practices and shows again and again that livestock farming can be done a better way—not only for hogs, but also for poultry, fish, and dairy cows.

In telling her story, Nicolette details not only why to choose meat, poultry, dairy, eggs, and fish from traditionally farmed sources (and avoid products tainted by chemicals and antibiotic-resistant bacteria), but also *how* to do so. She reveals what to look for on labels, why to skip animal products from outside the U.S., and the questions to ask when eating out.



Another potential read for you this winter is one that was recommended by one of our members: ***Righteous PORKCHOP: Finding a Life and Good Food Beyond the Factory Farm* by Nicolette Hahn Niman.**

Land and Organic Farming Opportunities

Farm Manager Wanted -- Gravity Hill Farm is looking for an experienced grower to manage an established 5 acre certified organic vegetable and flower farm in Titusville, NJ (Hopewell Township). Farm manager will work closely with the owners to execute the production and community outreach goals of the farm. Compensation commensurate with experience and includes healthcare and large, new on-farm apartment. Farm info at www.gravityhillfarm.com. Inquires to david.earling@gmail.com

Some people have phoned the NOFA office with information in regards to either farm land available for lease or purchase as well as information in regards to individuals seeking opportunities such as jobs or internships on organic/sustainable/regenerative agricultural lands. We did not have consistency in this information to be able to publish it at this time.

We will have a form you to fill out to list your opportunities in the next issue of *The Organic News and Views*. Please contact Connie Deetz at the NOFA office for more information.

In the meantime, there are many opportunities listed on the New Jersey Department of Agriculture Farm Link site. This State Agriculture Development Committee site lists all types of conventional and organic farming opportunities.

<http://nj.gov/agriculture/sadc/farmlink/opportunities/>

Agricultural Waste Management Practices for NJ Livestock Farms

What is the Animal Waste Management Rule and how will it affect you? This information was taken from a presentation by Rutgers University Extension. The New Jersey Legislature required the NJ Department of Agriculture to develop a comprehensive animal waste management program to provide for proper disposal of animal waste, establish standards for storage, handling, disposal, and establish penalties for non-compliance.

Farms with 1 to 7 Animal Units (AUs) are required to implement the General Requirements of the rule within 12 months of the effective date of the rule.

- a) These farms are encouraged, but not required, to develop and implement a self-certified Animal Waste Management Plan (AWMP).
- b) New farms meeting the 1 to 7 AU threshold after the effective date of the rule shall implement the General Requirements of the rule within 12 months of the date when the farm meets the AU threshold.

The rule defines **Livestock** as all aquaculture organisms, cattle, horses, ponies and other domestic equidae (mules and similar members of the horse family), swine, sheep, goats, llama, poultry, fowl, ratites (big birds such as emus, ostriches), rabbits and small ruminants as defined in N.J.A.C. 2:8-1.2(a). All Livestock operations must meet the 5 General Requirements of the Animal Waste Management Rule, and then develop an Animal Waste Management Plan (AWMP) if required to do so by the dates listed below.

The 5 General Requirements are:

1. Animals in confined areas shall not have uncontrolled access to waters of the state,
2. Manure storage areas must be at least 100 feet away from state waters.
3. Spread manure in accordance with the principles of the NJDA BMP Manual and the USDA-NRCS Field Office Technical Guide.
4. No livestock that have died from a reportable contagious disease listed in N.J.A.C. 2:2-1.1 or as a result of an act of bioterrorism shall be disposed of, composted or made part of any land application without first contacting the State Veterinarian.
5. Any person entering a farm to conduct official business related to these rules shall follow bio-security protocol

All farms must comply with the General Rule by March 2010 and AWMP's must be completed by September 2010.

We have a copy of the regulations and forms in the NOFA Office or contact your nearest Rutgers Extension office for additional information and assistance or on the web at <http://njaes.rutgers.edu/animal-manure-management>



N · O · F · A



NEW JERSEY

334 River Road
Hillsborough, NJ 08844

Phone: 908-371-1111
david.glenn@nofanj.org
m.glenn@nofanj.org

www.nofanj.org

Grow Well, Eat Well, Live Well

News and Announcement from our Partners

Check out the Cool Foods Campaign
www.coolfoodscampaign.org

Top 5 Things You Can Do to Take A Bite Out of Global Warming:

1. Eat Organic
2. Reduce Consumption of Industrial Produced Meat and Dairy
3. Avoid Processed Foods
4. Buy Locally Grown Foods
5. Say NO to Packaging

Slow Food Central New Jersey EAT LOCAL Winter Farmers Markets

What can be better than sourcing local food all year long? Come to Central NJ's EAT LOCAL Winter Farmers Markets happening once a month, January—February, to stock up on locally produced delicacies including mushrooms, cheese, bread, meats, sweets, pies, produce, as well as cooking demonstrations and musical entertainment. Please come to:

**D&R Greenway Land Trust,
Princeton
Saturday, January 23
10 am—2pm**

**Tre Piani Restaurant,
Plainsboro
Sunday, February 28
11 am—3pm**

For more information,
call 609-577-5113 or visit
www.slowfoodcentralnj.org



Family Day at HealthBarn USA on Saturday, January 9, 2009

All families are welcome to participate in the HealthBarn USA experience to kick-off the New Year healthy and happy on Saturday, January 9, 2010 from 9:30 - 11:00 a.m. at Abma's Farm, Wyckoff, NJ. Be a chef by participating in the HealthBarn USA Pizza Challenge and have fun playing games, too.

Call **201-891-2066**
to reserve a spot.

Clean Ocean Action Beach Sweeps Open to the Public



Cost is Free

Volunteers gather from Raritan to Delaware Bays and along the ocean to clean New Jersey's beaches and waterways. You can join as a group (community, school, business, and organization) or individually. Participants collect and record valuable data about debris and quantities, which is then presented in annual reports and used to advocate for federal, state, and local initiatives to reduce and prevent pollution at its source.

Groups with 10 or more people are asked to pre-register at <http://www.cleanoceanaction.org> or by calling 732- 872-0111.

Spring: April 24th, 2010
9:00 am - 12:30 pm

BeNative invites you to:

THE VANISHING OF THE BEES,

a new documentary seeking to unravel the mystery of Colony Collapse Disorder (CCD). Honeybees have been mysteriously disappearing across the planet, literally vanishing from their hives. Known as Colony Collapse Disorder, this phenomenon has brought beekeepers to crisis in an industry responsible for producing apples, broccoli, watermelon, onions, cherries and a hundred other fruits and vegetables. Commercial honeybee operations pollinate crops, providing one out of every three bites of food on our tables.

Event includes a silent auction, food and drink sampling, a preview of the film and a Q&A with George Langworthy, Director, Producer, & Cinematographer, as well as Maryann Heyman, Co-Director & Producer.

**February 4, 2010
7:00—10:00 pm
Ramscale West Village Lofts
463 West St. #13
NYC 10014**

Suggested Donation \$20

Please RSVP by January 28
contact@beenative.org

