

t h e n e w s l e t t e r o f

# CCOF

California Certified Organic Farmers

Volume XIX, Number 2

*Creating a Living Standard for Healthy Food*

Summer 2002



## *Herstory* WOMEN IN ORGANIC AGRICULTURE

\$3.50

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# PRESIDENT'S CORNER



Brian Leahy

ONE OF THE greatest joys of the organic movement is the people it attracts. It is a collection of diverse individuals who affirm life and

understand that society is based on a healthy environment and a sane economy. These individuals act upon their beliefs, are willing to try new approaches, and take risks to bring forth their own visions of how one should live on this earth.

The pioneers of the 21<sup>st</sup> Century are discovering how to meet the basic needs of human existence in harmony with the earth and at a cost all can afford. CCOF was founded by, and continues to attract, creative innovators working together to create a sound society based on a sane, biological-based agriculture that provides healthy food for humans, habitat for wildlife, and a living soil for the future.

Diversity is one of the guiding principles of organic agriculture. Respect for diversity led many of the pioneering organic farmers to reject the notions inherent in toxic agro-chemistry and instead develop a production system based on respect and observation of nature. Diversity of microbial life in the soil, diversity of crops, diversity of skills; organic farming is based on the strength inherent in diversity.

Diversity coming together becomes community. CCOF itself is a diverse community, a coming together of small and large farms, processors, retailers and consumers. What unites each member of CCOF is the belief that food should be produced using methods that work with and respect nature.

The unifying principle of CCOF is the understanding that community is dependent on the soil and healthy foods that come from healthy soil. Most of the early organic farmers I know became organic because they feel the spiritual power of the earth. For many, their own religious/spiritual beliefs lead them to organic agriculture. Once they became aware of the consequences of toxic agro-chemistry, they could no longer engage in an approach that leads to the disintegration of natural systems.

Toxic agro-chemistry has led to death and destruction in the soil, in wildlife, in the farm community, and has debased the food we eat. Author and nutritionist Marion Nestle, in her book *Food Politics*, documents how a handful of corporations have corrupted our food, our regulatory process, our universities and scientists, and food knowledge itself. Food knowledge is the ability to choose food wisely. Sound food knowledge would not allow a situation where twenty five million pounds of antibiotics—70% of national production—are used in animal feed. Nor would it allow our public schools to become pushers of soda pop. Returning agriculture to a biological approach and returning consumers to real food as nature intended were the guiding principles for the founders of CCOF. Like many agricultural-based societies, many of the founders of CCOF believe in the Earth Mother, in the feminine principles embodied in the earth.

The CCOF community has always had an abundant number of wise women who have brought forward to the earth their own visions of how the feminine principles embodied in the earth should be lived—a vision based on the regenerative powers of the earth, the life-giving forces of food, and the interdependence of community. Many of the pioneering women mentioned in this issue, and many more

who are not mentioned, are responsible for making CCOF a remarkable institution. It is because of these many dedicated women who have helped shape and guide CCOF over the past 30 years that this organization has become a leader in the organic movement to return agriculture back to a sane, biological approach, and encourage consumers to once again experience real food. 

*The unifying principle  
of CCOF is the  
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community is dependent  
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that come from  
healthy soil.*

**To support CCOF's  
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## OUR PURPOSE

CCOF's purpose is to promote and support organic agriculture in California and elsewhere through:

- A premier organic certification program for growers, processors, handlers, and retailers.
- Programs to increase awareness of and demand for certified organic product and to expand public support for organic agriculture.
- Advocacy for governmental policies that protect and encourage organic agriculture.

“As soils are depleted, human health, vitality and intelligence go with them.”

- Louis Bromfield

**Integrity  
Leadership  
Humor**



Sy Weisman, Founder  
CCOF N. Coast Chapter  
July 19, 1929  
May 13, 1996

**Submissions to the Newsletter of CCOF**

Letters to the editor are gladly accepted, provided the letter is not more than 300 words in length and remains on topic. Letters must include complete contact information, including daytime telephone number, and must be signed. Letters are subject to editing and will not be returned. Submitting a letter to the editor does not guarantee printing.

For information about submitting articles to *The Newsletter of CCOF*, or to discuss article ideas, please contact Keith Proctor toll free at 1-888-423-2263, ext. 12, or e-mail to keith@ccof.org.

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To place a classified advertisement, contact Keith Proctor at 831-423-2263, ext. 12, fax 831-423-4528, or keith@ccof.org. Advertisements submitted via e-mail are greatly appreciated.

To place a display advertisement, please contact Helge Hellberg, Marketing Director, at ext. 21 or helge@ccof.org to inquire about rates or for more information.

**Distribution**

*The Newsletter of CCOF*, with a circulation of 10,000, is distributed quarterly to certified and supporting members and consumers in California and around the United States. It is also mailed to supporting members in Australia, Brazil, Canada, Chile, Italy, Japan, and Mexico.

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*The Newsletter of CCOF* is printed on New Leaf Reincarnation 80# matte paper, 100% recycled, made with 50% post-consumer waste, and bleached without the use of chlorine or chlorine compounds, resulting in measurable environmental benefits.<sup>1</sup> New Leaf Paper has provided CCOF with the following report of the annual environmental savings:

- 12 Trees
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- 1,109 Pounds of solid waste
- 3 Cubic yards of landfill space
- 1,591 Kilowatt hours of electricity (2.0 months of electric use in an average U.S. home)
- 2,016 Pounds of greenhouse gases (1,632 miles equivalent driving the average American car)
- 9 Pounds of HAPs, VOCs, and AOX combined

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## FEATURE ARTICLE

# CELEBRATING THE HISTORY OF WOMEN IN ORGANIC AGRICULTURE

By Sarah Jo Neubauer

**D**RU RIVERS HAS BEEN A FULL-time partner of Full Belly Farm since its birth 18 years ago. As Dru explains, she feels being a woman farmer is more accepted now than it was at the founding of Full Belly Farm in 1983. It's too easy for people to perceive her as a mother and a housewife instead of as a farmer. It takes perseverance to be recognized as a full-time farmer.

Dru recalls being asked by a visitor to the farm, "Where's the real farmer?" This is one example of some of the bizarre comments I have heard over the years. It's still a battle."

Without recognizing women's contribution to the history of organic agriculture, the history would be incomplete. Women have been fueling the organic generator for decades through farming, education, marketing, organizational development, policymaking, science, research and more.

This is a historical and cultural perspective that combines many women's experiences, insights, reflections, and passions behind why they have chosen a livelihood in organic agriculture. It would be impossible to introduce all of the ways in which women have impacted and developed CCOF and the organic movement, but we hope to illustrate several here.



Zea Sonnabend, Farm Inspector

### RISKY BUSINESS

There are risks that women have taken to help California's organic agriculture progress, because women have not always been as accepted in agriculture as they are today. But with determination, commitment, and a lot of hard work, women continue to break down traditional male-dominated sectors of the labor force, like agriculture. Women have strategically refrained from being seen as the housewife, or the farmer's wife, because women are also farmers.



Dru Rivers of Full Belly Farm

Dru is clearly adamant about driving the tractor and not just doing sales calls from the farm's office. "Stepping out of traditional roles is not always easy. It's trying on everybody," adds Dru.

**Zea Sonnabend** is a farm inspector, among many things, and has been working with CCOF for 20 years. She recalls times when men would wince when they saw a woman step out of the car to do a farm inspection.

Times were different back then. It wasn't like now, where there are actual jobs in organic agriculture. And, Zea agrees with Dru, she feels that women are more accepted in mainstream agriculture today than ever before.

Dru and Zea expressed their experiences with the recruitment of women into agriculture. Dru recalls discussing how to get more women involved in farming at CAFF (Community Alliance with Family Farmers) meetings. She advocated that it was not about getting more women farmers on board, but rather looking at the big picture

of traditional gender roles and how they have been constructed.

Zea remembers the pressure women experienced to attend graduate school in the 1970's, and specifically to get involved in agriculture. While she worked towards her master's degree in Plant Breeding at Cornell University, she recalls, "I was often introduced as the token woman of the agriculture department."

She knew she had to gain credibility for herself and for women in agribusiness overall by being committed to organic agriculture as a career.

As for **Janet Brians** of Brians Ranch, she was never made to feel insecure as a farmer.

When asked what struggles she endured as one of the pioneering women in organic agriculture thirty years ago, Janet replied, "I was so happy and passionate about my work as a farmer and what I was doing that I did not care what others might think about me."

Further, she was used to seeing women in agricultural positions of responsibility. As a girl, Janet grew up with the role model of an aunt who farmed in Illinois. Also, she knew women who had been farming for decades in San Benito County. "Where I come from, women were never really seen as peculiar by the family or the farming community when they were driving a tractor, pruning, or doing other farm work."

### WHY FARMING?

For some women, growing up on a farm was their introduction to agriculture. Others sought a career in agriculture by earning a degree in entomology or agronomy. While an activist in college with the United Farm Workers Union (UFW), **Kate Burroughs** decided to work with organic farming to help others. She was extremely moved by stories of farm workers being poisoned, and she cared about reducing the use of toxic pesticides and the poisoning of people.

Kate worked for the California Department of Food and Agriculture (CDFA) for three years on a control and eradication project, which was a strange place for someone with a degree in Biological Control. As she worked to get the department to stop using dangerous chemicals, she became familiar with the political economics of the "use it or lose it budget mentality" of the CDFA. As a woman

in the agribusiness industry in the 1970's, she had to maintain confidence in herself and in her work to be successful in her field.

Kate has a specifically unique history within the development of CCOF. In 1976, she worked with Farmers Organic Group (FOG) in the Santa Rosa area, which was a marketing co-op made up of a dozen organic farms. Later that year, FOG members formed the North Coast chapter of CCOF. This was when farmers inspected each other's farms, and when everyone was a newbie to organic agriculture. In over twenty-six years of agribusiness experience and expertise, Kate has successfully founded and managed Harmony Farm Supply and Nursery for twenty-two years, established and edited CCOF's first newsletter in 1985, sat on the CCOF materials review committee from 1985 to 1998, has served on the OMRI advisory board since 1998, and is presently the North Coast Chapter representative to the CCOF Board of Directors.

Kate expressed that the driving force behind her career in agriculture today is to continue to teach more people how to farm without the use of toxic pesticides. "The cheap food policy in the U.S today concerns me; we externalize all the costs of pollution, top soil erosion, and health concerns from what food really costs us. We need to support local farmers being able to make a living."

She admits, however, that she still gets discouraged at times. "It seems like the big agribusiness forces have so much more power than one single little person. The revolving doors with staff coming from Monsanto to EPA and USDA, making regulations that promote GMO crops, and then going back to the Monsanto corporate world is very upsetting. GMO crops being allowed to contaminate the earth with no legal consequences for their contamination is equally upsetting."

When she has a bad day, she asks herself what else would she rather be doing? But she can't imagine doing anything else, except perhaps spending more time in her garden.

#### A COMMITMENT TO ORGANIC

The integrity of organic food production and the sustainability of organic farmland is an ongoing political battle. Without

women working on the frontlines of scientific research, public policy making, market development, and education, the organic movement would not be where it is today. But without the commitment from farmers there would be no organic movement.

An organic farmer's commitment to the land and to the consumer's health is just the beginning of what organic means for **Judith Redmond**.

Judith has been farming since 1984, and farming with Full Belly since 1989. "A farming lifestyle has always made sense to me. It is truly one of the most honest ways to make a living."

For Judith, it's a steady belief in the same things: a commitment to the community, environment, and the sustainability of the land. She farms organically to protect beneficial insects, wildlife and to create natural habitat without the use of chemicals.

In addition, she feels that one of the greatest priorities for maintaining the integrity of organic agriculture will be to maintain the level of trust that consumers and farmers already have and value. "Consumers believe organic farmers have in mind the best interests of the community, food and health. And that trust is about serving people and our communities, not economic bottom lines."

#### EDUCATION

Serving our community includes educating people about the value of organic food. Dru Rivers has taken on this responsibility as someone who works to coordinate various organic agricultural events annually. Her work as a board member of the Ecological Farming Association (EFA) for the past twenty-one years is invaluable.

For the past fifteen years, Dru has been one of the main organizers of Hoes Down, an organic farming festival every first Saturday in October on Full Belly's two-hundred acres in Yolo County. "It's

like a one day Eco-Farm," explains Dru. She coordinates farm tours, organic education, composting workshops, kids' activities, crafts, and live music for up to 4000 people every year.

In the coming decade, Dru sees her role in the organic industry as one of staying in business. "Farmers need to do what they need to do, [just] to stay in business." She sees her role in the organic community as an educator and a role model for children.

It's really important for kids to see her drive a tractor, and for them to understand that she is a farmer and she is a woman.

Dru and her fellow farm partners conduct education classes for elementary school-children. It's a program where children stay at the farm two nights and three days and become an intricate part of harvesting, milking cows, and other animal chores. "Not a lot of farms do that, and for Full Belly to keep doing this, kids will be more prone to say 'I wanna be a farmer.'"

Another woman dedicated to organic education of young people is **Wendy Krupnick**. Wendy is currently working for Santa Rosa Junior College, running the four-and-one-half acre educational garden in the agriculture department. She has been addicted to gardening and farming since her apprenticeship at the UC-Santa Cruz Farm and Garden in 1976.

With over 25 years of organic experience, Wendy has been instrumental in shaping the organizational development of CCOF. Wendy's first involvement with CCOF was when she worked to get growers

together to form the South Coast chapter in 1984. The next year, Wendy decided to move back to Northern California.

At this same time, CCOF was in the midst of establishing its first statewide office. Wendy volunteered to be the statewide board secretary and held this position for nine of her thirteen years as an invaluable CCOF board member.



Janet Brians of Brians Ranch

Photo courtesy of Carole Bellaveau



Kate Burroughs of Harmony Farm Supply & Nursery

Wendy feels extremely fortunate to have been a part of the development of the organic community in California. "I am lucky to have seen it go from a fringe hippie movement to a huge agribusiness."



Photo courtesy of Peter Lipmann

Wendy Krupnick, Santa Rosa Junior College Agriculture Dept.

Wendy considers herself an avid environmentalist. And when asked why organic vs. conventional, she replied, "There is absolutely no reason to use chemicals. The quality of food we eat and the world we live in is important. We need to promote health on all levels."

#### PROMOTING HEALTH, PROMOTING ORGANIC

One of the key drivers in the growth of the organic industry has been promoting the health benefits of organic produce both to retailers and consumers. Since 1983, **Tonya Antle** has been instrumental in the growth and development of the organic marketplace. By helping to propel organic produce from the fringe to mainstream mass-market retailing, she is recognized as a top spokesperson for the organic produce segment.

Organic produce is now the fastest growing category in the produce department. "As one of the first women with a voice in the organic industry, I've had the wonderful opportunity to help blaze a trail into the mass-market arena. And as a spokesperson for organics, I am encouraged by the opened doors and the increased shelf space for organic produce."

Tonya grew up on a table grape and citrus farm in Delano, California. However, she wasn't introduced to the quality of organic farming until working with Pavich Family Farms in the early 1980's. She

quickly became in tune with what stewardship of the land means. Organic was not just another food category, but is inherently about sustainability and health.

In the beginning stages of working to define organic produce for Stop-n-Shop supermarkets, Tonya recalls the lessons learned in struggling to overcome those obstacles. "I knew I needed to pave the way for organic retail in supermarkets. I worked to build a market for the cross-over consumer, the consumer who wants to buy organic, but shopped in the conventional supermarket." Through years of travel and exposure she gained the position as the authority on organics to entice the retailer and the consumer.

Tonya admits that as a woman it was intimidating to attend meetings twenty years ago, and preach Organics 101 to a room of men in suits, smoking cigarettes, and showing negative body language. She had to go to those meetings with confidence and speak with conviction, and explain why organic produce is integral to the market. Making organic a viable option for consumers, growers, and retailers, and ultimately helping organics stay profitable have become Tonya's passions.

She really enjoys what she does and what it means. "How could I not love what I do? I am excited waking up in the morning and satisfied at the end of the day."

Today Tonya is the Vice President of Organic Sales for Natural Selection Foods. Her position keeps her busy working with leading retailers throughout the United States and Canada, developing and building organic programs under the Earthbound Farm brand. She is also on the board of directors of the Organic Trade Association (OTA), The Produce For Better Health Foundation, and a main board member of the Produce Marketing Association.

#### DEVELOPING CCOF

Women have been directly involved in the developmental process of CCOF from its grassroots in 1973 to a sustainable organic

certification agency for growers, handlers and processors today.

Zea Sonnabend and **Janning Kennedy** are both involved in very specialized fields within the organic movement and within CCOF.

Zea's basic belief has always been, "If you want to make a positive impact in the world, you can. You need to choose an area to have an effect on." And over time she has seen a need for change in an area that most people will not focus on—organic materials policies.

She sat on CCOF's original certification committee in 1985, when the committee realized that it was necessary to have written standards. With the help of others, she undertook the responsibility of materials documentation. They surveyed members and growers by asking what materials they were using at the time.

Since 1985, the materials policy process has gotten better. "It's a little easier than it used to be," explains Zea, "now that everything is codified."

However, now that the organic policy is in the hands of the federal government, the challenge is working on policies to open up the list to allow for more appropriate materials.

Zea sits on the board of directors for OMRI (Organic Materials Research Institute), which works directly with the USDA, and helps to formulate national materials policy. In addition, Zea continues to work as

a farm inspector with CCOF and sits on the Certification Standards Committee (CSC).

Outside of CCOF, Zea helps organize Eco-Farm every winter and is a longstanding member of Seed Savers Exchange, which is a network of people concerned about and active in maintaining rare and endangered seed varieties.

In twenty years of organic activism, she feels the number one priority in the organic industry is finding a way for farmers to be able to make a living. She finds this priority difficult to affect at times, given her area of specialization in materials policy.



Tonya Antle, VP,  
Organic Sales for Natural  
Selection Foods



Janning Kennedy sees a similar priority for organic farmers. "I would like to live in a world where if people want to farm, they should be able to. It's a crying shame that good farmers can't be farmers because of market forces. The problem is the centralization of the market, where the market is forced to buy in bulk, in large quantities, and from the largest store. This is what drives the change in agriculture."

Janning speaks from twenty-five years of agricultural experience. She earned her B.S. in Agriculture Science and Management, and her master's degree in Agronomy. She was one of the main students at UC-Davis to organize and establish the student-run organic farm in the mid-1970's. She remembers sitting in the dean's office, lobbying to wrestle twenty acres from the agriculture department for students to farm.

After college, Janning completed a one-year internship as a farm advisor through a UC Cooperative Extension program. She felt like the co-op was a way to give women hands-on agricultural experience that is comparable to the experience a man may gain growing up on the family farm.

In 1982, Janning was the second woman to be hired at Butte County Rice Growers Association, which is a 100-member co-op

of conventional rice growers. She worked with Butte County for four years as a pest control advisor.

After having two children, Janning's reasons for ecologically sound agriculture became stronger, and she wanted to return to farm advising.

But, this time she wanted to work with organic farms. She attended CCOF's inspector training in 1988. After working as an organic farm inspector for 12 years, Janning began her newest career in CCOF's statewide office as the Director of Handler Certification.



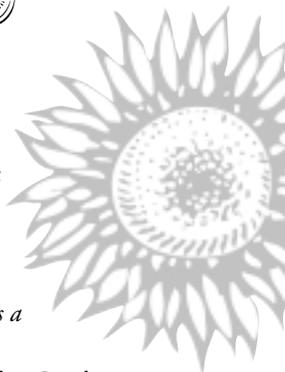
*Janning Kennedy, CCOF  
Director of Handler Certification*

There is no single way to picture women's work in organic agriculture. Women in CCOF are planting the next seed crop, teaching our children how to grow a garden without chemicals, working to expand the organic marketplace, certifying organic processors and growers, conducting an annual farm inspection, or influencing the USDA's federal organic policy.

The health of the earth, community, and our future generations is a vision shared by many women. Where would we be without their organic vision? 

*Sarah Jo Neubauer is a Women's Studies major at the University of California-Santa Cruz. She also works as a Marketing Assistant in CCOF's Statewide Office. Sarah can be reached at sarah@ccof.org*

*While we have tried to capture some of the contributions of women in the creation of CCOF and its chapters, we are open to corrections and additions to this topic and article for possible inclusion in CCOF's 30th Anniversary issue in the Spring of 2003. Contact Keith (toll free) at 888-423-2263, ext. 12 or via e-mail at keith@ccof.org*



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## PROFILES



# Women in

By Keith L. Proctor, with Laurie Cohen contributing

## Karen Talbot TALBOT FARMS • PACIFIC SOUTHWEST CHAPTER



Photo by Laurie Cohen

**I**N WHAT WAYS would you complete the circle of health you have and give back to the earth you love so much? If you were Karen Talbot you would start an organic farm, see few obstacles in your way, and fashion a small piece of the earth into your healing garden.

Adjacent to a seasonally dry riverbed, Karen Talbot's berry farm is tucked away deep in Pauma Val-

ley just below where her home looks out over scenic Palomar Mountain. While its sand and silt content did not offer the perfect place for ordinary crops to grow, the low pH was no deterrent to her. She has had two acres of blackberries in full production for three years, and is planning to add more.

Have there ever been challenges or roadblocks to her newly chosen career in organic farming? Certainly. However, belief in her Midwestern-bred values of honesty, hard work and fairness have helped her succeed in a start-up business in which she is ever learning and ever so enjoying herself. "Organic farming is a beautiful thing to be part of," she says, in explaining her choice over conventional farming methods. "The obstacles I have encountered were business-related issues in the sense that I've had much to learn about soil fertility, marketing, and labor management, but more importantly I'd say they were personal issues like budget and time management." Instead of focusing on her lack of experience, she accepted the challenge of learning new things and developing her own talents.

Karen enjoys working through the difficulties producing a quickly perishable crop, dealing with busy retailers, and balancing her commitment to her family and the needs of her farm. Her advice to other farmers is to treat others with respect and not to take things personally when the pressure is on. Perhaps this is why she often sees tremendous support for her venture as a woman farmer. What she often hears from others is a mix of, "You go girl!" and "How can I help?"

"Life is good," she expressively states, and she adds, "I've got a lot to learn." 

## Mary Eldredge VACA VALLEY ORCHARD COMPANY • YOLO CHAPTER

**L**IVING ON AND FARMING THE LAND THAT HER grandparents farmed 80 years ago, Mary Eldredge of Vaca Valley Orchard Company doesn't believe in the modern agriculture machine that is destructive to the environment. In this belief, she joined CCOF.

After her father passed away, her mother leased the land, but never considered selling it. When Mary took over in 1988, she decided to move to part-time work and run the orchard. Mary has gained much experience and knowledge about organic orchards since taking over the family land. She states that there are many challenges to working the orchard, namely reaching and maintaining the right amount of nitrogen in the soil, and fighting off the codling moth and walnut husk fly.

She was told that it would take about ten years before her land would function well as organic, and now she can see it happening. She sees that she is sharing the bounty with other forms of life, and can see the beneficial insects controlling the pests. Where others see an unkempt orchard floor, Mary sees life; quail and doves living in brush piles in her orchard. When she looks at conventional orchards, she sees a desert on the orchard floor.

When Mary started, she had all tree fruit. She has since dropped much of her prune acreage, replaced some of it with

wildlife habitat, and added vegetables and figs. While she continues to wholesale tree fruit, she has also opened up a fruit stand.

When it comes to challenges as a woman, she has found many. She notes that sometimes as a woman at conventions and workshops, some people are quick to dismiss her, but then are surprised to find she is a farmer, and sometimes a competitor. She lets it roll off, but notes that women aren't always taken seriously as farmers.

"Farming is a very male-dominated occupation, and maybe for good reason; farming is very hard work physically. The traditional farming community resents women not staying in their place," says Mary. "Men don't often want to listen to my ideas." But, as long as she pays her bills and delivers a good product, she points out, she can have a business relationship with most anyone.

Mary has a partner in her orchard, Aliki Poulou, whom she brought on in 1990. Mary organizes the operation, makes decisions on fertility, pest management, watering programs, and marketing. She relies on her farm stand employees to communicate how much of a particular crop to plant, based on sales at the farm stand. Her employees have sometimes questioned her decision to go organic, but she is convinced that it is the right way to farm. 

# CCOF Today

*Christine McDougall-Livingston* ALMIGHTY'S ACRES • NORTH VALLEY CHAPTER

“IT WAS THE LIFE,” SAYS CHRISTINE MCDUGALL-LIVINGSTON of Almighty's Acres, when asked why she entered farming. Coming from a family of Canadian farmers and marrying into a family of U.S. farmers, it seemed only natural.

Beginning in the 1970's in the Marysville area, Christine and her first husband grew wild rice, a very stable crop for that region. After moving to Central America for some time and starting an organic farm from scratch, Christine and her husband returned to the U.S. to take over his father's farm.

With a glut on the market for wild rice in the mid-1980's, they decided to experiment without fertilizers on a small plot of land, eventually growing a small amount of organic wild rice. To sell their new organic crop, Christine hauled 100-pound bags of their organic rice to area health food stores. It was somewhat easy for Christine to sell their organic wild rice because many Americans in the mid-1980's were just awakening to the idea of healthy living that included organic food. “The timing was perfect,” says Christine. Some growers thought Christine and her husband were wasting their time with organic, but they persisted and eventually transitioned, tipping the scales from 20 acres organic and 600 acres conventional to all organic acreage.

Along with organic agriculture came new challenges, among them a weed called plantain, an invasive crop. Christine and her husband learned by trial and error to manage weeds with water control and by fallowing ground. This method helps with most weed problems, but it seems nothing can help a plantain infestation. A large part of the crop can be lost when plantain infests a rice field.

With her second husband now, Christine markets their crops, and her husband farms. They now set aside some acres for organic seed harvest, which cuts into their yields. “There are some up years, and some down years,” states Christine.

*“The traditional farming community  
resents women not staying in their place.*

*Men don't often want to listen to my ideas.”*

*-Mary Eldredge*

“One can do everything correctly, but weather is always a factor that is totally unpredictable. Temperature and precipitation (or a lack of it) can bring in a bumper crop, or wipe one out. One spends a lot of time watching the weather, and praying for stability or change, as the situation warrants.”

With regards to CCOF, Christine and her husband are satisfied with the organization; however, their feelings about federal regulators entering the picture are not so rosy. “Who in Washington D.C. really cares about 50 pages of stuff here?” According to Christine, there is too much paperwork, a sentiment shared by many certified organic growers.

At times in her life, she has had to manage entire crops alone. In spite of the work and threat of losing large sections of crops to weather, weeds, and pests, Christine affirms, “I've been blessed to be a woman in farming.” 🍌



*Daughter Michelle standing in a field of wild rice.  
Photo courtesy of Mom Christine McDougall-Livingston*

## Cynthia Lashbrook

RIVERDANCE FARMS • BIG VALLEY CHAPTER

CYNTHIA LASHBROOK'S environmental consciousness blossomed during her years in college in the 1970's. Where those seeds of consciousness came from is a different matter. Her brother, who was into *Mother Earth News*, gave her a copy of his favorite magazine to read. Around the same time, her great aunt gave her a seed catalogue through which she perused and wondered what she could grow. Although interested in Russian and Law at the time, influences like her brother and great aunt helped her move towards agriculture. "I think I was an innate ecologist," Cynthia claims with a smile.

Cynthia and her husband purchased 20 acres of orchard land in 1987 and began raising a family. Working the orchard was a little overwhelming with two kids and a full-time job at a chemical company. With her children growing up, Cynthia started thinking about the chemicals they had been using in the orchard. She wanted her kids to be able to roll around on the orchard floor and not worry about it. It was then, in 1990, that she and her husband decided to go organic. "When the truth hit me, it made so much sense," says Cynthia. She had also considered the soil, that it was breathing and alive with life. Meeting Glenn Anderson and other organic growers also opened her eyes to the health and environmental benefits of farming organically. Glenn became a source for

*"I think I was an innate ecologist."*

consulting and support in Cynthia's early years of organic growing.

As a PCA (pest control advisor) since 1991, she attended independent ag consulting meetings and conferences in the area. At these meetings, she reconnected not only with people, but also with her feelings about ecological farming, and relearned sound sustainable farming practices. She also met her present farming partner, Bill Thompson, at these meetings. They found they had a lot in common.

Learning from Bill's experience and applying a lot of her own, she entered into a partnership in Four Seasons Ag Consulting, a business that Bill had started in 1979. Cynthia herself started a retail business the previous year in 1992, Living Farm Systems, offering seeds, compost, fertilizers and beneficial insects to organic growers. As a woman consultant with a retail business, many people were quick to dismiss her, not viewing her as an equal. "But when I mentioned my farm, people would wake up and take notice," says Cynthia.

The land that she farms at present was purchased in 1996, with an adjacent parcel available in 1999. Now divorced, Cynthia lives in a home on this land with her children. Approximately 58 of the 70 acres she and Bill manage are in farmland production, with the other remaining acreage as riparian habitat. When they first acquired this new acreage, the orchard appeared stressed and over its peak. But with a sprinkler system already in place, it wasn't very hard to revive the trees. In addition to walnuts and pecans, Cynthia and Bill also grow blueberries, cherries and hay on the newer parcel.

In sharing the work of the land, both make planning decisions, while Bill often tends to the equipment and Cynthia takes care of the paperwork. With the retail business, ag consulting, and working their land, Cynthia has very full days. Beginning early in the morning, after making some phone calls and reviewing paperwork, she often visits several of her consulting customers, many of

whom are in transition to organic production. While her clients are interested in growing organic, her laborers have sometimes questioned her choice. They have asked why they have to weed the fields when she could just spray to control weeds. Cynthia laughs, "I tell them that if I sprayed, they wouldn't have jobs." The reasons not to use synthetic highly toxic chemicals on the land are very clear to her.

Today Cynthia is regarded as something of an expert. She has helped many conventional growers significantly cut their active ingredient input, and she has also advised some farmers on different production practices that help them maintain their niche markets. In addition to her ag consulting, the county has sometimes asked her to talk with other farmers regarding dormant sprays, their uses and effects. (Dormant sprays are petroleum-based oils used to suppress disease and suffocate insect pests, generally used on pre-bloom trees. Some narrow range dormant sprays are regulated for use in organic production.)

All of her experience, however, cannot completely solve problems on her own land. One of her main challenges is dealing with ground squirrels who love eating the nuts in her orchard. She also has to worry about controlling the husk fly, which might require an innovative approach. To control the fly, she is considering introducing chickens to feed on the orchard floor, eating the husk fly that lays dormant in the ground for up to ten months. She is also considering burrows or llamas to help control weeds and act as protective animals against predators of chickens. Fertility is another challenge in the orchard. "Thinking ahead is necessary when considering fertility." Cynthia ponders her experience, "The second year was a challenge for us."

Challenges aside, Cynthia is very happy with her choice to farm organic—for herself, her children, the land, and for the environment. Although not an organic farmer her entire life, having relearned and reconnected with her innate organic convictions, Cynthia says with a smile, "Organic is me." 



## Jessica Neece

THE RANCH • MENDOCINO CHAPTER

WHEN JESSICA NEECE'S late husband bought their farmland 17 years ago, it came with leftovers from the previous owners—equipment and agricultural poisons. Although she never used these poisons before she was pregnant, she knew she didn't want them used on the land after her children were born, for their sake, and for the sake of the environment. Raised rural in the area where she once saw streams teeming with life, she now sees the same streams struggling to support life. Why farm organic? "Because it's the right thing to do," says Jessica.

Her husband Thomas one day gave her the keys to a 15-acre ranch plus home near where she grew up. The previous owners had shown him how the farm had turned a profit, that it would be a good investment for the family and offer security. "His foresight was very accurate," recalls Jessica. The timing was right in her life, and coming from six generations in Redwood Valley, a farm offered stability. Plus, she had the family contacts that they needed to successfully operate the farm.

Jessica's father was a science teacher and also maintained three acres of farmland. In addition to farming, he hunted and fished on and around the land, providing 60%–70% of the family's food through these means. Her mother canned, and the family used animal manure in the family garden. Being the oldest of three, she was always the workhorse of the kids, and she enjoyed working in the garden. She is proud to have been raised by her parents to be conscientious of the environment, though she doesn't consider herself a radical.

Having been raised on a farm, Jessica did not know anything about planting and growing grapes. Of the 15 acres presented to her by her husband, she now farms 12 acres of winegrapes. The Ranch has been in operation for 17 years as organic, 10 of those years with CCOF. It was originally Frey Vineyards that came to Jessica and her husband to ask if they would join CCOF so that Frey could buy their grapes. "The Freys have been the best thing that has happened to me," Jessica says. At harvest time, it is Frey's laborers who

come to her land to harvest and haul away the grapes, saving Jessica on harvest labor, equipment, and maintenance costs.

Since the death of her husband, Jessica has brought on a ranch hand named Johnny to help maintain the equipment on the property. With the tractor, Jessica and her laborers get as close to the vines as possible to control weeds. From there, they hoe and hand-pull weeds growing right next to the base of the vine to prevent grow-back.

Although she has a part-time job, and sometimes feels a little overtaxed physically, Jessica still manages the ranch, completes the necessary paperwork, and makes all final decisions. She has a new drip irrigation system to better direct water usage and minimize water waste, and also a new misting system to help prevent frost damage. Jessica notes that early Italian immigrants felt at home in Redwood Valley, as it reminded them of Italy. They planted a lot of cabernet and carignane, since these varieties are later bloomers and thereby avoid much of the frost of the season, offering the vineyard a financial measure of frost protection. Jessica has recognized their wisdom and plans to follow suit. "We're setting up for the future," she says.

The Ranch also raises a small herd of pigs for 4-H and FFA (Future Farmers of America) projects. The manure is then used in the vineyard to provide fertilizer to the vines, and to help spread the manure out

so that it enters and feeds the soil rather than washing off into streams and groundwater. "Anything that gets in the groundwater ends up somewhere," says Jessica.

While many will agree that there are too many vineyards in the Sonoma-Marín-Napa area, Jessica points out that more and more vines are also being planted in Mendocino County. "People are planting vineyards where they have no business being planted." She notes that some growers divert too much water from streams and create ponds unnaturally. These practices can harm or even kill water life in small streams, and can alter ecosystems and kill life in areas where ponds did not previously exist. She notes that while water shortages are affecting some growers, if water mismanagement is not curtailed, water shortages will soon affect all growers.

Jessica would like to see more farmers transition to organic. She thinks that processors could help encourage conventional growers to become organic by assuring them of buyers for their crops. She feels the organic industry and government should also provide incentives for conventional growers to switch to organic.

While conventional growers don't want increased paperwork, more is being forced on organic growers, along with more fees to the state and for certification. "We have to pay too much money for doing the right thing." But she is grateful CCOF is here. 

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## Cecilia Garcia, Donna Olson & Jackie Cooper

NPO (NURSES PISTACHIO ORCHARD) • SAN LUIS OBISPO CHAPTER

IN PREPARATION TO RETIRE from nursing in the Southern California area, three friends decided to purchase land on the California coast just north of San Luis Obispo. Having no luck in finding the perfect spot, these three friends were directed to Paso Robles, where they did find that perfect spot on some hilltop land. But they hadn't yet decided what to plant and what to call their new home.

In Southern California, Jackie Cooper taught in a Registered Nurses program at Long Beach City College. Donna Olson worked at Long Beach Memorial Hospital, and Cecilia Garcia worked at Pacific Hospital of Long Beach. Cecilia, or Ce as she is known by her friends, continues to work part-time at Twin Cities Hospital in Tempton. These three nurses knew they did not want to retire in the LA area, and they also knew they did not want to sit around and do nothing in their retirement. What they wanted was to retire in the outdoors. What to do then? Start a farm.

With the first 10-acre parcel purchased in 1981, the women decided to plant pistachios, partly because the competition in the area was fairly minimal, and they thought that maintaining an orchard would be easier than managing ground crops. Thus, NPO (Nurses Pistachio Orchard) was born.

In 1985 they purchased a second 10-acre parcel adjacent to their land. Since they had not yet retired, they continued to visit the land and care for the orchard. It wasn't until 1997 that Jackie, Donna, and Ce retired from nursing and moved to their new home they had built on the land.

Like many farmers, they learned from their peers and they also just learned by doing. But for their first substantial harvest, they learned a different way to harvest from a more experienced laborer they had hired. The three nurses discovered that rather than pick each nut as they had thought, they need to lay tarps under each tree. Next they hit each tree with a mallet to cause the ripe nuts to fall on the tarp, from which they gather the nuts and place them in containers. They then haul and dry the nuts. They hire one or two laborers

to help with the harvest, but mostly rely on many of their friends and family who come to help out with work and celebration. From their present orchard of 2200 trees, 9000 pounds of pistachios were harvested this past season, out of which nearly 3000 pounds of split and dried nuts were obtained. Approximately 40–50 trees are



*"We're very blessed to be here."*

replanted each year, having succumbed to deer, ground squirrels and gophers.

The nurses found themselves at a disadvantage growing pistachios near the coast. Growers in the Central Valley are ready to harvest their pistachios about one month before those growers in the Paso Robles area. This can make it harder for the coastal growers to find a market for their crops, and the nurses have had this experience themselves. But their crop was different, and one in which many consumers at first didn't seem interested, but grew to love.

The nurses harvest and simply dry their pistachios. The nuts are neither salted nor roasted. Just prior to this past harvest, their broker backed out on them, and they feared they would not be able to find a market for their crop. Instead, another market, a farmers' market, was just what they found. Their North County Farmers' Market accepted the nurses and their crop, and the public loved the simply dried/no salt/no roast pistachio nuts. Even natural

foods stores in San Luis Obispo started carrying their dried nuts. These new farmers had found their niche.

Getting to that point was not so easy. There were many challenges to face, yet they did not find any overt prejudice against them being women. Their neighbors were very helpful, they say, and so were their laborers and families. In particular, one 82-year old man, Bob Thimm, has helped them maintain their orchard and overcome many of their farming challenges. Bob had previously been the manager for a large ranch that existed in the area before it was subdivided. He more than anyone in the area was most familiar with the land and its needs.

Tending to the farm is a job shared by all. Jackie takes care of much of the planning and organizing. Donna tends to mechanical duties, runs the tractor and ATV, and reviews paperwork. Ce tends to marketing of their pistachios and is jokingly referred to by the three women as "the laborer." All three do their fair share of work in the field, checking tree health, pest damage, and irrigation lines. In one way, farming wasn't so different from nursing. Bob has taught these women many things about farming, but they were quick to understand irrigation. "It's a lot like an IV line [intravenous]," they say.

When it came to getting the orchard certified, they looked no further than CCOF. But why choose to become organic? Jackie and Ce had been raised rurally, and Donna had worked on her family's farm until the age of 13. In their years of periodic commuting between their Southern California nursing jobs and their new land in Paso Robles, Jackie, Donna, and Ce often saw airplanes spraying fields with pesticides, and they didn't like what they saw. It was also their experiences as nurses that helped them decide to grow organically; seeing the variety of sick people in the hospital and often knowing what may have put them there.

Looking out from the dining room at the beautiful view of their orchard and surrounding hills, Jackie says with a smile of satisfaction on her face, "We're very blessed to be here." 🍷

IN HER YOUTH, YI LING CUI was always surrounded by the influence of plants and agriculture. Her father, the late Professor Cheng Tsui, earned his doctorate degree in Botany in the United States before returning to China, where he was Department Chair for nearly 50 years of the well-known Biology Department at Nan Kai University. He often said to her that “most trades and businesses since the industrial revolution only last for 60 years, but farming is something that lasts for thousands of years.”

After arriving in the Watsonville area, Yi Ling began working for a tissue culture transplant company, where she rediscovered her passion for agriculture that her father helped instill in her. Next she began working for a large local organic grower, where she is still employed part-time.

It was while working in the Pajaro Valley that Yi Ling met Roy Nagamine, another CCOF grower, and his father, who had been in the flower business for many years. The elder Nagamine, a Japanese immigrant, had lived in the same area in China as Yi Ling and her family. He spoke Chinese, and he and Yi Ling found they had many things in common. The Nagamines leased some greenhouse space to Yi Ling, and the elder Nagamine imparted to her some knowledge about running a nursery.

In 2001 she opened her nursery business, offering small growers the opportunity to have someone take care of their small batch of transplants. Yi Ling also purchased land with a partner in a small valley near Prunedale. But it wasn't just her father's teachings or those of Mr. Nagamine that led her to farming. It was also, in part, what she saw happening to agricultural land and the environment in the Pajaro Valley and elsewhere.

“Seeing the beautiful farmland being turned into newly developed tract homes, the depletion of the locally rich soil, and landfills destroying the native wetlands had a great affect on me,” explains Yi Ling. “The land, forests and waterways have been here long before us and provide us with food, shelter and a healthy ecosystem for our human well-being, but we in turn messed up Mother Nature and destroyed our environ-

ment. This has already happened in many countries. The cost of reconstructing the ecosystem is enormous. The effort to conserve the land and...preserve the ecosystem is worth much more than the small profit a few individuals make for themselves.”

Today, Everlasting Gardens caters to smaller growers with smaller needs and smaller numbers of transplants. She starts and cultivates a wide variety of fruit, vegetable, and herb crops, many of them heirloom, unusual varieties, ethnic specialties, perennials, hedgerow and bedding plants. She also grows marigolds in the greenhouse to offer habitat for beneficial predator insects to help control pests.

Caring for her nursery is a lot like being a teacher in a one-room schoolhouse; she must know the individual needs (water, light, feeding and temperature) of each of the different types of plants, and meet those needs in a very timely manner so the young sprouts do not perish. It is very intensive and extremely detailed work. Sometimes it is necessary to care for a customer's transplants longer than usual. “It's hard to raise a teenager in a baby crib,” jokes Yi Ling, pointing to the more mature plants that should have gone home a few weeks earlier. Most of the work in the nursery is done by her, with an occasional friend helping out. “You have to know your babies, and it is never a dull moment,” says Yi Ling. Every day presents a new challenge, but she is up to the task.

In addition to being familiar with a large variety of crops and their needs, she has also become familiar with irrigation in the nursery, boilers in the greenhouse, construction skills, sound accounting practices, and running a tractor on her land, which she purchased with a partner in 1999. She plants abandoned transplants on their 16 acres of farmland near Prunedale, 4.5 of which they farm organically. With the other acreage, she and her partner plan to grow mixed vegetables and Chinese and Native American herbs. She would like to study more about many of the wild-growing native herbs in the area that have been used historically by Native Americans. She would also like to turn some of the land into a field learning center for herb study. Her partner has a part-



*“This is where I belong.”* time job in addition to working the land and

maintaining the equipment. After cleaning and clearing under the trees that grow on some of the land, she and her partner plan to allow many of the area native plants to continue to grow naturally and care for them organically. The land, which hadn't been farmed since the 1920's, still has the remains of terracing, which Yi Ling and her partner plan to use for the mixed vegetables. But why purchase farmland in addition to the intensely detailed work of a nursery? “I wanted to create an herb garden and prevent further development.”

Each morning, many farmers from around the Corralitos area meet at a small café at 5-mile Corner. Where one might expect some prejudice against an Asian immigrant woman farmer, here she has made many contacts with other farmers, sourced seeds from them, and received tips from older male growers. “Unless you do it, you won't know” was just one piece of advice among many that she received. Like everywhere in agriculture in America, Yi Ling sees many older farmers retiring without younger farmers to replace them.

Yi Ling has accomplished much in a very short period of time. “Farming is hard for a man, and even harder for a woman,” states Yi Ling. “But the hardest thing is to make it work. It's not so much how successful you are as how you overcome your failures. I hope that I can preserve the land and leave the next generations something other than a handful of glowing dirt. I see promoting organic farming as a responsibility and duty for this generation and the generations to come.

“This is where I belong.” 

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IN 1865, NEAR THE END OF THE U.S. Civil War, five Bayliss brothers purchased land together in Northern California and began farming “organically”, or just farming normally as it was back then. The brothers planted much of their 20,000 acres with wheat. Responding to the plight of California farmers losing crops to widespread flooding, the Lincoln administration began building levees to control the problem.

During this time, many Chinese immigrants were coming to America in search of fortune. They helped build the Transcontinental Railroad and worked in the gold mines around Butte County. At this same time, the government offered some of the first agricultural subsidies in history to farmers who would replace wheat with rice. It was during this transition that the Bayliss family moved from Glenn to Butte County and began farming rice.

Fast-forward one hundred years, and we meet Donna Bayliss, who has run the family business since 1983. When she took over the business, it was nearly bankrupt. Being a mother of a 6-year old son at the time, she says a motherly instinct to protect the family business is what drove her to take on the challenge. She took out the unproductive walnut orchard and replaced it with botanicals. Her intuition said that farming organic botanicals was a new opportunity for her family, the business, and the organic industry.

It was Donna’s conviction and determination that led her to select organic botanicals. “I wanted to provide an alternative of pure ingredients for synthetic cosmetic products,” explains Donna. “I felt it was a great place to claim organic. When synthet-

ics can so easily replicate botanicals, it was a natural place to use the validating process of certified organic standards to verify real plants versus man made synthetics.” She didn’t want to become another farmer polluting the land with agro-chemicals. So organic was the way to go; back to the way the original five Bayliss Brothers farmed.

Donna described a time when she used lavender oil on an injury to draw out the blood and heal the bruise. “It was Mother Nature who healed the bruise,” she says. “Organic botanicals are more powerful than any man-made synthetics. We should honor and respect their strength.” Donna has also found pleasure in researching and studying native plants in the area traditionally used by Native Americans.

In addition to the challenge of rescuing the family business from bankruptcy, Donna has faced other challenges, particularly because she is a woman in farming. “There are pluses and minuses to being a woman farmer. Over time women have found some real opportunities replacing the closed session board rooms of men. It has given us the opportunity to think outside the box where creativity really begins. It gives the opportunity to be inventive, and rethink old norms.” While Donna is used to the challenges of farming, she doesn’t mind change.

Today Donna directs the family business with a full-time staff under her. Her son, now grown, has found one of his passions in animal husbandry and farms some of the ranch.

“I appreciate my CCOF label and the value of the name ‘California Certified Organic Farmers’. When consumers who never “turn the soil” purchase our products, they are actively participating in help-



ing sustain the environment and the certified organic farmer.”

Donna is overall satisfied with the new National Organic Program (NOP) regulations for the organic industry. “This is the kind of standard we need. Organic needs to be regulated to keep its integrity. It is imperative that certifiers control abuses of the word “organic”. The R2823 before the State of California is an amendment to the California Organic Foods Act of 1990. We are proud to be a part of the efforts to ensure that this amendment will monitor and maintain the integrity of the word organic in all non-food products. But how can we regulate products coming from a foreign country? If there is contamination, we need to know it.”

Donna is all in favor of country of origin labeling, and even the idea of state and county of origin labeling. “It would be a great marketing coup for stores to announce state and county of origin [on food and products]. It would work well for agriculture and for consumers. It would give local growers and consumers pride in their products and their regions.”

But for now, Donna says, financial survival for farmers is a continual challenge. And it shouldn’t have to be. 

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# CONNECTIONS



## AGRICULTURE AND THE FEMALE BODY

By Rachael Jamison

WITHIN THE BODY OF A WOMAN, the seed of new life is planted. Like the first alchemist, a woman's body transforms what is a genetic code for substance into a child. The alchemy of pregnancy allows the foodstuffs taken into the body to be turned into the nourishment that enables masses of cells to mature into a human being. Thus, the connection is made. Our first encounter with agriculture occurs within the womb of our mother. She takes in nourishment provided by the fruits of the land and, with the ease of a freshly turned field, our life is created. And so is the most basic connection woman has with agriculture: the ability to transform its yields into the bodies of the future, our bodies.



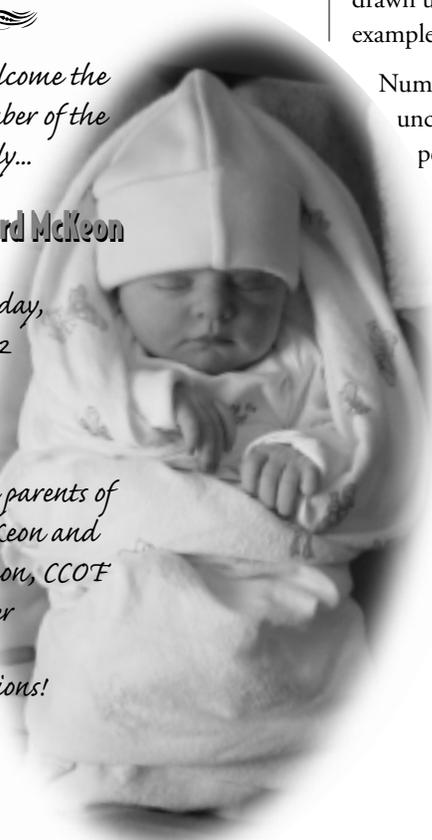
*Please welcome the newest member of the CCOF Family...*

**Owen Edward McKeon**

*Born on Friday,  
May 31, 2002  
at 6:30 p.m.  
8 lbs., 4 oz.*

*to the proud parents of  
Renée McKeon and  
John McKeon, CCOF  
Staff member*

*Congratulations!*



Outside of the womb, a woman's body is the first source of physical nourishment we, as humans, receive upon our arrival onto the Earth. Milk is created through the miracle contained within the mother's breasts, wherein food (products of forage and agricultural technology) is miraculously transformed into what is one of the most richly nutritious foods on Earth. Abundant in protein, vitamins, immunities and a warmth that will remain with us as our "first love" for the remainder of our lives, breast-milk is our first experience of agriculture outside of our mother's body. Her body gives, as the Earth gives to the seeds planted on her surface, to create our substance.

The body of a woman is vulnerable, like the Earth, to the technologies people employ to produce the food necessary to sustain life. As food production methods have evolved to include toxic chemicals that live in our soils long after their application, we have begun to watch the deleterious effects they have on human and animal health. The majority of synthetic pesticides and fertilizers are not water-soluble. Thus, once taken into the human body, they are stored in fat cells and released only when the body is under sufficient nutritional pressure to require that these stores be drawn upon. Breast-feeding is a poignant example of one such occasion.

Numerous studies have found uncomfortably high concentrations of persistent agricultural chemicals in the breast-milk of mothers throughout the world. The Earth's dis-ease speaks through the body of our mother and becomes the very substance of our own flesh. We can no longer ignore the crisis we have currently found ourselves a part of, which has become a part of us. Alternatives to chemical intensive agriculture are necessary in maintaining the integrity of the sources from

which we are created: the body of woman, the body of Mother Earth.

Agriculture and the female body, in many ways, are each other's most powerful messengers. The female body holds the memory of past damage to the Earth in her flesh. Her breast milk speaks of the damage presently being inflicted. Built into the substance of the future are the injustices done to the bodies it looks to for sustenance. Agriculture, in turn, gives voice to an essential element of the feminine often lost in the current atmosphere of "progress" and "development:" connection. The need for food, no matter how "modern" we perceive ourselves, is one that requires us, in some form or another, to acknowledge our dependence on and connection to the planet. As we witness her degenerate beneath us as we exploit, extract, and poison her, a part of us, too, is dying. We know, through our connection with her ability to feed us through our mother's body that without her, we are without. A woman's connection with agriculture is as basic as a human being's connection to its mother.



*Rachael Jamison is the Program Specialist for the Washington State Dept. of Agriculture's Organic Food Program. Prior to that, she has worked as an assistant midwife, herbalist, organic farmer, and, most importantly, a mother. She is currently working on a Master's Degree from Evergreen State College where her studies focus on women in organic agriculture.*

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# FOCUS ON FOOD



## MELONS

### FRUIT OF THE SUMMER SUN

By Lisa Hamilton

MELONS WOULD SEEM TO SPRING from wet earth, packages of moisture sent from some damp ground to rescue us in the hot days of summer. In fact, they are just the opposite; desert plants native to arid western Africa, with roots that dig deep to tap low springs and fruit that act somewhat like a camel's hump, guarding precious moisture beneath a thick skin. With water secured, melon plants revel in the bright sun, which permits the wild photosynthesis they need to turn pulp into sugar.

#### HISTORY & CULTURE

Their love for dry, hot weather makes melons the perfect crop for the steppes of Asia, where they have been cultivated since as early as 3,000 B.C. They have made their way around the world, on the backs of the Roman Empire and aboard the ships of Spanish and British explorers. And while today, each locale thinks of melon as its favored variety—Israel its succulent Ogen, the United States our standardized cantaloupe, Japan its coddled Yubari—the idea of a melon invokes the same feelings throughout the world. With their sensual aromas and heavy round fruit spilling over with a jackpot of seeds, melons remain the quintessential symbol of fertility.

Melon seeds given on Chinese New Year are a wish of fecundity, as were the Charentais melons embroidered on 17<sup>th</sup>-century French wedding quilts. In the United States, thanks to greaser slang, farmers are just about the only ones who talk about “casabas” and actually mean fruit. And it's said that when the aphrodisiacal Kharboozeh melons ripen in Iran, the markets must close early because

locals get too rowdy. (Dave Fredericks of Johnny's Organic Acres in Yolo County reports that he sold the Iranian melons for \$20 a piece at Bay Area farmers' markets, but had to stop when he noticed the fruit similarly intoxicated the cucumber beetles. As lucrative as they were, the melons encouraged such proliferation of the pest that the damage to other crops wasn't worth it.)

#### GROWING & PESTS

For the luscious fruit they produce, melon plants actually require relatively little input. They don't “eat” a lot; in fact, over-fertilizing delays fruit set and encourages leaf disease. And, being desert plants, they require less

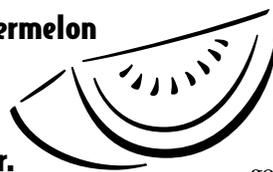
## Ode to a Watermelon

by Pablo Neruda

**Round, supreme, celestial watermelon**

**The fruit of the tree of thirst**

**Green whale of summer.**



water than expected. That said, melons are demanding in their own right. They grow nearly anywhere, but grow well only in exacting conditions. They require warm soil for a good start and a growing season of 75 to 90 days. They shudder at the cold and wet, conditions that prevent ripening and encourage ruinous bacterial blight. The hotter it is, the sweeter they become, as their

sugar production relies on heavy photosynthesis. However, extreme heat can aggravate powdery mildew to fatal proportions.

On a small scale, the greatest pest growers encounter are animals that like to eat melons as much as we do. At Be Wise Ranch in San Diego County, ravens hunt through the crop just before the fruits mature, spotting them from the air and tasting each one by pecking at its shell. It rarely ruins the fruit but the cosmetic damage makes the fruit unsellable, and so farmer Bill Brammer has tried scarecrows and Mylar tape—all in vain. This year he plans to try a sacrifice; when the pecking begins, he'll split a melon in the middle of the field. If all goes as planned, the bright red center will attract the birds, and they'll gorge on that one fruit rather than using the whole field as a tasting menu.

Of course, those who grow for wholesale do not even notice the effects of a few hungry ravens.

On his 100 acres of melons near Esparto, Jim Durst is much more worried about the cucumber beetle (*Diabrotica undecimpunctata*), which gobbles up pretty much any part of the plant it can find. To add insult to injury, the beetle transports *Fusarium*, a bacterium that builds up in the plant's water transportation system, inhibiting its ability to absorb moisture and causing it to die of thirst. (Because bacterial wilt thrives so in moist climates, many large organic growers in humid California have no choice but to grow hybrid varieties bred for *Fusarium* resistance, rather than the open-pollinated they might otherwise choose for flavor or local suitability.)

## Melon Nutritional Aspects

In the medieval gardens of France, melons were considered scarce and expensive, a food enjoyed by the wealthy and savored by the poor. Modern growing and shipping techniques have banished that sense of seasonality, making melons a common fruit second only to bananas as the most-consumed fresh fruit in the United States.

At least some of their popularity comes from the weight-conscious crowd, who appreciate their being low in fat and high in moisture (not to mention sweet—some are 92% water and 8% sugar). But there are greater benefits, primarily the rich supplies of Vitamins A, C & K. The first two protect cells from oxidation and offer, respectively, bone, skin, and eye health, and anti-viral and anti-bacterial properties. While less well-known, Vitamin K is vital, responsible as it is for allowing blood to clot. Still more, muskmelons offer potassium, an essential electrolyte important to maintaining heart health and preventing and treating cancer. Finally, the seeds, which are eaten both in China and parts of Africa, are rich in proteins and oils.

Conventional growers have obvious recourse against the beetles—pesticides such as “7” (Carbaryl)—but even they must be careful to choose a spray that does not affect honeybees, as melons rely on the insects for pollination. Many organic growers can treat their crops, too, with Pyrethrum and other plant-based pesticides. But California, with its stringent standards, disallows most such sprays. Smaller plantings can use floating row covers to shield young plants from the bugs, but on a scale like Durst’s, the method is cost-prohibitive.

So Durst just tries to stay one step ahead of the bug. He rotates the fields where he grows melons. And since the beetles do the worst damage when they “eat faster than the plant can grow,” he plants when the vines can mature fastest. In fall, when the nearly ripe melons lie beside fallow fields whose crops have been harvested, the plants are once again prey to the green beetles. And at that point, Durst just crosses his fingers.

#### WATER

As desert plants, melons have a peculiar relationship with water. They are naturally equipped to deal with arid conditions, their roots able to reach for water deep down in the earth. Dave Fredericks uses this to his advantage by nearly dry-farming his nine acres of melons, watering the crop only a couple times over the three-month growing period. He explains, “The way they nest in the ground, it’s natural for them to be on dry land. If the ground were wet, they’d rot.”

While Jim Durst waters his 100 acres more regularly, by means of drip tape irrigation, he is also careful to control the flow. Because melons will take whatever you give them, too much too close to their fruit’s maturity means a melon that is all water. So, about two weeks before they pick, Durst begins withholding, forcing his plants to consider how they will propagate themselves as the lifeline is cut. They react by concentrating their sugars in the fruit, ensuring that creatures like us will be more likely to eat them and disperse their seeds.

#### SELECTING THE PERFECT MELON

Short of picking it yourself, how can you tell a good melon? First rule is simple: despite what people say about brown bags and bananas, no melon will ripen off the vine.

They will decompose and soften, but never are they as sweet as the moment they are picked. The trick is finding one that’s neither too old nor too young.

Knocking works on watermelon, but you must have a highly trained ear. As Jim Durst says, “It’s like tuning a guitar—you have to know what you’re listening for to get it right.” Squeezing is a good method for culling bad melons, for the smooth end softens as the fruit inside starts to rot and lose flavor. Likewise, shaking can signal danger; if you hear anything rattling inside, it means the seeds are swinging free and the fruit is no good.

But finding a perfectly ripe melon is more difficult than simply avoiding the bad ones. First, you must understand how the fruits ripen. Many melons are said to “slip” off their vines when ready, meaning the stems crack and detaching them is effortless. Jim Durst harvests this way, visiting his planting each day and picking only the ripe fruit. (When grown on a much larger scale, melons are picked in one sweep, many before they are ready.) A clean severance at the stem end means the melon was picked on time.

Dave Fredericks gets even more personal with his melons. He employs the Japanese “T” cut, a method by which he looks both at the fruit’s stem and the tendril that grows independently of it from the same notch in the vine. When the tendril dries out and curls up, he slices the fruit from the vine, leaving stem and tendril attached. Last of all, he sniffs them, as everyone should. Like roses, he says, melons smell for only three days. If your prospective fruit has no odor, it was picked too early or has been sitting too long. But if it does have an aroma, Fredericks has only one suggestion: don’t waste any time—grab a spoon and dig in.

## Conventional Melon Growing

Melons would seem to be clean of agrichemicals once they reach the table, since the part we eat is protected by a thick shell. Alas, it’s not that simple. Melon plants ingest agrichemicals systemically; for instance, a cantaloupe plant might absorb a pesticide through its leaves, roots, and stem. Since those parts channel water and nutrients to the fruit, the juicy inside can still contain the toxic chemical even if the spray never touched it directly.

The top chemicals used for California melons are the fumigants 1,3-dichloropropene and Metam-sodium, which are injected into the soil before planting in order to kill off nematodes and weeds that might threaten the vines down the road. As Pesticide Action Network outlines in its report “Hooked on Poison,” melon growers have increased their use of fumigants steadily since the early ’90s. Not good news for melon eaters, since both 1,3-dichloropropene and Metam-sodium are carcinogens and the former a ground water contaminant.

The pesticides that are sprayed aim mainly to rid crops of the cucumber beetle. Most popular are Carbaryl, which is made from naphthalene (the main ingredient in moth balls), Methomyl, and Diazinon. All are neurotoxins and potential groundwater contaminants; the latter a developmental and reproductive toxicant and the other two suspected endocrine disruptors.

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## SUN PROTECTION IN THE FIELD AND GREENHOUSE

By Ann King

**B**ECAUSE OF THE TIME SPENT outdoors, growers need to take extra precautions against skin cancer. Even in the winter...even in foggy areas... even if you have dark skin...even if you are not outdoors much...and even in the greenhouse.

### DO YOU KNOW ???

- The sun's harmful ultraviolet (UV) radiation can penetrate through most clothing?
- It can go through automobile, tractor, and greenhouse windows?
- It can damage your eyes, contributing to cataracts, macular degeneration, and eyelid cancers?

Growers cannot avoid the basic rule of avoiding unnecessary sun exposure between 10:00 A.M. and 4:00 P.M., but they can take these simple precautions:

- 1 Always apply sunscreen before going outdoors (even on cloudy days and in winter). Choose a product that is rated SPF 15 (or higher), and which filters out both UVA and UVB radiation. You will need to apply it more than once a day.
- 2 Wear protective clothing, including long pants and shirts, gloves, UV-protective sunglasses (the wrap-around style), and broad-brimmed hats.
- 3 Examine your skin, head to toe, at least once every three months. Use mirrors or have someone help you.
- 4 Protect your children when they are outdoors.

### HATS

**Baseball caps** do not cover the ears or neck, and do not offer as much sun protection as hats with wide brims.

**Cowboy-style hats** with wide brims (at least 3 inches) offer more sun protection than a baseball cap.

**“French Foreign Legion hats”** offer the best protection, with back and side flaps that cover the ears and neck.

The message is—trade in your baseball cap for a wide-brimmed hat that shades your face, ears, and neck.

**Greenhouses.** Skin-damaging UV light can penetrate through glass greenhouse coverings, and through some plastic and acrylic coverings. Some greenhouse covering materials are better at blocking UV penetration, and some are marketed as blocking UV radiation. If you are unsure about your greenhouse coverings, take all of the skin-protecting steps that are recommended for outdoor workers.

There are three common types of skin cancer to be aware of:

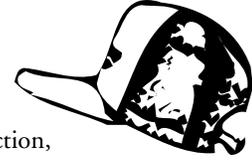
- **Basal cell carcinoma** is the most common form of skin cancer. Until recently people most often affected were older people, particularly those who had worked outdoors. Chronic exposure to sunlight is the cause of most basal cell carcinomas, which occur mostly on exposed skin areas—the face, ears, neck, scalp, etc.
- **Squamous cell carcinoma** is the second most common skin cancer. These can occur anywhere on the body but are most common in areas exposed to sun.
- **Melanoma** is the most serious form of skin cancer, but if diagnosed early, it is almost 100% curable.

The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that does not heal. Skin cancers do not all look the same.

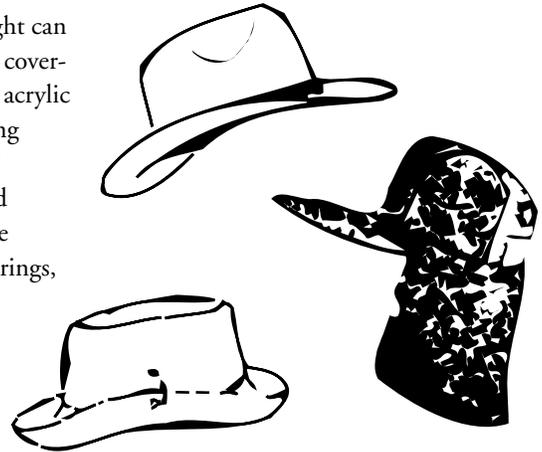
### THE FIVE WARNING SIGNS OF BASAL CELL CARCINOMA

- 1 An open sore that bleeds, oozes, or crusts and remains open for three or more weeks.
- 2 A reddish patch or irritated area. Sometimes it crusts, or itches, or hurts; sometimes there is no discomfort.
- 3 A shiny bump or nodule that is pearly or translucent and is often pink, red, or white (or other colors, which can be confused with a mole).
- 4 A pink growth with a slightly elevated rolled border, with a crusted indentation in the center.
- 5 A scar-like area which is white, yellow, or waxy, and often has poorly defined borders.

### Less Effective



### More Effective



# ABCDS

## THE ABCDS OF MOLES & MELANOMAS

Most people have brown spots on their skin—freckles, birthmarks, and moles. Most of these are normal, but some may be skin cancers. Be alert to irregularities in shape, edges, color, and size. The ABCDs of melanoma are as follows:

- **Asymmetry:** Most early melanomas are asymmetrical (not round). Common moles are round and symmetrical.
- **Border:** The borders of early melanomas are often uneven and may have scalloped or notched edges. Common moles have smoother, more even borders.
- **Color:** Common moles are usually a single shade of brown. Varied shades of brown, tan, or black are often the first sign of melanoma. As melanomas progress, the colors red, white, and blue may appear.
- **Diameter:** Early melanomas tend to grow larger than common moles—generally to at least the size of a pencil eraser (about 6 mm, or ¼ inch in diameter).

If you detect any of these warning signs, see a physician right away. Also watch for changes in moles, including changes in size, color, elevation, surrounding skin, surface texture, or sensation (such as itching). Any changes in pre-existing skin growths, or the development of new growths should also be checked by a doctor. In fact, anything suspicious should be checked by a doctor.

Even without any visible signs, it is a good idea to see your doctor regularly, and be checked for early skin cancers, especially if you work outdoors. Early detection is always the best, so why not have a trained professional help you?

Denial or ignorance will not protect you from skin cancer. Your best protection is knowledge and the regular everyday use of sun protection factors (protective clothing and sunscreen). Be informed...and be protected. For more information:

- Contact your doctor
- Check the Skin Cancer Foundation website at [www.skincancer.org](http://www.skincancer.org)
- Contact your local office of the American Cancer Society for brochures on skin cancer and sun protection, or check their website at [www.cancer.org](http://www.cancer.org) 



Sources and more information from: Ohio State University *Human Ecology News*; American Cancer Society website ([www.cancer.org](http://www.cancer.org)); The Skin Cancer Foundation website ([www.skincancer.org](http://www.skincancer.org)); CancerNet, a website of the National Cancer Institute ([http://cancer.net.nci.nih.gov/wyntk\\_pubs/skin.htm](http://cancer.net.nci.nih.gov/wyntk_pubs/skin.htm)); hat illustrations from Nebraska Rural Health & Safety Coalition's *Farming and Cancer: What are the Risks?*

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## OF WATER AND DEVELOPMENT IN SAN DIEGO COUNTY

By Laurie Cohen

**B**ORDERED BY THE PACIFIC OCEAN to the west, the Sonoran desert to the east, and Mexico's Baja California to the south, San Diego County ranks third in the state in land area and population within its 4,300 square miles. Agriculture represents the area's fourth largest industry with a diverse and highly productive economy. Combine those statistics and the surging population of over 2.6 million people living here, and you have an excellent place to be farming, but not without a number of difficulties.

San Diego County farmers share similar problems. One is the tremendous price farmers pay to irrigate. Water bills have dented many an income and profits are consistently lost to the county's high water costs. Consider the reasons why. Ninety percent of the region's water supply comes from a complex conveyance system originating 600 miles to the north and 200 miles to the east. Annual rainfall measurements, less than half the norm, make farmers use the word "drought" often in their conversations.

Bill Brammer's Be Wise Ranch totals 600 acres divided between the hazy Santa Fe Valley 20 miles north of the city of San Diego and two smaller parcels on an A-6 agricultural preserve where he is the only organic farmer. He laments the cost of water for his fully irrigated crops. Currently at \$640 an acre-foot, he sees prices only going upwards. Whereas normal rainfall is a meager 9 to 11 inches a year, this past winter has been a repeat of the previous few years with the total rainfall amounting to only 4 inches for the season.

Not that it bothers him greatly. He can't work the wet ground and the late rains can disrupt his strawberry production. But what happens when the water district had to replace a broken pipeline? "No field water for five days," he calmly reports. "We used our ice machines only, on an emergency basis." He reported no crop loss then, but five days in the cool winter months are very different from the hot and bone-dry summer weather. He takes it all in stride, knowing when to pay attention to the things he can change and letting go of things that are out of his control.

The shrinking access to water tables due to consistently low levels of rainfall is adding costs to some farms that pump well water to irrigate. The 180-acre Bailey Creek Ranch is drilling for a better supply of water. A new 910-foot well brings 25 gallons a minute, for now. Organically growing 38 kinds of apples, cherries, peaches, pears, and prunes on 28 acres in the local mountains requires a steady and reliable source of water. "You might as well say we got no rain," said Roger Sonnenberg, farm manager of Bailey Creek. "Normally we get 25 to 30 inches in winter here in Julian. We received 11 to 12. There was no saturation, and no run off to recharge the water supply." The pond on the farm has only remnants of water in it. He started irrigating in January.

Rick Aspin is hard at work in the pear field of Bailey Creek. A douser and driller for water, he charges \$16 a foot for well drilling. "I can drill up to 4,000 feet around here. Salt water is being found just down the hill in Ramona. I'm staying very busy." He walked back to his huge piece of drilling equipment running noisily. Roger is grateful for his friend's hard work. This certainly isn't his only challenge to farming successfully, but he considers himself to be the "most fortunate person I know," for being able to live and farm where he is. Owner Dan Brimm is a staunch environmentalist and devotes acreage to reforesting pines and native grasses, and is well respected for his devotion to organics.

As San Diego organic farmers are fiercely devoted to staying organic and supporting one another, there are no secrets between them about who is buying produce and for

what price. Escalating land costs, combined with the cost of water, are only a part of the problems they face. Many farmers dread having to retail their own produce to make any money for themselves.

Roger Sonnenberg doesn't care for wholesalers and buyers and won't work with them. "I'm a farmer. I don't like peddling my stuff. I have to do everything... packing, storing, marketing, wholesaling, retailing. There's no organization in place that I can call in to do the job. Last year we donated 40 thousand pounds of peaches and apples to the food bank. I have to sell retail to make any money." He would rather run his own roadside stand.

Springtime up at Bailey Creek's 3,500 feet elevation means a lot of simultaneous projects to do in a short time period. The groves are intensely planted and meticulously maintained. Sixty-year-old pear trees have been pruned back into production but some need to be replaced. Hundreds of young cherry and apple trees need tying to wire. Tatura trellising and super-slender-spindle methods are used for high intensity production. The farm's profitability depends on sales of the fruit in the late summer and fall months, but Sonnenberg won't see it go to waste or sell it at a loss.

Bill Brammer sees his good relationship with his wholesalers as crucial for his success. The bulk of Be Wise Ranch's business relies upon them. Still, he runs the largest and most well known CSA in the county. Nine hundred families share his seasonal produce. Computerized billing and delivery site distribution coupled with growing small amounts of varied crops require much of his attention and add to his heavy workload. Labor for his handpicked crops is over 50% of his costs. He worries about pending legislation that could affect him economically, remains frustrated by consumers who desire perfect-looking, uniform produce, and bemoans the lack of marketing and education promoting organic food.

Be Wise Ranch has a farm stand operating on their property. Open only part of the week, Brammer intends to keep it running despite being forced to move it within the next year to make way for a new school. His

leased farmland is subject to closure at any time, with only a one-year notice. Stretching out a faded aerial map of the area, he points out the new home sites under construction as well as the fingers of open space preserve that weave through the area next to where he farms. He will continue to farm the land until the housing developers opt to build more homes upon it. Across the street from where his office trailer sits is the newest development in the area. Large and expensive new homes sit only feet from each other. Compost piles block the view of wood framed houses under construction on another side. Even after stoically explaining how he had to leave the parcel of land that he farmed organically for 15 years and watch as bulldozers turned his fertile earth into streets and driveways, he is undaunted and undeterred.

North into Escondido and Pauma Valley, a group of certified organic farmers are trying to organize themselves into a working co-op. They are small growers of citrus and avocados. Some grow protea flowers. All are hoping to form California Sun Organics into an agricultural cooperative that can ease their burden of costly amendments and supplies, as well as finding a buyer for their crops. They know that as small growers they need to band together to insure better sales to retailers because they cannot afford to accept the low prices that wholesalers offer. First they have to wrestle with the many formalities and legalities that are required to operate. No one clearly knows

how to write a grant proposal. Who is going to run the co-op's operations?

John Hogan, a soft-spoken former teacher, sits on Sun Organic's board of directors. He runs Organic Botanicals at the north end of San Diego County. Devoted to offering educational programs in sustainable agriculture and promoting ecotourism, his property borders the Santa Margarita Ecological Preserve, to which he offers tours from his farm. He believes that a co-op can greatly benefit its members. Citing a lack of organization among area farmers, he is optimistic about the benefits from gathering together to promote organic farming and one another. "We haven't had a CCOF meeting down here in how many months? Maybe it's time for one again," he says.

San Diego County farmers certainly don't have an easier time growing food organically than anywhere else in California...even if many refer to this area as paradise. Many small farmers lack consistently fair market prices for their produce. Water and electrical costs have soared. Missing in San Diego are non-profit organizations and advocacy programs to promote organics as a better and more viable source of food for consumers. While a small number of stores have been selling organic food for some time, the larger markets are just beginning to carry organic groceries, fruits and vegetables.



**The San Diego region has received 2.77 inches of rain in this season.\* Measured at Lindbergh Field, the last driest season was 1960-61 with 3.46 inches, putting this region at a record low.**

\*As of 4/25/02

Some San Diego markets could be completely supplied with locally grown organic produce if they were willing to make the changes.

Organic farmers see the need to reach out and create new markets. Consumers are demanding cleaner and healthier food. San Diego County residents need to acknowledge that agriculture plays a very important role in the economics of the area, and that they have to be aware of the pressing issues of keeping farms in the county and developers off them. At issue is costly farm labor and immigration. Understanding these problems can make consumers better aware of their food sources and the choices they can make. Perhaps if they were made to pick their own food, they would refrain from taking these things for granted. 

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# NEWS BRIEFS



## NEWS OF THE GLASSY-WINGED SHARPSHOOTER

### SHARPSHOOTER SEASON OPEN

State and county officials continue their hunt for Glassy-winged Sharpshooters (GWSS). Plants infected with GWSS egg masses have been intercepted in San Luis Obispo and Sonoma Counties this year, but ag officials claim there are no infestations at this time. In both counties, the instances were the result of contaminated nursery stock from southern California counties.

## ORGANIC NEWS BRIEFS

### FARM BILL SUPPORT FOR ORGANIC

The Organic Trade Association (OTA) has welcomed the new 2002 Farm Bill for its provisions that support organic agriculture, including:

- \$13.5 million for a national organic certification cost-share program to assist producers and handlers of organic products obtain certification (more information will be passed on to CCOF clients as we receive it),
- \$15 million dedicated to organic research,
- Establishment of set-aside funds totaling \$3.75 million for marketing value-added organic products,
- Establishment of an Organic Agriculture Research and Extension Initiative to assist in marketing organic products and conducting farm research,
- Requirement that the U.S. Department of Agriculture (USDA) gather production and marketing data on organic agricultural products,
- Requirement that USDA examine the impediments and constraints caused by the federal marketing orders on organic agricultural products,

- Requirement that USDA facilitate access of organic producers to international organic research,
- Requirement that USDA report back to Congress on the impact of the national organic program on small farms,
- A provision allowing the organic industry to establish a national voluntary generic research and promotion program.

“Many of these provisions are milestones for the industry. Finally we will begin to get data on the organic industry that’s been lacking as well as more research to help advance farmers’ use and understanding of effective organic practices,” said Katherine DiMatteo, OTA’s executive director. “Its provisions will give farmers the tools they need to transition to organic agriculture and the knowledge they need to become viable, organic businesses.”

She added, “These provisions will help fulfill government goals to reduce pesticide use, protect environmental resources, and create additional opportunities for small farms and the rural economy.”

In addition, a national voluntary generic research and promotion program will give farmers who produce organically a chance to redirect some of their earnings to organic-specific research and promotion rather than the marketing order programs to which they must now pay that generally do not benefit them, she pointed out.

### NEW REPORT ON SUSTAINABLE FARMING FOR THE FUTURE

The Center for a Livable Future at Johns Hopkins Bloomberg School of Public Health has issued a new report stating that “industrial farming” will not be able to feed the world’s growing population. Only farming by sustainable means offers that possibility, the report claims, published in the May issue of *Environmental Health Perspectives*. The report specifically mentions the use of growth-enhancing hormones and antibiotics that may contribute to antibiotic resistance in humans. It also cites that beef consumption at 97 pounds per person per year requires 2,400 gallons of water and seven pounds of grain per pound of beef production. The report also cites the use of heavy equipment that degrades soil quality, use of excessive fertil-

izers that pollute waterways, use of pesticides that may elevate cancer risk and endocrine disruption, and mono-cropping which may reduce biodiversity. Visit [www.jhsph.edu/environment/CLF\\_Activities/WhitePaper.PDF](http://www.jhsph.edu/environment/CLF_Activities/WhitePaper.PDF)

### ORGANIC FOOD COULD REDUCE HEART ATTACKS

Eating organic food may help reduce your risk of heart attacks, strokes and cancer. John Paterson, a biochemist at Dumfries and Galloway Royal Infirmary, along with a group from the University of Strathclyde, have found that organic vegetable soups contain almost six times as much salicylic acid as non-organic vegetable soups. The acid is responsible for the anti-inflammatory action of aspirin, and helps combat bowel cancer and hardening of the arteries. “I’m not an evangelist for the organic food movement, but there was a fairly substantial difference,” says Paterson. Salicylic acid is produced naturally in plants as a defense against stress and disease. This could explain why levels are higher in organic vegetables, which are generally grown without protection from pesticides. Earlier research by Paterson’s team discovered significantly higher concentrations of the acid in the blood of vegetarian Buddhist monks compared with that of meat-eaters.

### ORGANIC LIVING FOR BETTER HUMAN HEALTH

A study to assess preschool children’s organophosphorus pesticide exposure in the Seattle metro area made an interesting discovery: the only child whose urine contained no measurable pesticide metabolites lives in a family who buys exclusively organic produce and does not use any pesticides at home. Ninety-six children were included in the study conducted by the University of Washington, Department of Environmental Health.

### ORGANIC FARMING COMPETES

Farm profits and environmental performance on sustainable farms match and often exceed that of conventional farms, according to a four-year study coordinated by the Minnesota Institute for Sustainable Agriculture. For example, income on a 41-cow organic dairy farm averaged \$57,000 a year, compared to 1.5 to three times higher on a conventional farm.

## OTHER NEWS FROM CALIFORNIA, THE NATION & AROUND THE WORLD

### MIXED INTERNATIONAL RESPONSE TO THE U.S. FARM BILL

U.S. trading partners around the globe have questioned the new Farm Bill enacted by Congress and signed by President Bush. While it is expected to cost from \$170 billion to \$190 billion over the next decade, other countries call it a step backwards. Brazil, Australia, the EU and the Cairns group (of which Brazil and Australia are members) are all making threats of hauling the U.S. before the WTO. They claim that the new legislation is inconsistent with the U.S. pledge last year to reduce ag tariffs worldwide. While the new Farm Bill might help California's rice, cotton, and wheat growers, it doesn't do much to help fruit, nut, and vegetable growers.

### FARMERS TO LOSE EXEMPTION FROM CLEAN AIR ACT

An agreement reached between U.S. EPA and a coalition of environmental organizations led by Earthjustice Legal Defense Fund will end the current exemption of large farms from the Clean Air Act. California was the only state in the nation to vote to exempt ag from this Act. Now the state has the monumental task of bringing all large farms into compliance with the Act or face sanctions and the loss of federal highway funds. By May of 2003, large farms will need a permit for diesel irrigation pumps, and by August all other equipment will become subject as well. The permits will be required only for farms that produce 25 tons or more of pollutants annually. The California Farm Bureau notes that no data exists to identify those farms.

### EPA PROPOSES "POLLUTION" CREDITS & PESTICIDE SPRAY REGULATION

The U.S. EPA plans to begin issuing credits that farmers and industrial users can trade to control pollution of streams and other waterways under the Clean Water Act. Similar to credits allowed under the Clean Air Act, the water credits could be bought and sold among entities discharging pollution into a watershed. The EPA would establish "total maximum daily loads" (TMDLs) of

pollution for a given stream and then assign a quota for a given pollutant to each entity. If the entity were able to cut its quota, it could then sell its pollution credits to another entity as long as the TMDL is not exceeded in the stream.

EPA has issued a draft Pesticide Registration Notice (PRN) which proposes guidance for pesticide labeling aimed at controlling pesticide drift nationwide. Originally proposed last year, the draft PRN proposes product labeling that would set limits on when, where and how liquid and dust formulation pesticide applications can be made. Specifically, the proposed guidance recognizes windspeed, droplet quality, and release height as primary factors that effect drift and proposes language to establish limits on applications. The PRN also proposes a statement prohibiting spray drift from contacting sensitive sites, including non-target crops. The Agency has received upwards of 5000 comments on the PRN, most from growers opposing the language. Among the controversial elements is the windspeed restriction—allowing spraying only when winds speeds are between 3 mph and 10 mph—enough to disperse the chemical but not enough to cause drift, according to EPA. The proposal to include on product labels an overarching statement aimed at protecting sensitive sites, including non-target crops, is an important gain for organic growers. The EPA has promised a second draft PRN later this year. Watch for it to see if it continues to protect all growers' interests.

### HEMP BAN UPDATE

At a meeting at the Department of State, reps from the Departments of Justice, Treasury and Commerce, and members of the Drug Enforcement Administration (DEA) learned that the U.S. government may be in violation of NAFTA (The North American Free Trade Agreement) if the DEA continues its ban on hemp seeds used in food products. A Canadian firm has pointed out several ways in which the ban conflicts with NAFTA chapter 11 and says the U.S. government might have to compensate the firm with "tens of millions of dollars." The U.S. Ninth Circuit Court in San Francisco, which has already issued an injunction barring enforcement of DEA's

ban, heard oral arguments in April and will make a final judgment later this year.

In other hemp news, West Virginia has become the 8th state to legalize hemp growing for industrial purposes. California, Arizona, Wisconsin, and Hawaii have similar bills pending. To grow hemp anywhere in the U.S., a grower must first submit to a background check and tell USDA officials exactly where they will grow the hemp. They also must secure a license from the DEA. Since 1971 only one license has been issued—to the state of Hawaii for research purpose—and the DEA insisted the field be surrounded by a 10-foot high fence.

### FARMWORKER WAGES UP SLIGHTLY

USDA has issued a report showing farmworker wages increased in April of this year by 6% over the same time last year to \$8.83 per hour. For field workers, the average wage is \$8.06, up 45 cents from a year ago. There were 1.08 million hired workers on U.S. farms in April, also up 6% from the previous year. 8.8% of the workers hired in April were migrants, down only slightly from the year before.

### EUROPEAN UNION TO BAN ALL ANTIBIOTICS IN ANIMAL FEEDS

The European Commission has proposed to ban all antibiotics in animal feeds by 2006. Currently, only four antibiotics used to promote growth are allowed in EU countries. They are flavophospholipol, salinomycin sodium, avilamycin and monensin sodium. 🍉

*Sources:* Ag Commissioners Offices of San Luis Obispo and Sonoma Counties; OTA press release, [www.ota.com](http://www.ota.com); *European Journal of Nutrition* (vol. 40, p. 289), [www.newscientist.com](http://www.newscientist.com); *Environmental Health Perspectives*, Vol. 109, No. 3, Mar. '01 (pp. 299-303), <http://depts.washington.edu/envhlth>; [www.misa.umn.edu](http://www.misa.umn.edu); [www.cairns.org/media.html](http://www.cairns.org/media.html); [www.earthjustice.org](http://www.earthjustice.org); U.S. EPA office in San Francisco; *Field Talk*, a weekly e-newsletter of Rincon Publishing, [rincon@rinconpublishing.com](mailto:rincon@rinconpublishing.com); [www.industrialhemp.net](http://www.industrialhemp.net); U.S. Ninth Circuit Court; various state legislature websites; [www.ers.usda.gov/briefing](http://www.ers.usda.gov/briefing); [www.europa.eu.int](http://www.europa.eu.int); *A World of News*, The Organic Trade Association (OTA).

# THE GE REPORT



## NEWS FROM THE GENETIC ENGINEERING FRONT

*“When we spliced the profit gene into academic culture, we created a new organism—the recombinant university. We reprogrammed the incentives that guide science. The rule in academe used to be ‘publish or perish.’ Now bioscientists have an alternative—‘patent and profit.’”*

Paul Berg, Stanford University.  
Winner of the Nobel Prize  
in Chemistry, 1980

### LABELING RULES FOR BIOTECH-FREE FOODS ON HOLD

Companies that want to label food as free of genetically engineered ingredients will have to wait while the government decides how to make sure it's true. The food would have to be tested by the companies and checked periodically by federal inspectors to make sure it doesn't contain biotech products, said Lester Crawford, deputy commissioner of the Food and Drug Administration. “If it's on the label, it has to be true, and it's up to us to be sure that it is,” Crawford told the House Agricultural Appropriations Subcommittee in March. FDA proposed labeling rules for non-biotech foods in January 2001, during the final days of the Clinton administration. But Crawford, an appointee of the Bush administration, said it could be months or even years before the rules are made final.

### U.S. MEDIA OPINION PAGES PRESENT BIASED VIEW OF BIOTECH

Thirteen of the largest newspapers and magazines in the United States have all but shut out criticism of genetically modified food and crops from their opinion pages, according to a new report by Food First/Institute for Food and Development Policy. The report, *Biotech Bias on the Editorial and Opinion Pages of Major United States Newspapers and News*

*Magazines*, found an overwhelming bias in favor of GE foods not only on editorial pages, but also on op-ed pages, a forum usually reserved for a variety of opinions. In fact, the report found that some newspapers surveyed did not publish a single critical op-ed on GE foods and crops, while publishing several in support. The report investigated 11 newspapers and three weekly news magazines between September 1999 and August 2001. Out of 40 op-eds, 31 supported GE foods and crops while only seven were critical. Two op-eds argued for labeling of GE foods.

A copy of the report can be found at:  
[www.foodfirst.org/media/press/2002/biotechbiasreport.html](http://www.foodfirst.org/media/press/2002/biotechbiasreport.html) or  
[biotechbiasreport.pdf](http://www.foodfirst.org/media/press/2002/biotechbiasreport.pdf)

### VERMONT TOWNS VS. GENETIC ENGINEERING

There are now 44 municipalities in the U.S. with resolutions against GE. On March 5, 2002, 28 towns in Vermont voted for resolutions against genetically engineered crops. Most of the resolutions included language stating that GE foods have been shown to cause long-term damage to the environment, the integrity of rural, family farm economies and can have serious impacts on human health. Many called upon legislators and congressional representatives to support labeling of GE foods and seeds, as well as a moratorium on the growing of GE crops. Of the 44 municipalities in the U.S. that have resolutions against GE, 33 of them are in Vermont.

### MEXICO'S VITAL GENE RESERVOIR POLLUTED BY MODIFIED MAIZE

The Mexican government has confirmed that despite its ban on genetically modified maize, there is massive contamination of crops in areas that act as the gene bank for one of the world's staple crops. The announcement of the worst ever contamination of crops by GE varieties was made recently at the biodiversity convention meeting in the Hague. Jorge Soberon, a senior civil servant and the executive secretary of Mexico's National Commission on Biodiversity, said government tests had now shown the level of contamination was far worse than initially reported. At first, Mexico rejected the claims of contamination

which were published in *Nature* by Ignacio Chapela and David Quist of the University of California at Berkeley. But the government went on to take samples from sites in two states, Oaxaca and Puebla, said Ezequiel Ezcurra, the director of the Institute of Ecology at the Ministry of the Environment in Mexico. A total of 1,876 seedlings were taken, and evidence of contamination was found at 95% of the sites. One field had 35% contamination of plants. Mr. Soberon confirmed that this infiltration of supposedly pure strains was the worst recorded anywhere.

### AGRICULTURE GIANTS GIVEN REPRIEVE IN CLASS-ACTION SUIT

Monsanto Canada and Aventis CropScience will be required to file statements of defense in a claim brought against them by two organic farmers, but can delay addressing the possible class-action that claim may blossom into. Justice Gene Ann Smith ruled the plaintiffs, Larry Hoffman of Spalding and Dale

Beaudoin of the Maymont area, are entitled to know the general nature of the defense that will be raised by Monsanto and Aventis. However, she said a class action suit would raise wider issues about organic classification, should it be allowed to proceed. Therefore, it is unreasonable to expect the defendants

to plead to varying standards of organic classification before the class-action suit is certified, she said in her ruling. Hoffman and Beaudoin's suit says the GE canola sold to farmers by Monsanto and Aventis has cross-pollinated with conventional canola, making organic canola impossible to sell because of GE contamination. The lawsuit claims the two giant companies were negligent for failing to ensure GE canola would not contaminate other crops. It also asks for an injunction against the development of GE wheat.

GE FREE NATIONS FALL TO MONSANTO  
Monsanto has made some major advances in getting genetically modified foods back into countries that have so far refused to grow them. In late March, India lifted a four-year ban on growing GE crops to allow production of three bio-engineered types of cotton and hinted that it will also give the go-ahead to GE foods such as soya and corn. Also in March, Brazil's commission



on GE foods recommended the immediate authorization of GE crops and foods, despite a similar ban. The recommendation would particularly benefit Monsanto, which has been lobbying hard for approval to grow pesticide-resistant soya. Brazil and India have been important sources for British and European firms that have been forced to drop GE materials from food and animal feeds. If bio-engineered crops now sweep through the two countries, companies will find it hard to find non-GE supplies. Brazil, for example, is the world's second biggest producer of soya. The first and third biggest, America and Argentina, already grow GE varieties, and the three countries together account for 80 percent of soya production.

**AND CHINA CAVES TO U.S. PRESSURE ON GE SOYBEAN IMPORTS**

After months of negotiations with U.S. trade officials and under threat of WTO complaint, China announced a temporary certification scheme for imports of genetically engineered food to go into effect July 1. Pressure was brought to bear at the highest levels of government in order to ensure that U.S. farmers would be able to

export their soybeans, 70% of which are genetically engineered. Soybean exports from the U.S. to China, the world's largest soybean importer, are valued at US\$1 billion annually. The Chinese regulations require labeling for all GE imports and also oblige companies exporting products to China to apply for safety certificates stating that their products are harmless to humans, animals and the environment. The original certificates were expected to take up to 270 days to obtain. Under the new scheme, the Chinese Ministry of Agriculture will issue temporary safety certificates to GE food exporters if they have a similar certificate from their own or a third country. The temporary certificates will take only 30 days to obtain and will remain in effect until December 20, 2002.

**BUT ANOTHER COUNTRY SETS UP GMO RESTRICTIONS**

Dow Jones wire services reported in March that companies that import agricultural products to the Philippines will soon be required to issue certification stating whether or not those products contain genetically modified organisms. Leonardo Montemeyor, Philippine Agriculture Secretary, spoke at a press

briefing and said that this certification program will be part of a new set of guidelines covering GMOs to be issued soon. The certification would be required from importers of soybeans, corn, potatoes and other potential GMO-containing crops being imported from the U.S., Argentina, Brazil, South Africa and others that grow biotech crops. Violators could be prohibited from importing those crops. The certification process will last for a prescribed period—possibly June 30, 2003—until the country can conduct its own assessment of the risks of these crops. This is the second world agriculture importer to issue guidelines that offer more challenges for biotech crops. 

*Sources:* Geoffrey Lean & Sue Branford, *Independent* (London); Willie Vogt, E-Content Director, *Farm Progress*; Jessica Hamburger, *Pesticide Action Network Updates Service*, [www.panna.org](http://www.panna.org); Paul Brown, Environment correspondent, *The Guardian* (London); *Associated Press*; Nick Parker, [www.foodfirst.org](http://www.foodfirst.org); Joanne Paulson, *The Star Phoenix* (Saskatoon); [info@nerage.org](mailto:info@nerage.org), *Northeast Resistance Against Genetic Engineering* **Compiled by Brian Sharpe**

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# CERTIFICATION CORNER



## FREQUENTLY ASKED QUESTIONS ON THE ORGANIC SYSTEM PLAN

*Just the FAQs, Ma'am*

*Compiled by Brian McElroy,  
Janning Kennedy, and Kerry Glendening*

**W**E HAVE BEEN KEEPING TRACK of the many questions that we receive regarding the **Organic System Plan (OSP)**. This is not a complete list of every question asked, but it is a good list of the questions that have been asked more than once. The questions are broken into three categories:

- **GENERAL QUESTIONS.** Everyone should read these.
- **PRODUCER QUESTIONS** (grower). Growers and livestock producers should read these.
- **HANDLER QUESTIONS** (processors). Processors and handlers should read these.

If this information does not answer your specific question(s), please feel free to call your local Regional Service Representative, the CCOF Davis Office, or the CCOF Santa Cruz Office. Remember that the OSP is not a test. We want to help you complete the form and we want to help you do it quickly.

### GENERAL QUESTIONS ABOUT THE OSP FORM

**Q:** Ohmygosh! There are so many pages! Do I have to fill them **ALL** out?

**A:** For most CCOF producers the answer is No. It all depends on the type of farm/business you have. Some will only fill out two or three sections. But for large, diverse operations, you may need to fill out most or all of the OSP.

**Q:** When do I have to turn in the Organic System Plan?

**A:** The 2002 inspection cannot occur unless the inspector has a copy of the Organic System Plan. CCOF's new inspection forms require the inspector to verify that you are operating according to the Organic System Plan (OSP). They need the OSP to do the inspection. If you have not already sent in the OSP to the Statewide Office, we would appreciate having it as soon as possible. If we receive it before your inspection, we will copy it and send it to the inspector. If you have not completed it before your inspector calls you to make an appointment, you must complete it before the inspection and send a copy directly to the inspector.

**PLEASE**, keep a copy of your OSP for your files!

**Q:** How do I know which pages to turn in?

**A:** Use the checklist on the second page of section 1.0. When you review the checklist, it tells you which sections to complete. Be sure to include the checklist with the copy of the OSP that you send back to us.

**Q:** Who signs the OSP?

**A:** Section 1.1, Background Information, at the bottom of the page. The owner of the business must sign the OSP. An employee or other person may prepare the document, but the owner or certified party must sign the document.

**Q:** Is there an on-line version?

**A:** There is a version of the OSP that we can e-mail to you that will allow you to complete the OSP on your computer. Please contact the Santa Cruz Office at [ccof@ccof.org](mailto:ccof@ccof.org) and write in the subject line "OSP e-mail version (handler, producer, livestock, or all)" as appropriate.

### PRODUCER (GROWER AND LIVESTOCK) QUESTIONS ABOUT THE OSP FORM

**Q:** If I am renewing, do I need to complete Forms G 2.0, 2.1, and 2.2?

**A:** No, renewing operations parcels are listed on the renewal contract.

### SEED AND PLANTING STOCK

**Q:** What are the new regulations on treated seed?

**A:** Treated seed is prohibited under the Federal Rule. Treated seed may not be used after October 21, 2002. Producers that use treated seed after October 21, 2002 will be notified of a "minor noncompliance" up until April 30, 2003. CCOF is discussing this issue with other certification programs to seek an orderly and consistent level of enforcement throughout the organic community.

**Q:** Does my cover crop seed have to be organic?

**A:** OSP Section G 3.0, Part A, "If You Purchase Seed for Crops or Cover Crops". If organic cover crop seed is commercially available, then you must use the organic seed. The same rule applies to cover crop seed as other seed. If you purchased non-organic cover crop seed, complete OSP Section G 3.1 in addition to G 3.0.

**Q:** How do I prove that I tried to obtain organic seed?

**A:** OSP Section G 3.0, Part A, #2 & #3. Producers should keep a record of reasonable attempts to obtain organic seed. You may keep seed catalogue orders, phone logs, a letter, or anything that shows evidence of your effort.

**Q:** Do I have to buy organic strawberry crowns?

**A:** OSP Section G 3.0, Part C, "If You Use Annual Planting Stock..."

The Federal Rule does require that you try to obtain organic plant material; however, if it is not commercially available, then you may purchase conventional (untreated) crowns. CCOF considers strawberry crowns as used in California to be "annual planting stock"



under NOP section 205.204 (a) (1) (2), therefore conventional crowns may be used but should not be treated with any prohibited materials in the handling of the plant material. If the crowns are from a non-organic source, complete OSP Section G 3.1.

The same principle would apply to propagants such as sweet potato slips; you may use untreated commercial plant material (if organic is not available) as a mother plant on an organic operation. The mother plant would be managed organically to multiply the seedlings.

#### COMPOST AND MANURE

**Q:** What kinds of compost products are allowed under the Federal Rule?

**A:** OSP Section G 4.1, Part B, "If you Purchase Compost..."

Compost that met the old CCOF standard will meet the new USDA regulation. While compost must be handled in accordance with NOP Section 205.203 (c) (2), under the heading "Soil Fertility and Crop Nutrient Management Practice Standard", CCOF anticipates that the National Organic Standards Board (NOSB) will pass recommendations that will provide further explanation for the compost regulations. The NOSB recommendations will provide for allowances for vermiculture and broader carbon to nitrogen ratios. The standards for compost are also outlined in OSP Section 4.1, Part A. If compost does not contain manures, then it is not regulated by the Federal Rule and would be considered mulch.

**Q:** Can I use processed manure products on my organic operation?

**A:** OSP Section G 4.1, Part A and/or B, "If You Produce Compost..." or "If You Purchase Compost..."

Yes, heat-treated manures or processed manures may be used as they are treated to prevent the contamination of crops with pathogens. Again, CCOF anticipates that the NOSB will approve language that provides clarification as to the use of processed manures.

**Q:** Are grazing animals considered to be a raw manure application?

**A:** No, CCOF is not considering that grazing animals are subject to the restrictions of raw manure application. CCOF seeks to encourage the use of animals in crop rotations; however, we do not encourage the use of grazing animals in crops that are harvested for fresh consumption. Clearly animals are not grazed in vegetable crops prior to harvest.

**Q:** How do I know if my compost is contaminated with Clopyralid?

**A:** OSP Section G 4.1, Part B, "If You Purchase Compost..."

If you are buying compost, you should ask the compost producer to provide evidence that they test for Clopyralid residue. If you cannot verify that such a test has been conducted, you should perform an on-farm bioassay. For directions on performing the bioassay, see *The Newsletter of CCOF*, Vol. 19, No. 1, pages 10-12 (Spring 2002). You can find this article on the CCOF website at

[www.ccof.org/nl/nl10-12.pdf](http://www.ccof.org/nl/nl10-12.pdf), or e-mail the Statewide Office at [ccof@ccof.org](mailto:ccof@ccof.org) to request a copy of the article in PDF format (you can download Adobe Acrobat Reader to view PDF files from the CCOF website at [www.ccof.org](http://www.ccof.org)). We can also send you a copy via fax or U.S. Mail.

#### MATERIALS & PRODUCTION MANAGEMENT

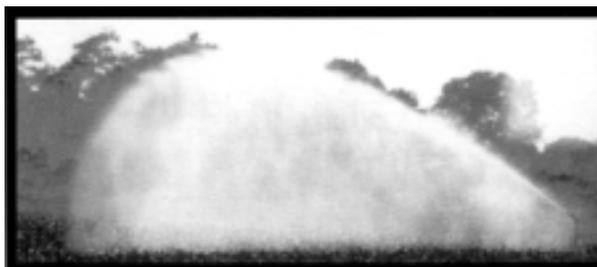
**Q:** Can I use copper on my organic farm?

**A:** Yes. Be sure to complete the correct portions of the OSP.

- For use as a micronutrient: OSP Section G 4.2, Part A, "Fertility Inputs..."
- For Pest and Disease Control: OSP Section G 5.1, Part A, "If you Use Substances For Controlling Insects or Diseases..."

**Q:** Can I still use pheromones on my organic farm?

**A:** OSP Section G 5.1, Part A, "If You Use Substances For Controlling Insects..." Yes, twist-ties, or hangers can be used; you should check the OMRI list for approved pheromone dispensing products. There is concern that some brand name pheromone products are at risk of being dropped from the OMRI list due to EPA list III inert ingredients, (see the OMRI Brand Names List on the web at [www.omri.org](http://www.omri.org), or go the CCOF website and use the OMRI link). However, the NOSB is reviewing the inert ingredients in these cases and there is a lot of support for keeping these important products as "approved" under the USDA Rule.



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Puffers may not be used after October 21, 2002, as there is no pheromone product approved by OMRI for the puffer dispensers.

**Q:** Can you use reclaimed water in organic production?

**A:** OSP Section G 6.0, Part C, "If You Irrigate..."

Reclaimed water may be used in organic production systems if it meets the applicable state and federal rules for the use of reclaimed water. In the past, CCOF regulated the use of reclaimed water to only products that do not come in direct contact with the water.

**Q:** Do I still have to maintain 25-foot buffers around my organic fields?

**A:** OSP Section 6.0, Part A, "If Prohibited Materials ... Are Used Adjacent to Organic Land or Crops..."

Not necessarily. The Federal Law requires that you must describe the physical barriers or management practices that prevent the contamination of organic crop or lands. You must also clearly define the

boundaries of your organic farm. Each situation will be judged on the merits of the case. The Organic System Plan is your opportunity to present your case.

A QUESTION FREQUENTLY ASKED BY PRODUCERS AND HANDLERS

**Q:** Does water used in post-harvest handling have to meet clean drinking water standards?

**A:** The NOP does not directly address water quality. However, state and federal rules address water use in the handling of food and as a food ingredient. All producers should provide evidence that water used in post-harvest handling has tested negative for fecal coliform.

HANDLER AND PROCESSOR QUESTIONS ABOUT THE ORGANIC SYSTEM PLAN

**Q:** I have many products. Can I put all my products on one Product Profile (H2.0 or H2.1) instead of one product per profile?

**A:** It depends. For "single ingredient" products, or individual items that are handled or distributed, you could use a Single Product Profile (H2.0) if you attach a list

of the products with the sources of each. We need to know where you obtain or intend to obtain each item. Multiple ingredient products generally require separate Multiple Ingredient Product Profiles (H2.1). However, if the products are very similar and the information on Product Profile is the same for each, you could attach a list showing each product formulation, the source(s) of each ingredient, and a label for each product. As long as the information is complete and understandable, we are flexible with the format.

**Q:** The Organic Integrity sections (H3.0 and H4.0 through H4.4) seem to ask the same questions. Do I have to turn in both?

**A:** For a single facility you should only turn in one. The "Short Form", H3.0, is designed for post harvest handling, cooling, or storage facilities. The longer, multi-page form, H4.0 through H4.4, is designed for processing facilities. If you hire a Quality Control or Quality Assurance professional, and have a Sanitation Standard Operating Procedure (SSOP) in place, you should complete the longer form (H4.0 through H4.4). The only case where you might complete both is when you operate both a processing facility and a separate storage or cooling facility that is not covered under the SSOP. In that case, you would also submit a separate Facility Profile (H2.3) for each facility.

**Q:** I did this **LAST** year! Why do I have to do it again?

**A:** Because this is the first year the Federal Rule is implemented. There are a lot of changes for all of us. We apologize for the extra work, and realize that filling in forms is not the best use of your time. However we are trying to make sure that each operation's Organic System Plan is complete, meets the requirements of the National Organic Program, is organized and understandable, and is simple to update when the time comes.

Part of the reason the OSP takes up so many pages and is so detailed is to help you complete the forms correctly and to ensure that you fill in all the necessary information.

**Q:** If I have already turned in a map of my facility (or label(s), MSDS's, etc.), and it's already in CCOF's file, do I really have to turn it in again?

**A:** Attach a note to the front of the OSP, and send it to CCOF ahead of your inspection. We will check your file and transfer information from 2001 whenever possible.

**Q:** There are some questions on the OSP I just don't understand. Where can I get help?

**A:** Please feel free to call Cynthia Ritenour or Janning Kennedy at the CCOF Statewide Office in Santa Cruz, toll free 1-888-423-2263. 

## Ask Amigo!

### Q&A with Amigo Bob Cantisano of Organic Ag Advisors

Do you have a question about growing practices? Plant nutrition? Pest management? Then Ask Amigo.

**Amigo Cantisano** has been an organic farmer since 1974 and has been advising organic and transitional farmers throughout California and the West since 1978. He founded Peaceful Valley Farm Supply in 1976, The Ecological Farming Conference in 1980, was the co-author of the enabling legislation for UCSAREP, and numerous activist projects in the organic industry. He is the founder and managing partner of Aeolia Organics, growers and processors of organic olives and olive oils. Since 1988, Organic Ag Advisors has provided technical assistance for all crops with emphasis on soil and plant nutrition, soil ecology, biological pest and disease management, weed management, equipment selection and use, composting, compost tea, cover cropping, foliar feeding, crop rotations, beneficial insectaries and more.

Send your question(s) to Ask Amigo, c/o CCOF, 1115 Mission Street, Santa Cruz, CA 95060, or e-mail to keith@ccof.org We will select questions for Amigo to answer in the Fall 2002 issue of *The Newsletter of CCOF*.



Nature Safe offers a complete line of OMRI listed products specifically formulated to deliver unparalleled soil and plant nutrition and fertility efficiency. Manufactured by Griffin Industries, a leader in the production of quality animal and plant health ingredients since 1943, Nature Safe offers the highest nitrogen organic fertilizers available. Discover why successful organic farmers are making Nature Safe their Natural Choice for optimum soil and plant nutrition!

***OMRI listed formulations:***

|        |        |       |
|--------|--------|-------|
| 12-2-0 | 10-2-8 | 9-4-0 |
| 8-5-5  | 8-3-5  | 5-6-6 |

All products contain chelated phosphorus and calcium as well as a host of trace minerals, micronutrients

and biostimulant sources. Contains no manures or waste by-products. Nature Safe operations have been certified through Audubon's Cooperative Sanctuary Program validating our commitment to stewardship excellence.



*For more information on our  
OMRI Listed products contact us at:*



**(800) 252-4727 • [www.naturesafe.com](http://www.naturesafe.com)**

# MARKETING



## EDUCATION, EDUCATION, EDUCATION



By Helge Hellberg, Certified Nutritionist  
CCOF Marketing Director

**I**N SPRING OF THIS YEAR, I STARTED to give nutrition talks at Whole Foods Community Markets in California. Some of my talks were for the general public, for consumers and Whole Foods shoppers, and some of them were for Whole Foods staff, grocery buyers, clerks, and cashiers, as part of an internal Whole Foods training.

The talks went well, and I deeply appreciated the chance to educate people on the benefits of organic food and agriculture, to give them information on the nutritional superiority of organic foods, and to spread the CCOF organic message. The need for education in this field, as in many others, is tremendous, and the talks opened up a completely new chapter in the book of "Marketing." Some people say that, as a farmer, you have to be a good marketer. I don't believe that this is true; or it is time to define the term "Marketing" again.

The farmer of tomorrow needs to be a nutrition educator. It became apparent while I was giving the talks, and hearing and answering the questions that came up, that the responsibility for change in this society does not end at the farm gate after carefully growing the crop.

Consumers are mostly interested in the health benefits of organically produced food, and who else, if not the farmer who grew the crop, can explain best why it is the best food on this planet. There are several ways on how to become a nutrition educator, several ways to utilize education as the most effective way to market your product. As a farmer, you could approach nutrition schools, give a talk, and showcase your product. You can educate the educators in your area on organic farming and your specific crop(s). Contact your community center and offer a demonstration day at your farm. Contact your local school when they tackle nutrition in class. Have handouts ready at your farmer's market stands and use every chance to educate before and while you're selling your product. Explain and educate about every step you take on your farm; explain the careful methods you use, why you pick one plant stock or seed over the other. If you are a wine maker, and you use the highest quality, most

expensive corks, tell people about it, put it in your company brochure, explain why, and that it's all about quality. Consumers don't know, but once they know, they will honor your efforts and will be willing to pay a little bit more for better quality. As a farmer, study all the health properties of your crop, the bioflavonoids in your lemon peel, the effects on vitamin C absorption, and the benefits for human health. Educate consumers on what pectin is in an apple and how beneficial it is for human health. Talk

*"What people do not understand,  
they do not value,  
what they do not value,  
they will not protect,  
and what they do not protect,  
they will lose."*

-Charles Jordan

to consumers about how many minerals are depleted in conventional soils and produce, and as a result, inform them of all mineral deficiency-related diseases. Study the bioavailability of minerals in your lettuce and what a colorful diet really means for human health. Tell consumers that governments in Asia don't give out Recommended Daily Allowances, but advise people to eat 30 different foods a day!

The gap between farmers and consumers is large, unfortunately, and a day on an organic farm is long and filled with hard work. But the need and demand for education is great and growing, and it is coming your way. This new area of conscientious relationships that is starting to form is a paradigm shift in this society, and with it comes a stronger need for information and education. The farmer of tomorrow needs to be a nutritionist, and the nutritional knowledge will empower her or him to enter into great and healthy relationships with consumers or buyers that can be fostered for years. Consumers and buyers alike will understand the idea and your message, and they will be committed to buying your product for years to come.

This industry is starting to compete on price, and I believe that we shouldn't. I am very concerned if we, as marketers, use the classical approach to sales and marketing by seeing organic food as just another product. Coupons and 10%-off weeks are dangerous



## HEADSTART NURSERY Vegetable Transplants

4869 Monterey Road, Gilroy, CA 95020  
(408) 842-3030 • (408) 842-3224 Fax

incentives, suggesting a generally overpriced product, now reduced in price (and value?), without mentioning that the farmer can barely make a living with farming to begin with. Food has become too inexpensive, and with the inflation of the price for food, the value and importance of food for a community and in our society has decreased just as much. A price battle in the organic industry will distract consumers from issues such as a fair return of income to the farmer, the value and meaning of food in general, food security, the hidden costs of conventional agriculture, and the health benefits and nutritional density that consumers of organic food receive with every food dollar spent on organic products. By offering organic food cheaper, we will lose an important aspect of the consumer's vote for cleaner food. Consumers understand the organic message and are willing to spend more money on organic products. In fact, it's a consumer's decision to intentionally spend more money on

organic food as a necessary price to pay, as a vote for organic production methods and the idea of living in balance with nature.

This is why most CCOF certified farmers grow organically, and it is how we should sell the organic crop, with a fair price, and with a great package of information and education.

CCOF Marketing is working on producing crop and product specific educational packages for farmers and educators, and a database with health, nutritional, and other information, easy to download for farmers and consumers alike, to help spread the word about the benefits of organic food and organic farming. Also, starting with this issue, CCOF will feature one crop in each issue of *The Newsletter of CCOF*, including the (marketable) history of the crop, the health benefits, and the difficulties growing the crop. In this issue, we are focusing on melons.

Organic farmers are heroes, and organic food has become the last island of hope in

the sea of toxic agriculture and genetic engineering. More and more people will buy organic because it lets them survive. Be prepared, answer their questions, and ask for a fair price.

#### MORE NUTRITION INFORMATION ABOUT ORGANIC

The two most comprehensive published summaries about the benefits of organic food and agriculture and the nutritional superiority of organic foods currently available are *Organic Farming, Food Quality, and Human Health—A Review of the Evidence by the Soil Association of England*, and *Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains* by Virginia Worthington, both from 2001. For more information, please visit the CCOF website at [www.ccof.org](http://www.ccof.org), or go to [www.newhope.com/nutritionsciencenews/NSN\\_backs/Sep\\_01/news.cfm](http://www.newhope.com/nutritionsciencenews/NSN_backs/Sep_01/news.cfm). The Soil Association can be reached at [www.soilassociation.org](http://www.soilassociation.org) 





# Liquid Fresh Fish Fertilizer

## Organic 2-3-0



**Organic Gem** is a cold processed, enzymatically digested fresh fish fertilizer produced from the pacific dogfish at our plant in Delta, B.C. When applied to the soil, OG performs as a natural bio-stimulant, with the enzymes biologically unlocking nutrients contained in the soil. Because the natural oils and collagens have not been removed, our fertilizer does not leech out into the local water table, but remains in the soil providing a time-release effect. In addition to being a root-feeder, OG is suitable as a foliar spray and compost starter.

OG is completely natural, other than the addition of 3% phosphoric acid needed for pH stabilization. For application, it is mixed with water at a ratio of at least 10 parts water to 1 part OG in order to bring the pH level to neutral to initiate bio-activity. OG has been filtered through an 80-mesh screen and can be applied through conventional methods including aerial spraying and underground drip systems.

**Application rate: 5-10 gallons of undiluted OG per acre (diluted at least 10:1, 3 times per year)**

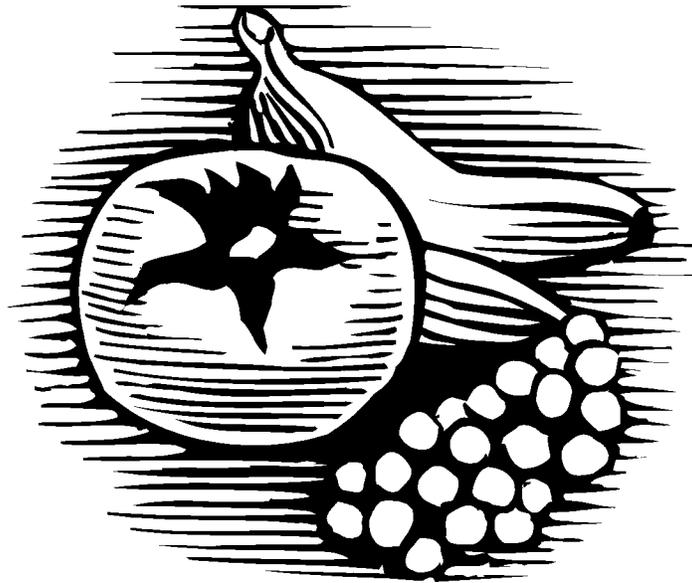


**ORGANIC GEM**

|  |               |
|--|---------------|
| Organic Gem Brand—FOB Delta BC—\$U.S.            |               |
| 275 gallon IBC                                   | \$2.50/gallon |
| \$50 credit for IBC's returned in good condition |               |
| 55 gallon drum                                   | \$2.50/gallon |
| \$10 credit for drums returned in good condition |               |
| 5 gallon pail                                    | \$3.25/gallon |
| 1 gallon   | \$4.00/bottle |

**To place an order or for further information, please contact Michelle - Bella Coola Fisheries Ltd.**  
**Phone: 604-583-3474      Fax: 604-583-4940      Email: [mvecchio@belcofish.com](mailto:mvecchio@belcofish.com)**





# Farming Karma.

At California Organic Fertilizers we know that what goes around, comes around.

That's why, for more than ten years, we've treated organic growers the same way they treat their land: with renewed respect.

We maintain one of the largest supplies of organic fertilizers in the nation, and we gladly provide free consultation on a wide range of subjects.

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e-mail: [cofi@organicag.com](mailto:cofi@organicag.com)  
[organicag.com](http://organicag.com)

# ADDITIONS TO THE OMRI BRAND NAME PRODUCTS LIST

MAY 24, 2002

## GENERIC MATERIAL

## OMRI STATUS

### BIOGENESIS SYSTEMS INC

Seednique ..... seed treatments, allowed ..... A  
Hal Brown  
Phone: 765-379-3668; Fax: 765-379-3337

### BOTANIC SOLUTIONS INC

Fortify ..... micronutrients, synthetic ..... R  
Timothy Cartwright  
Phone: 901-853-2898; Fax: 901-853-3101  
Tollfree: 866-384-7609

### BULL ENTERPRISES INC

Bull Enterprises Pelleted 9-2-2 ..... fertilizers, blended, regulated ..... R  
Garry Forney  
Phone: 760-353-9235; Fax: 760-352-9844  
Tollfree: 800-361-9138

### CALIFORNIA ORGANIC FERTILIZERS

Natural and Organic Lawn Fertilizer 7-4-2+2Fe ..... fertilizers, blended, regulated ..... R  
Organic and Natural Turf Fertilizer 8-2-2+2Fe ..... fertilizers, blended, regulated ..... R  
Tim Stemwedel  
Phone: 559-443-5690; Fax: 559-582-2011

### ECO SMART TECHNOLOGIES

EcoExempt IC ..... botanical pesticides, allowed ..... A  
EcoTrol ..... botanical pesticides, allowed ..... A  
Patrick Cumiskey  
Phone: 615-261-7300; Fax: 615-261-7301  
Tollfree: 888-326-7233

### MGK COMPANY

PyGanic Crop Protection EC 1.4 II ..... pyrethrum† ..... R  
PyGanic Crop Protection EC 5.0 II ..... pyrethrum† ..... R  
Donald Sundquist  
Phone: 763-544-0341; Fax: 763-544-6437

### OR-CAL INC

Rex Lime Sulfur Solution ..... calcium polysulfide ..... R  
George Baker  
Phone: 541-689-4413; Fax: 541-689-5026

### SUMMERSET PRODUCTS

AllDown Green Chemistry Herbicide ..... herbicides, plant and animal ..... R  
Bruce Mars  
Phone: 952-820-0363; Fax: 952-820-0905

### WESTERN INDUSTRIAL CLAY PRODUCTS

Garden Treasure Humic Powder ..... humates ..... A  
Garden Treasure Hydro Powder ..... humates ..... A  
Garden Treasure Leonardite ..... humates ..... A  
Garden Treasure Soil Amendment ..... diatomaceous earth† ..... A  
Garden Treasure Worm Castings ..... worm castings† ..... A  
Sheri Ratcliffe, Dean Clark  
Phone: 250-372-1600; Fax: 250-372-3777  
Tollfree: 800-667-0336

† = see IFOAM Appendix in the most current *OMRI Generic Materials List*  
A = Allowed; R = Regulated

# CCOF CERTIFIED OPERATIONS



MARCH 1 - MAY 15, 2002

## NEWLY CERTIFIED MEMBERS

### CREAM OF THE CROP (PR)

Cliff Kirkpatrick  
P.O. Box 4130  
Salinas, CA 93912  
831-757-4955  
*Certified Service:* Carrot processing and cooling

### JERI KO VINEYARDS LLC (PR)

Daniel Fetzer  
P.O. Box 489  
Hopland, CA 95449  
707-744-1140  
*Certified Product:* Wine  
*Certified Service:* Wine Processing, Wine bottling

### LAKE COUNTY WALNUT, INC. (PR)

Mark Snyder  
P.O. Box 308  
Kelseyville, CA 95415  
707-279-1200  
*Certified Product:* Walnuts  
*Certified Service:* Walnut Processing

### MISSION RANCHES (CC)

Stan Pura & John Romans  
P.O. Box 1840  
King City, CA 93930  
831-385-1263  
Acres Certified: 397  
*Certified Crops:* Lettuces, Onions, Mustards, Carrots,  
Broccoli, Misc. Leaf Vegetables

### MIYAKO ORIENTAL FOODS, INC. (PR)

Joe Arai & Terry Shimizu  
4287 Puente Avenue  
Baldwin Park, CA 91706  
626-962-9633  
*Certified Service:* Import Services

### MURDOCK ORANGES (FT)

William Murdock  
20424 Road 228  
Lindsay, CA 93247  
559-568-1058  
Acres Certified: 21  
*Certified Crop:* Oranges

### RANCHO PARAISO (CC)

Woody Ledbetter & David Kegebein  
P.O. Box 4005  
Aromas, CA 95004  
831-726-5120  
Acres Certified: 19  
*Certified Crop:* Strawberries

### SAM MCKINSEY FARMS (CC)

Ron Harney & Sam McKinsey  
100 Broadway, P.O. Box 1840  
King City, CA 93930  
831-385-1263

Acres Certified: 189  
*Certified Crops:* Broccoli,  
Cauliflower, Lettuces,  
Misc. Leaf Vegetables

### SPINACA FARMS, LLC (CC)

Rick Andrade  
2008 Summit Drive  
Paso Robles, CA 93446  
805-239-3157  
Acres Certified: 40  
*Certified Crop:* Spinach

### SUN FRESH (PR)

Erik Eklund  
5327 W. Hillsdale Avenue  
Visalia, CA 93291  
559-734-5550  
*Certified Products:* Dates,  
Prunes, Raisins, Table Grapes  
*Certified Services:* Raisin  
Packing

### SURATA SOYFOODS (PR)

Mark Sanger, Phillip Beguhl,  
Stephen Lambert  
& Kristin Polson  
325 W. 3rd, Bldg. A  
Eugene, OR 97401  
541-485-6990  
*Certified Products:* Surata  
Multi-Grain Tempeh, Surata  
Italiano Tempeh, Surata Firm  
Tofu, Surata Soft Tofu,  
Original Soy Tempeh

## INACTIVE

### ROCKING CHAIR RANCH (ME)

Robert & Sheri Hammang

### TAP ROOTS (HT)

Stacey Kett

## SUSPENDED

### CATTARIN VINEYARDS (NV)

Gino Cattarin

### EMANDAL, A FARM ON A RIVER (ME)

Sue Morganti, Fred Marshall, Clive & Tamara Adams

### GUDINO (LUIS) FARM (NC)

Luis Gudino

## WITHDRAWN

### ADAMS-CHAFEE RANCH (BV)

James & Kelly Chaffee

### B & B FARMING (NV)

Bryan Fusaro

### BEST FOODS BAKING CO., INC. (PR)

Matt Schweikert, Timothy Sopko

### BROWN'S GREENS (CC)

Eliza Brown

### DAU (BRUCE) FARMS (CC)

Bruce Dau

### ECOLOGY SOUND FARMS (FT)

Norman & Palma Freestone

### FRUIT MARKETING OF CALIFORNIA (PR)

Mario Lopez

### FALL RIVER WILD RICE (PR)

Hiram Oilar

### HOLLINGSWORTH AVOCADOS (PS)

Andrew & Joanne Hollingsworth

### JASON JUSTESON FARMING (NV)

Jason Justeson

### KALASHIAN LAND & FARMING (FT)

Richard Kalashian

### KNOLL ORGANIC FARMS (BV)

Rick & Kristie Knoll

### MINER RANCH, INC. (NV)

Bill & Susie Cirigliano

### ON TO MORNING (ME)

Andrew Warren

### PUFF LANE ORGANIC FARM (NC)

Barbara Shumsky & Ray Krauss

### REDWOOD ROOTS FARM (HT)

Bill & June Thompson, T. Griffin & Janet Czarnecki

### SPECTRUM ORGANICS (PR)

Steve Stillman

### TERRARIUM RANCH (ME)

Dahinda Meda

### TROWBRIDGE VINEGARDEN (NC)

Darek Trowbridge

### VAN TILL AGRILANDS (BV)

Cliff Van Till

### WATSON ORGANICS (PS)

Amy Watson

### WESTERN MIXER (PR)

Luke Ptruno

## Compost Tea Systems

Growing Solutions is your source for dependable and easy to use compost tea equipment and ingredients.

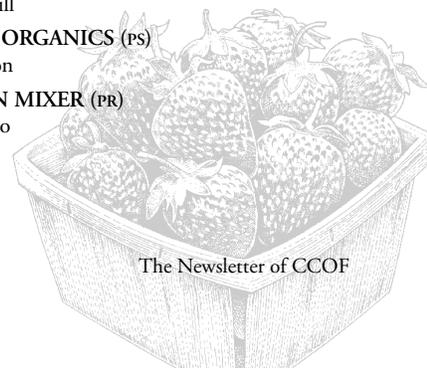
### Our Patent Pending Design Features:

- Fine bubble diffusion technology
- High organism concentration and diversity in 24 hours
- Unmatched ease of cleaning
- Industrial grade construction
- Non-recirculating design for optimal microbial growth
- 25, 100 and 500 gallon models



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INCORPORATED

Applying Technology to Sustainable Agriculture ONE DROP AT A TIME  
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growingsolutions.com



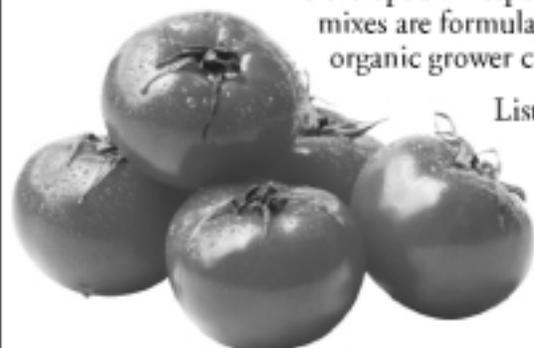
The Newsletter of CCOF

**NEW!** OMRI Listed...

# Professional SUNSHINE Mixes!

The Sunshine Professional Mix Family now includes organic loose-fill versions of our popular Sunshine mixes. The new mixes are formulated with an organic fertilizer, dolomitic lime and wetting agent (Yucca extract) which all meet OMRI requirements in organic production.

Developed in response to customer requests, these mixes are formulated to help the professional organic grower cultivate strong, healthy crops.



Listed by the Organic Materials Review Institute (OMRI) for the use in production of organic food and fiber, the OMRI Logo assures our product's compliance to OMRI's comprehensive product review process. Organic certifying organizations recognize the value of OMRI listed products during their certification process.



## Traditional Compressed Mix

## Traditional Loose-fill Mix

## New Organic Loose-fill Mix

|         |                      |                              |
|---------|----------------------|------------------------------|
| Mix # 1 | LC1                  | Sunshine Complete Organic    |
| Mix # 2 | LB2                  | Sunshine Basic Organic       |
| Mix # 3 | LG3                  | Sunshine Germination Organic |
| Mix # 4 | LA4                  | Sunshine Aggregate Organic   |
| Mix # 5 | LP5                  | Sunshine Plug Organic        |
| Mix # 6 | LPM6                 | Sunshine Premix Organic      |
| N/A     | Growers Gold Organic | Sunshine Growers Organic     |

The entire Sunshine Organic Professional Mix Product line is available in 2.8 cf. bags, 60 cf. totes and bulk. Sunshine Professional Peat Moss is also OMRI Listed.



Order yours now by calling our  
Toll-free Western Region Customer Service Centers...

**SUN GRO**  
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1-888-797-7328  
Fax 1-888-797-6497

Hubbard, OR  
1-800-842-3256  
Fax 1-888-896-3005

# BUSINESS RESOURCES

## WEBSITES

### *The Whole Organic Catalog™ Is Ready to Go!*

THE STAFF OF THE WHOLE ORGANIC Catalog has spent the last five months writing the program and are now searching for organic products which we can offer from CCOF members. Being certified organic farmers ourselves, this website is an outgrowth of our commitment to the organic way of life. Our intention is to offer the best organic goods and services available to customers interested in "Your Organic Lifestyle.™"

Our company is an e-commerce only business. We have no physical store or warehouse. We are looking for companies which manufacture and/or distribute organic products or products consistent with an organic lifestyle. We need companies which can ship their product(s) directly to our customers using a packing slip with our name on it, which we can provide.

If you can offer fulfillment for one or more products, we invite you to visit our website ([www.wholeorganic.com](http://www.wholeorganic.com)) and learn more about our business model ([www.wholeorganic.com/businessplan.html](http://www.wholeorganic.com/businessplan.html)).

We believe you will find the *Whole Organic Catalog™* to be the sort of place you would like your products to be seen and offered. If you do not sell your products on your own website, or only sell them at the suggested retail price, your products offered through us can link back to your site so that our customers may get more information directly from you. If you only sell through distributors, and you know one or more of them does fulfillment, please write or call and tell us what distributors we should contact to sell your products.

If you are interested in offering your product(s) through us, please e-mail: [genjacobs@wholeorganic.com](mailto:genjacobs@wholeorganic.com) or call 757-721-3900 today.

### *New UC Online Resource Library*

Small farmers, researchers and extension educators seeking useful information on a wide range of agricultural topics now have direct access to hundreds of articles on the recently developed UC Small Farm Center Online Resource Library ([www.sfc.ucdavis.edu/library](http://www.sfc.ucdavis.edu/library)).

This continuously updated online resource contains more than 1,000 database entries. The database, which consists of article summaries and abstracts on a multitude of topics—from production and marketing to farm management and equipment—is comprehensive and small-farm specific. Users may browse information by category or conduct a keyword search. After reading selected abstracts, users may request a complete copy of an article or publication by filling out an online request form. The Small Farm Center then sends the material to recipients by fax or mail. At this time, there is no charge for copying, mailing or faxing requests.

## UPDATED NCAT/ATTRA PUBLICATIONS

THESE ARE INTERESTING TIMES in which we live. The new organic standards will be coming on-line in October of this year, so the organic standards most organic farmers have gotten used to will be changing. Another regulation change to put on your radar screen: the regulation of agricultural drainage is presently waived by most Regional Water Quality Control Boards, but the State Water Resources Control Board will be taking a closer look at agricultural discharges. New regulations may be in effect once the old discharge permits expire as of January 1, 2003. NCAT/ATTRA has technical production and marketing information on a wide range of topics that can help guide your farming operation through these changes at [www.attra.ncat.org](http://www.attra.ncat.org) (or call the toll free line at: 1-800-346-9140). ATTRA's newest and most recently updated publications are provided below:

### NEW ATTRA PUBLICATIONS

*Root Zone Heating for Greenhouse  
Organic Greenhouse Tomato Production  
Predator Control for Sustainable & Organic*

*Livestock Production*

*Organic Crop Production and  
Water Quality Protection  
(available in July)*

*Moving Beyond Conventional  
Cash Cropping*

*Grazing Networks for Livestock  
Producers*

*Market Gardening: A Start-up  
Guide*

*Alternative Thistle Control  
Woodlot Enterprises*

### UPDATED ATTRA PUBLICATIONS

*Organic Livestock Feed Suppliers  
Control of Field Bindweed  
Sustainable Dry Bean Production*

NCAT/ATTRA California:

Rex Dufour

530-756-8518 ext. 39 

## CCOF Employment Opening

**CCOF is seeking qualified applicants for Certification Services Representative (SR) position with the Handler/Processor Chapter.**

This is a part-time position at the Santa Cruz office. The Service Rep. will report to CCOF Certification Services Manager. Monthly salary DOE, qualifications, hours/week, number of clients, complexity, projects assigned.

**Job Duties:** Uphold all CCOF standards and procedures. Work according to the CCOF Certification Services Quality System. Duties defined by the CCOF Certification Services Chapter Protocol, and Regional Service Representative Protocol. Additional projects and duties may be assigned as necessary.

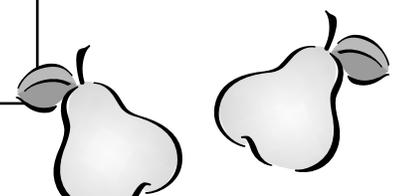
**Skills:** Applicants must have wide range of administrative & communications skills including:

- Practical knowledge of food processing and/or handling practices.
- Excellent communications skills, in person, by phone, in writing.
- Competency with computer databases, e-mail, word processing.
- Ability to read/understand federal & private standards/regulations.
- Organizational skills to document/track activities throughout the year.
- Ability to logically solve problems, work under some time pressure.
- Social skills that facilitate working with groups.
- Ability to conducting trainings and present materials to clients.
- Ability to support marketing efforts & expand client base within the region.

**Qualifications:** Document work experience and/or training to evidence the skills needed for the job. BS Degree in Food Science preferred. In addition, one or more of the following is/are highly recommended:

- At least 3 years experience in food processing/handling.
- Minimum 1 year experience organic certification inspector.

**Application:** Resume/cover letter to CCOF Certification Services, Attention: Janning Kennedy, e-mail: [janning@ccof.org](mailto:janning@ccof.org) or fax to 831-423-4528.



# CALENDAR



## JULY 12-14

**Art in the Garden Class:** A residential course that will look at the work of inspiring artists who work in gardens, learn practical hands-on creative work, and discuss information about growing and training plants and other gardening tips. \$350. Occidental, CA. Contact: Adam Wolpert, Ph: 707-874-1557, ext. 201, e-mail: [oaec@oaec.org](mailto:oaec@oaec.org)

## JULY 19-21

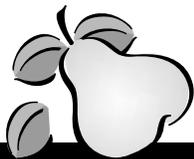
**Women, the Garden, Herbs, and Healing:** Exploring the unique relationship women have to growing our food and herbal medicine, this hands on course will include elements of gardening, herbal studies, and horticultural therapy. \$350. Occidental, CA. Contact: Kalanete Baruch, Ph: 707-874-1557, ext. 201, e-mail: [oaec@oaec.org](mailto:oaec@oaec.org)

## JULY 26-29

**Creating Community Watershed Groups:** Four-day intensive residential training designed to promote and support the creation of western Sonoma County community-based watershed groups. \$100. Occidental, CA. Contact: Brock Dolman, Ph: 707-874-1557, ext. 206, e-mail: [oaec@oaec.org](mailto:oaec@oaec.org)

## JULY 28

**Tending the Inner Garden:** one-day retreat/workshop is an opportunity to spend some reflective, creative time with Occidental Arts and Ecology Center's beautiful gardens and wildlands. \$85. Occidental, CA. Contact: Rachel Gardener, Ph: 707-874-1557, ext. 201



# CLASSIFIEDS



## LAND FOR SALE / LEASE

**30 acres for lease in N. Monterey Co.** All or part. Perfect for any type of organic crops. Site has been planted with legumes. Ready for planting. Slight sloping with full southern exposure. Sandy loam soil perfect for berries. \$35/month/acre. For a limited time the first year is FREE with 3-year lease (grower must pay for water). Call 831-422-2668 or e-mail [golfbuilder@aol.com](mailto:golfbuilder@aol.com)

## AUGUST 6

**The California Organic Food Advisory Board (COFAB)** will host a hearing on the possible effects of prohibiting Chilean (or Sodium) Nitrate on California organic farmers. This information will be forwarded to USDA by the California Department of Food and Agriculture. Location: Salinas/Henry Nutter Center, Monterey County Ag. Commissioner's Office. Call 916-654-0919 for more info.

## AUGUST 7

**COFAB quarterly meeting.** The public is encouraged to attend and participate. Location: Salinas/Henry Nutter Center, Monterey County Ag. Commissioner's Office. Call 916-654-0919 for more info.

## AUGUST 15-16

**Third California Conference on Biological Control**, (deadline for poster submissions: July 15<sup>th</sup>), Davis, CA. Contact: Brenda Nakamoto, Ph: 530-752-1606, website: [www.biocontrol.ucr.edu](http://www.biocontrol.ucr.edu)

## AUGUST 16-SEPTEMBER 2

**California Exposition and State Fair**, 1600 Exposition Blvd., Sacramento, CA. Ph: 916-263-3247, fax: 916-263-3304, e-mail: [sash@calexpo.com](mailto:sash@calexpo.com), website: [www.bigfun.org](http://www.bigfun.org)

## AUGUST 21-27

**IFOAM 2002 14<sup>th</sup> Organic World Congress** "Cultivating Communities" and IFOAM General Assembly, Victoria, British Columbia, Canada. Bldg. 20, 8801 East Saanich Rd., Sidney, BC V8L 1H3, Canada. Ph: 250-655-5652; Fax: 250-655-5657; e-mail: [ifoam2002@cog.ca](mailto:ifoam2002@cog.ca); website: [www.cog.ca/ifoam2002](http://www.cog.ca/ifoam2002)

## AUGUST 30-SEPTEMBER 1

**Urban Agriculture:** Growing food and jobs on a small piece of land within your neighborhood or community. Two-and-a-half day workshop will offer tools and techniques for people who want to develop a viable business growing and selling food in their community. It will provide techniques for space-intensive

**So. Oregon coastal organic farm/ranch, 50 acres, plus home.** 12 acres flat, fenced bottomland, 4 acres gently slope, 34 acres wooded hillsides, timber appraised at \$96,000. Land was sheep/goat pasture, with no chemicals for over 20 years. No farms upstream, only BLM land. Home: 3 bedroom, 2 bath, extra rooms and huge carport. Large steel barn, livestock handling facilities, creek never dry. Two natural foods stores within 20 miles! Asking \$259,000. Carl: 541-332-4625



production and examples of effective marketing methods and strategies. It will also address the challenges of accessing land, and working with and engaging local communities to get involved with their own food security. Center for Urban Agriculture at Fairview Gardens, Goleta, CA. Ph: 877-246-6337, ext. 111, website: [www.bioneers.org](http://www.bioneers.org)

## SEPTEMBER 14-15

**Third Annual California Organic Festival**, 1324 State St. #172, Santa Barbara, CA. Contact: Greg, Ph: 805-963-8013 (booth application) or 805-682-3805, e-mail: [chittick@cox.net](mailto:chittick@cox.net), website: [www.organicfestival.com](http://www.organicfestival.com)

## SEPTEMBER 17

**Conservation Tillage 2002**, PCA & CCA credits requested, Davis, CA. Ph: 559-646-6565, e-mail: [mitchell@uckac.edu](mailto:mitchell@uckac.edu)

## SEPTEMBER 19

**Conservation Tillage 2002 & Cotton Field Day**, PCA & CCA credits requested, Five Points, CA. Ph: 559-646-6565, e-mail: [mitchell@uckac.edu](mailto:mitchell@uckac.edu)

## OCTOBER 11-12

**California Ag Leaders Conference**, Fish Camp, CA. Ph: 800-678-GROW, e-mail: [rincon@rinconpublishing.com](mailto:rincon@rinconpublishing.com)

## OCTOBER 12

**Produce for Better Health Foundation Banquet and Auction**, Fish Camp, CA. Ph: 800-678-GROW, e-mail: [rincon@rinconpublishing.com](mailto:rincon@rinconpublishing.com)

## OCTOBER 28-30

**Agricultural & Food Processing Applications of Ozone**, Fresno, CA. Ph: 559-561-0112, e-mail: [confcoozone3@earthlink.net](mailto:confcoozone3@earthlink.net)

## NOVEMBER 10-13

**Western Growers Association Annual Meeting**, La Quinta, CA. Ph: 949-885-2265, website: [www.wga.com](http://www.wga.com)

## NOVEMBER 12-14

**Ag Fresno**, Fresno, CA. Ph: 559-650-3255, e-mail: [ballison@fresnofair.com](mailto:ballison@fresnofair.com)

## EQUIPMENT

**Complete full line potato equipment:** Milestone cutter, I. H. 2 row planter w/fert., Lockwood MK76 digger, dry sort table, Sawtech washer-absorber, Northwest sizer, bulk bed trailer. Package price \$11,000. Starwalker Farms, Fort Jones, 530-468-2607.

## SERVICES

Everlasting Garden has a **C.C.O.F. certified organic propagation greenhouse**. We specialize in customized transplantings. You furnish the seeds, we provide the T.L.C. Our service is on time, on task, and immediately available. No job is too small. Please feel free to contact Yi Ling at 831-818-1086 or e-mail to [everlasting@baymoon.com](mailto:everlasting@baymoon.com)

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mcfarm@silcom.com

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26100 County Road 16  
Esparto, CA 95627  
(530) 787-3390  
jdurst@onemain.com

### Processor/Handler (pr)

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