

# Organic Matters

## MOA's 2010 Conference Report

by Lou Ann Crowley, Conference Chair

From the moment Maria Rodale arrived in Missoula, she made friends with everyone she met: the bakers at Fat Cat Bakery who showered her with goodies; the customers at the Good Food Store who came to meet the author of *Organic Manifesto* at the store; her radio interviewer at MT Public Radio; the audience who attended her keynote address Friday night; and her fellow panelists at the conference on Saturday. Her warm and engaging personality drew the audience in, but it was her steel-like commitment to promoting organics that left the most lasting impression.



Maria Rodale's call to action:  
If you do just one thing to  
change the world - go organic!

Maria Rodale/Press Photo

While Maria brought a "star quality" to the event, it was the MOA conference committee who backed it up with real life work sessions that underscored the conference theme of demystifying organics. The committee brought in seasoned farmers and experienced speakers to present sessions on choosing vegetable varieties adapted to Montana, organic tree fruit production and on-farm plant breeding principles. Jeff Schahczenski from NCAT explained a new and innovative type of crop insurance available for diversified farms and Karl Sutton from Lake County Community Development Corp. delved into the new food safety certification program for growers. This subject of food safety certification received a strong reaction from some growers who felt that organic practices already address food safety concerns. This type of certification

will definitely be an issue that MOA will need to address in the future.

There were two panels at the conference, both hosted by Jim Barngrover, whose humor and good will added to the ambiance of the conference. The

opening panel featured Maria Rodale and three ardent Montana ag advocates: Bob Quinn of Kamut International; Neva Hassanein, UM Professor of Environmental Studies; and Andy Spoonseller, Ten Spoon Vineyard & Winery. From their particular perspectives, the panelists addressed Ms. Rodale's premise

that organic agriculture can feed the world.

The panel, "What's New in Organics," brought updates from: Doug Crabtree at the Montana Department of Agriculture; Barry Flamm, Board Member on the National Organics Standards Board; Margaret Scoles, Executive Director, International Organic Inspectors' Association; and Jeff Schahczenski, agricultural economist with the National Center for Appropriate Technology. Each of these panels could have lasted a day and stimulated a number of questions and good discussion.

As one participant stated, "The MOA 2010 Conference was great! It ran the gamut from Maria Rodale's philosophy on feeding the world with organics to picking out the right vegetable for our cold climate. It was great to have so

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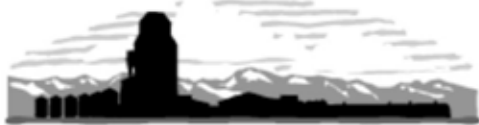
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Conference Report *continued from p. 1*

much variety packed into less than two days."

The sessions were followed up by a presentation on the Montana Farmer and Rancher Heritage Project, a statewide project funded by Humanities Montana, which is collecting stories about farm and ranch life from participants to be preserved for future generations in video or book form.

The final event of the day was the member meeting where we said goodbye to MOA board members Ole Norgaard, Steve Baril, Sandi Shanks, and Jeff Schahzenski, who are stepping off the Board. These fine members have served MOA long and well and received a warm and generous send off.

Other highlights included; a great organic lunch served up by the Chef at Holiday Inn at the Park, complemented by an informative update from Nancy Matheson from the Department of Ag. and a taped message from Senator Tester; a silent auction organized by Cindy Baril, filled with fun and useful farm and garden items; a raffle dubbed "Montana Winter Table," that included choices of organic beef, chicken, turkey, pork and goose combined with an assortment of winter vegetables provided by board members Laura Garber, Judy Owsowitz and Jody Manuel, that went to three very lucky winners.

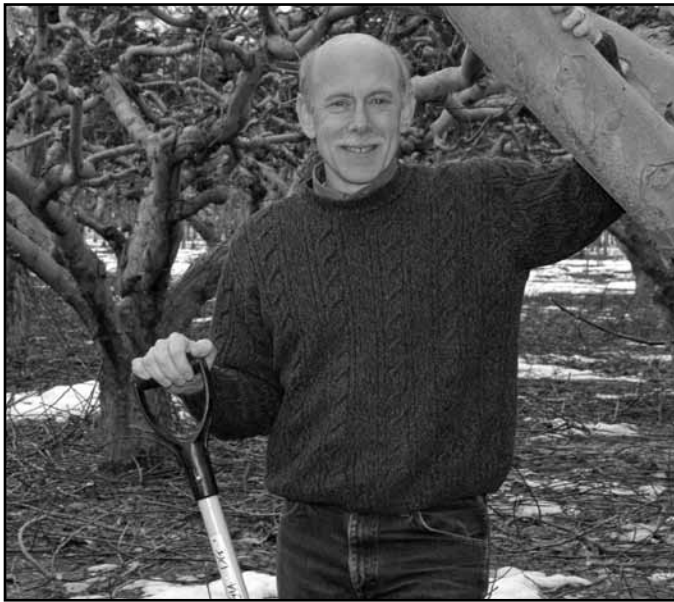
The annual awards for Lifetime of Service and Leadership in Organics were given Friday night after the keynote address. The room was crowded and warm after the keynote, but very few left, and most stayed to acknowledge the leadership of the two winners. The Lifetime of Service award went to Laughing Water, the General Manager of the Real Food Store in Helena, the only organically certified supermarket in Montana, and the Leadership in Organics award was presented to Andre Giles of Montana Flour and Grains, Fort Benton, which has built its reputation on quality and service. (Go to [www.montanaorganicassociation.org/awards.htm](http://www.montanaorganicassociation.org/awards.htm) for feature articles on the award winners.) This award ceremony, which highlighted the integrity and vision of the winners, seemed to set the tone for the conference and echoed Ms. Rodale's call to action, "If you do just one thing to change the world - go organic!"

So, all together we made the conference happen and be successful; the speakers, the generous sponsors (listed, with links, on the MOA Sponsors webpage), the staff at the Holiday Inn, the participants and the conference committee. The networking, the socializing, the inspiration and the knowledge that is shared stays with us during the next growing season and sets the direction for the next gathering of Montana's organic farmers and ranchers.

# Glasgow Seminars' Review

by Margaret Scoles and Jim Lindquist, Co-chairs

October 9, 2010, marked a milestone for MOA and Northeastern Montana. Over 60 organic dryland grain farmers and other interested persons gathered in Glasgow for an all-day event with seminars geared toward organic dryland grain farming. This was the first time MOA has brought such an event to Eastern Montana. Farmers from Montana, Canada and North Dakota were all present to hear keynote speaker David Granatstein of Washington State University's Center for Sustaining Agriculture and Natural



David Granatstein

Resources speak about sustainability for the whole farm and dryland grain cropping systems that support farmers and their soils. The full agenda and handouts of the Granatstein presentation are available to download from the MOA website at [www.montanaorganicassociation.org/glasgow2010.htm](http://www.montanaorganicassociation.org/glasgow2010.htm).

An excellent grain buyers' panel outlined current and future grain markets and trends. Speakers included: Ron Schlecht of SK Food International; Andre Giles of Montana Flour and Grains; Ernie Hoffert of Reimer Seed Co; and Sam Schmidt of Montana Milling. They gave salty tips on successful grain, storage and marketing.

Karri Stroh of FAR<sup>RMS</sup> in Medina, North Dakota, gave an inspirational talk on connecting farms to schools and providing education for organic farmers, including classroom instruction and farm tours. Since then, Karri has moved to Northern Plains Sustainable Agriculture Society as their new Executive Director. NPSAS annual conferences are one of the best resources for Eastern Montana.

Kris Berg of NRCS/EQIP and Mark Bruckner gave a presentation on the funding available to assist farmers and ranchers in converting to organic production. Included were comments from area farmers who had taken advantage of their programs.

A delicious noon meal included organic meat and vegetables from Montana producers. Coffee donated by Yellowstone Coffee Roasters of Bozeman complemented B Bar beef and vegetables and salad greens from Richard and Patricia Espenscheid of Bridger. Montana Milling and Montana Flour and Grain donated the flour. The Glasgow Chamber of Commerce sponsored the breaks. The Cottonwood Inn provided excellent service. A fundraising raffle resulted in several happy folks carrying home festive harvest baskets of donated items.

We finished up with an interesting video farm tour from long time organic grain farmer, Herb Sand of Opheim, Montana. The video was the first of its kind from MOA and you can find the link at [www.montanaorganicassociation.org](http://www.montanaorganicassociation.org). It followed Herb's crop year from field preparation and seeding, to harvest and filling the bins. The video led into a great farmer round table discussion in which everyone in attendance was able to participate. Lots of good networking went on in the session and throughout the event.

To sum it up, "Organic Grain, Field to Market" was an absolute success. It brought together a lot of good organic farmers and like-minded folks. We all left the Seminars a little wiser, with a full belly and a smile on our faces. It was a good time with good folks. Thank you to everyone who was there and special thanks to the sponsors and volunteers who made it possible.



Grain Buyers' Panel speakers Sam Schmidt of Montana Milling and Andre' Giles of Montana Flour and Grains/Photo by Margaret Scoles

## NOSB Update by Barry Flamm

Visit [www.montanaorganicassociation.org/nosb.htm](http://www.montanaorganicassociation.org/nosb.htm)

The Madison, Wisconsin Board meeting got off to a good start with a pre-meeting farm tour Sunday evening, October 24, to the Miller organic dairy farm, a member of the Organic Valley coop system. It was a pleasure to see the operation and visit with local farmers before having to sit in the meeting room for the next four days. The organic food and drinks were also great!

The NOSB board meeting began Monday morning with the opening formalities, followed by Deputy Administrator Miles McEvoy's NOP report: "Organic Integrity from farm to table consumers trust the organic label." He emphasized that we are still in the "age of enforcement." He then identified top NOP priorities, some of which are: uphold and enforce standards, training and accountability of certifiers, increased oversight over foreign operations, and implement NOSB recommendations.

Miles reported that the NOP budget has increased from \$1.6 million in 2002 to \$6.97 million in 2010 with staff increase from 6 to 31. The President's 2011 budget recommends a further increase to \$10.1 million. This increase in funds and staffing will better able NOP to manage their complex responsibilities and address the many challenges.

The NOP organization is currently comprised of three divisions: Standards Division, Melissa Bailey - Director (responsibilities are rulemaking, National List (materials), NOP Program Handbook, and interpretations); Accreditation and International Activities Division, Rui hong Guo - Director (responsibilities are ACAs, audits of ACAs, State Organic Programs, and Recognition and Equivalency Agreements); Compliance and Enforcement Division, Mark Bradley - Director (responsibilities are complaint handling, enforcement and civil penalty procedures). Eight civil penalties have been assessed in 2010.

USDA now has an Organic Coordinator—Mark Lipson, who just recently joined the Department from the Organic Farming Research Foundation. Mark explained his responsibilities included working beyond NOP with other USDA Agencies in order to strengthen organic research, to address crop insurance issues, upgrade NRCS organic performance, improve the EQIP organic initiative and to work with Agencies beyond USDA such as EPA and FDA. A USDA organic working group has been formed to improve information sharing on organic matters. Very importantly, USDA is developing a strategy to create a 25% increase in certified organic from 2009 to 2013.

Prior to the meeting in Madison, the Board received 429 public comments pertaining to meeting agenda items. This was followed by nearly two days of public comments at the meeting itself. Receiving and listening to public comments is the most important reason for the twice-yearly Board meetings.

Many of the comments pertained to a petition for the removal of hops from Section 205.606 of the National Materials List. This is a list of non-organically produced agriculture products allowed as ingredients in or on processed products labeled as organic. These ingredients can only be used when the product is NOT commercially available in organic form. As beer drinkers know, hops are a vital ingredient contributing bitterness, aroma and flavor to the beverage. Supporters of the petition to remove hops from the 606 list argued that organic beer should be made with organic hops and that organic hops were sufficiently available in organic form. Additionally, the continued 606 listing posed a serious deterrent to organic hop growers. The NOSB Handling committee posted their initial recommendation to keep hops on 606. However, after receiving

strong support from the public, organic brewers and growers, and other Board members for removal from 606, the Handling Committee revised their recommendation. Hops are to be removed from the National List on January 1, 2013, thus allowing two growing seasons for the

conversion to all organic hops in certified organic beer. Brian Smith of Helena's Blackfoot River Brewery provided strong comments supporting the delisting of hops.

During the past year, much of the work of the Board committees involved reviewing materials due to sunset in 2012. OFPA states that no exemptions or prohibitions contained in the National List shall be valid unless the NOSB has reviewed within five years and the Secretary has renewed. The Board sunset review reexamines the health, environmental and biodiversity impacts of the listed material and the availability of alternatives. The list of 2012 materials is lengthy, thus, I will refer you to the NOP/NOSB web sites for the list and recommendation for each individual material.

There has been Board dissatisfaction with some parts of the Sunset Review Process. The Policy Development Committee, which I Chair, undertook the task of reviewing and proposing a revision to the process. The proposed revision strengthens and clarifies the process and provides the opportunity to annotate during sunset. The recommendation passed the Board unanimously.

Perhaps, the most important agenda item was the Nanotechnology Guidance Document. There is overwhelming agreement within the organic community to prohibit nanotechnology in organic production and processing. However, the Board was divided on whether to outright ban nanotech or leave the door open for possible future uses through the petition process. Except for the nanotechnology industry itself, almost all public comment supported a ban. There was also strong support within the Board for prohibition of nanomaterials in organic production and handling. At the Board meeting, the Materials Committee recommendation was revised to lead off with the following

**NOSB's next public meeting will be in Seattle, April 26-29, 2011, at the Red Lion Hotel.**

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## On the Farm by Nate Powell-Palm

This past August, I began my first semester of college at Grinnell College in Grinnell, Iowa. The entire summer of 2010 was spent planning and negotiating, organizing and structuring a system which would, with the great support of my parents and siblings, help me go to college while still keeping up my farming ambitions.

In September, I sold my 2010 calf crop to Clay McAlpine. For several weeks I had been working out the details of the sale from my dorm room and, with the great help of my laptop and family, managed to go to school while still getting the next year's operating funds.

Being part of the Montana organic community has not only given me wonderful mentors, it has given me the opportunity to bring others into the organic community. In the summer of 2009, I leased 13 acres from an owner who was planning on building on it in the future, but had maintained it without any inputs. By July of 2010, the land was officially certified organic and my first home grown hay crop was harvested (rain free!).

Shortly after arriving at college, the owner of the plot next to the newly certified one called me and asked if I would do the same thing for his land. I am currently filling out the paperwork to bring another 13 acres of land into organic production. If all goes right this summer, I'll be able to supply all of my own hay needs with these two fields, and I will have two more neighbors who are going organic.

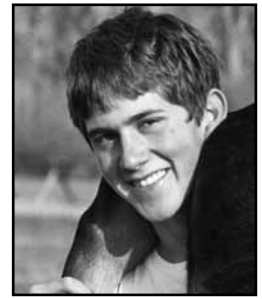
This summer I also rented pasture from Brian Goldhahn of C-5 Organics. I've been playing around with the idea of trying more grass-fed oriented genetics in my breeding program and Brian very kindly gave my cows access to his Galloway bull, Red. While my Angus bull, Bubba, might not have been pleased that his last open chances were taken by a Galloway, I was still hoping to shift my calving from early spring to early summer. But from my experience, when it concerns cows, nothing goes according to plan.

The cows came home on December 1, and have since spent their time munching on my first home grown hay crop and laying about the barn. One night, shortly before I was due to be home for Christmas, my dorm phone rang. Without any preamble, my mom presented the possibility of my being mistaken about the gestation dates of a cow, because running around the field was a new black heifer calf. Three more calves followed within the week. Apparently I should have given a little more thought to Bubba the Angus bull's unexpected escape to the cows last March. It was a short break out, but nonetheless, verified Bubba's fertility and efficiency, not to mention his revenge for Red the Galloway. One more lesson learned.

In addition to the cows and hay, we added a flock of Chantacler chickens to the mix and slowly but surely we are starting to get eggs from about 50 certified organic hens. I now have an expected nine Galloway crosses on the way for a warmer delivery, but until they arrive, my

brother Ian will be halter breaking all the heifers with the hope of commanding one to start his own herd.

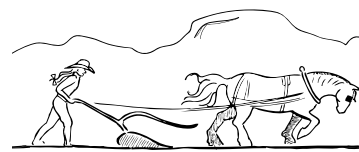
As winter finishes out, I'll be looking ahead to a safe and (hopefully) successful calving, taking in a first impression of the Galloway cross calves, sending my cows back out to pasture, ramping up the chickens' egg production, prepping the hay fields, and with luck, finding another piece of ground to bring under organic management.



Nate Powell-Palm

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## New Board Members Elected

**Casey Bailey** is a young man farming smack-dab in the middle of the Golden Triangle—a shapely, prolific soil in central Montana. His father, mother, grandfather and grandmother were all farmers there. Casey studied Religion at a Liberal Arts College in California and worked at an inner city recreation center with kids in San Francisco. After graduating, Casey returned to Montana, leased farmland and entered the Music Program at the University of Montana. Since then, Casey has become a youth director at a Lutheran church in Great Falls, where he initiated a Community Garden that included high school students, faith communities, and Meals on Wheels. He is now focused on organic, small grain farming. He purchased a farm and is transitioning his families as his response to the racket of social and environmental woes that we all find ourselves in.

**Rhad Keel** is from the small farming community of Power, in north central Montana. His childhood was spent alongside his father learning how to raise crops and cattle on his family's dry land farm. After graduating high school, Rhad joined a harvesting crew and cut wheat from Vernon Texas to Lethbrige Alberta. He attended MSU to earn a degree in Agriculture Economics. During his junior year he participated in the college exchange program and attended Virginia Tech for a year. In 2004, Rhad joined Dain Rauscher in Great Falls as a Financial Consultant. Rhad and his wife, Linda, now live on the Keel Ranch where he will become the forth generation to work the land. He is excited about the challenges and opportunities that organic production provides and he hopes he can help others by serving as a board member for MOA.

**Jody Manuel**, his wife Crystal and five home-schooled children live on and operate "Prairie Grass Ranch" South of Havre on the North slopes of the Bears Paw Mountains. They raise black and red Angus cattle as well as dry land farm crops. They had their first certified organic pasture and spring wheat in 2010 and the remaining dry land crop acres will be certifiable in 2012. Their mission is to provide local residents with as much access as possible to healthy, organic, locally grown foods at prices they can afford, while still making a decent living—a pretty tall order at times. Jody is excited and passionate about this movement and looks forward to serving on the MOA Board.



Casey Bailey



Rhad Keel



Jody Manuel

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## What's New With the Processors

by Dave Oien, Timeless Seeds

We are finally feeling settled in at our newer Timeless Seeds facility at Ulm, south of Great Falls, after moving from an antiquated Conrad elevator in 2006. Although our focus remains on expanding our branded retail line to hundreds more natural food and specialty food stores across the US, bulk sales of our specialty grains and legumes will always be a significant market as well. The high point for the year was selling an ocean container of Montana-grown Black Belugas® to Turkey, which is where their wild ancestors likely originated thousands of years ago; and, Turkey is right next door to Syria, the home of the ICARDA seed bank facility, where a small packet of seeds from this little black lentil sat waiting for decades to be rediscovered. So, for Timeless, 2010 completed a circle whose circumference was 30 years long!

From our view, what's coming down the road for organic producers are both challenges and opportunities. As verified in the session led by Jan Tusick and Karl Sutton at the MOA conference in Missoula, there is little doubt that regulations concerning food safety and food security will increasingly impact everyone in the food industry, including the farmers themselves. In the future, GAP (Good Agricultural Practices) will become as much of our lexicon as organic guidelines are today. Buyers are demanding it and food agencies are requiring it. Also, the organic food industry and the consumer will continue to become more and more sophisticated in their focus on the nutrient density of food and the environmental and social sustainability of production and handling practices. To remain on the cutting edge of growing healthy, safe, environmentally-responsible food, organic producers will have to become better not only in what we don't do (toxins, GMO's, synthetic inputs) but also better at what we do (biodiversity, long-term soil building rotations, wildlife habitat enhancement, energy and natural resource conservation). The day is coming when simply "organic" won't be good enough to command the highest premiums and to enter the most desirable markets.

## Food Safety Act

The FDA Food Safety Modernization Act was enacted by the U.S. Congress and signed into law by President Obama on January 4, 2011. The law creates the most significant changes to the U.S. food production and distribution system in more than seventy years. Visit MOA's website at: [www.montanaorganicassociation.org](http://www.montanaorganicassociation.org) for links to details of this new legislation.

## Here's Looking at You

MOA Members' Profile

Monty Kantorowicz is the third generation farmer on his family farm twenty-five miles southeast of Chester, Montana. He began farming with his wife, Gail, in 1989. After ten years of conventional farming, they chose to begin farming their wheat and barley operation organically. They found the conventional product market price to be low, while the input costs of increasing chemical use were consuming the profits. They are happy with their transition to organic farming in 1999, and are proud to supply a better food source to consumers while using techniques that also benefit the environment.

The Kantorowicz run a crop rotation of winter wheat, spring wheat, peas, lentils and barley. By utilizing green manure plow down, they maintain soil integrity. They enjoy contact with other organic farmers and attend educational conferences when possible for new ideas for weed control, soil improvement and technology advancements.

The transition to organic farming was eased by the help of their three sons. The many hours they all spent rousing the fields, mowing and weeding, though toilsome at the time, have been a real benefit to their farm operation today. Though their sons, Brad, Cory and Dane, are now grown and living elsewhere, they return to the farm to assist with the operation when their schedules allow.

Gail helps with the organic operation when her time allows. She is a mammographer for the Kalispell Regional Medical Center where she travels with the Winkley Women's Center Mobile Mammography Coach doing mammograms in seven communities on the hi-line between Browning and Malta.

Although all operations have their challenges, Monty continually strives to improve his farming practices. He hopes his drive and dedication to be a good land steward will benefit not only the organic consumers, but the land and environment for generations to come.

Monty and Gail Kantorowicz



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NOSB Update *continued from p. 4*

statement: "The NOSB proposes that Engineered Nanomaterials be prohibited from certified organic products as quickly as possible. We respectfully request NOP take immediate action to implement this document." The recommendation with this addition passed the full Board.

The Livestock Committee recommended apiculture standards to the organic regulations providing terms defined and an apiculture practice standard. The bee forage zone is defined as within a 1.8 mile radius of the edge of the apiary which provides bees with water, nectar, honeydew, pollen and propolis. The forage zone must be managed as certified organic. Beyond the forage zone is the surveillance zone (2.2 mile radius beyond the forage zone), which may not contain high risk activities. The Organic System Plan must demonstrate the crops in the surveillance zone offer minimal risk to organic integrity. The recommendation passed the full Board.

The Livestock Committee also proposed a change to the Livestock Health Care language in Section 205.238 to allow preventives and pain relief medications. This also passed.

Many comments were received on the Animal Welfare Discussion Document. Stocking density and outdoor areas for poultry drew the most comments from producers and consumer interests. The animal welfare document is scheduled to be a voting recommendation for the next Board meeting.

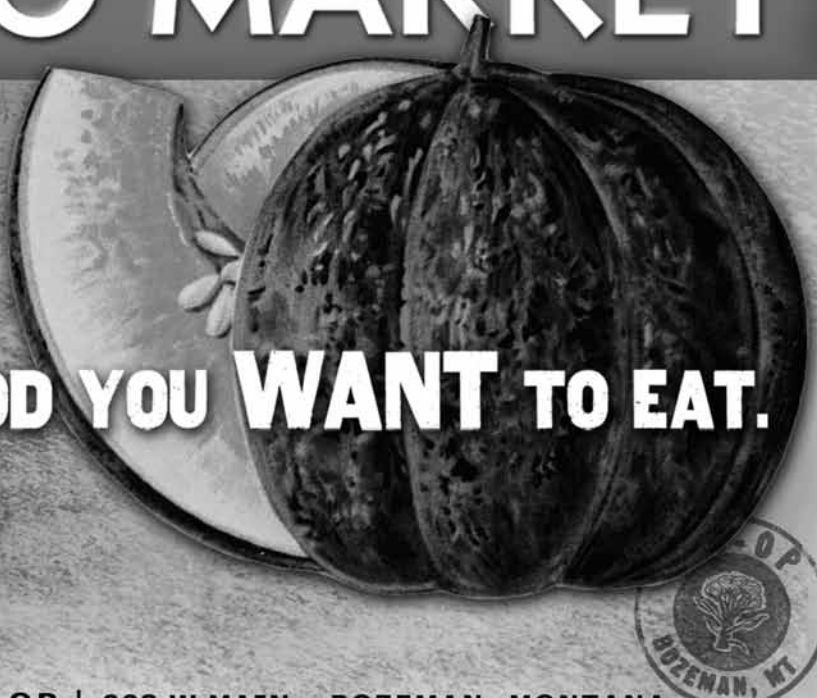
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NOSB Update *continued from p. 8*

There were many other items on the agenda. If interested, you may read the full agenda and the meeting transcript on the NOSB web site.

Dan Giacomini, Jeff Moyer, Kevin Engelbert, Jennifer Hall and Joe Smillie terms expire in January and these positions are being replaced by Colehour Bondera (Hawaii), Nicholas Maravell (Maryland), Robert MacStone (Kentucky), Jennifer Taylor (Florida) and Reuben Walker (Louisiana).

The NOSB's next public meeting will be in Seattle, April 26-29, 2011, at the Red Lion Hotel. The Federal Register Notice and Meeting Agenda will be posted in mid-March. However, I will let you know the important agenda items in advance. This meeting likely will be the closest one to Montana that will occur for some time. I urge as many MOA members as possible to attend and present comments. If you can't attend, please submit written comments on recommendations that you have knowledge of and are important to you.

*Editor's Note: For the latest NOSB updates, archive, and weblinks, please visit the MOA NOSB webpage at: [www.montanaorganiccassociation.org/nosb.htm](http://www.montanaorganiccassociation.org/nosb.htm)*

## What's New in the Stores?

Wee Chef Baby Organics LLC began in June of 2009 when an eight month-old baby named Otto would not eat the dull, over-processed, watery sludge from a jar called "baby food." But then, neither would his parents. Being from the culinary field, Becky and Todd Horning were determined to make healthy, flavorful food by combining local organic veggies and fruit and Montana grown organic grains and legumes. Wee Chef now has eight unique blends of baby food certified by the Montana Department of Agriculture USDA Organic program.

Aside from the logistical challenges of being an organic processor in the Flathead Valley, educating parents about the quality of an organic frozen baby food product over jarred food will be difficult. The freezer aisle is not generally where people look for baby food. Marketing with merchandise freezers, in-store tastings, trade shows and targeted advertising along with the ever important word-of-mouth, Wee Chef hopes to attract an informed consumer.

With future plans to expand Wee Chef to include toddler meals and an adult soft food line, the business has potential to process an abundance of Montana-grown organic agricultural resources.

.....  
*To shorten winter, borrow some money due in spring.*  
~W.J. Vogel

**In 1987 we became  
Montana's first certified  
organic grain processor....**



**... and 21 years later we're  
still serving Montana's  
organic farmers.**

**Organic feed  
pellets now available!  
100% Alfalfa and 50/50  
alfalfa/grain.**

**We buy all  
classes of organic wheat.  
Also organic barley,  
rye, and peas.**

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Our website is  
[www.montanaflour.com](http://www.montanaflour.com)



**Winter** is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

~Edith Sitwell

### Buffalo Flank Steak

This recipe comes from the Snowgoose Grille at St. Mary Lodge, Glacier Park, Chef Bryan Motola, 2003.

#### First make the marinade:

1 pint beer (your flavor)	2 -2/3 tbs. Shallots, chopped
1-1/3 c. Italian salad dressing	2 -2/3 tbs. Garlic, chopped
2/3 c. red wine	2-2/3 tbs. Tomato paste
1/3 c. red wine vinegar	2-2/3 tbs. Lime juice
1/2 c. soy sauce	1tsp. coriander
2 -2/3 tbs. Worcestershire sauce	1tsp. white pepper
1 -1/3 tbs. sesame oil	1tsp. sea salt

#### Preparation

Combine in large pan or large plastic bag. Marinate 3 lbs. buffalo flank steak for a minimum of 6 hours, overnight is best. Broil steak over a hot grill for 5-10 minutes, depending on degree of rareness desired. Slice thinly across grain and serve with Béarnaise sauce.

#### Béarnaise Sauce:

1/2 c. white wine vinegar or white wine	1/2 tsp. white pepper
3 shallots minced finely	2 sticks butter (1c.)
	2 tbs. fresh tarragon minced

#### Preparation

Put vinegar, shallots, half of the tarragon and pepper in a small saucepan. Bring to a boil and reduce until liquid is nearly gone. Cook at an extremely low heat and whisk in cubes of cold butter until it is incorporated. (Do not let it boil.) If too thick, whisk in a little hot water. Stir in remaining tarragon and pour over sliced bison.

**Winter Beet Salad** from The Timbers at Moonlight Lodge, Big Sky, Bozeman.

#### Ingredients:

4 med. red beets washed and peeled	4 med. golden beets, washed
1/2 lb. watercress, washed, stems removed	3/4 c. olive oil

#### Preparation

Preheat oven to 350 degrees. Slice red beets thin and marinate with enough olive oil to coat, set aside. Rub the golden beets with olive oil, salt and pepper, roast for approximately 1-1/2 hours. Let cool and slice into wedges. Lay red beets out on plate, toss roasted golden beets, watercress, salt and pepper with a small amount of olive oil to moisten. Place on top of the red beets and serve.

## To Your Health

by Sharon Lindquist, MOA Member

At our house, wintertime is a time for reflection, dreaming about new projects, looking at seed catalogs and eating comfort foods—not only lots of baked goods, but hearty soups filled with winter vegetables. It is easy to eat a variety of fresh local foods in the summertime. Local markets and the produce departments abound in variety and freshness. We can still eat a variety of local winter vegetables here in Montana, some that have been stored from fall harvest and some that are trucked in from warmer climates. Common local produce for this time of the year and in Montana are apples, potatoes, onions, carrots, parsnips, turnips and winter squash.

In the meat department, all varieties can be found produced locally somewhere in Montana. While looking for information to share with you, I stumbled across a website that was informative concerning locally produced meats and dairy products. Check it out at [www.eatwild.com/products/montana](http://www.eatwild.com/products/montana). As I was thinking about eating locally in the winter, bison came to mind. Native Americans knew that the bison was a nutrient-dense source of protein that provides variety and taste to a winter palate. Bison is rich in many vitamins and minerals along with plenty of Omega 3, especially healthful for women because of its high iron content. It is easy to digest and because it's dense, the feeling of being full comes sooner than with other meats. Most bison is grass fed, low in fat, calories and cholesterol. So, let's try a meal with bison as the centerpiece. Recipes are on the left and below. Bon Appetite!

### Russian Cream with Raspberries

1/2 tbs gelatin	2 oz. water
2/3 tbs vanilla	1lb sour cream
2 c reg. whipping cream	1 c. sugar
2 Oz. raspberries per person	

#### Preparation

First, place gelatin in water and dissolve over low flame until clear. Next, in large sauce pan, heat cream and sugar until sugar melts and mixture is hot. Add vanilla, then gelatin. Stir vigorously with a whisk until gelatin is dissolved. Remove from heat. Add sour cream, whisk until well mixed. Cool until firm, preferably overnight. Serve in parfait glasses layered with raspberries. Garnish with shaved white or dark chocolate, cinnamon, fresh mint, frozen mangos, or peach slices.

## Organic Matters Ad Rates

See [www.montanaorganicassociation.org/omadrates.htm](http://www.montanaorganicassociation.org/omadrates.htm) for details or call Jim Lindquist at (406) 583-7722.

# Calendar of Events

[www.montanaorganicassociation.org/events.htm](http://www.montanaorganicassociation.org/events.htm)

## 2011 NPSAS Winter Conference

“Sustainability in a Changing World”

February 4-5, 2011, Ramada Plaza Suites, Fargo, ND

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

## 2011 Organicology Conference

February 10 – 12, 2011

Portland, Oregon

[www.organicology.org/organicology/Welcome.html](http://www.organicology.org/organicology/Welcome.html)

## Local Producer Promo Day at Good Earth Market

February 19, 2011

Good Earth Market, 3024 2nd Ave N., Billings, MT

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

## Ag Safety/4% Discount on MSF

Montana Organic Association is now a member of the Montana’s Ag Safety Program and MOA members (farmers & ranchers) are eligible to receive a 4% discount on their State Fund premium. Find out how to make your workplace safe and apply for the discount by visiting MOA’s new Ag Safety webpage at: [www.montanaorganicassociation.org/agsafety.htm](http://www.montanaorganicassociation.org/agsafety.htm)

## EQIP Money Available

All applications for the National NRCS Environmental Quality Incentive Program (EQIP) organic initiative for fiscal year 2011 needs to be made by March 4, 2011. Montana Farmers or ranchers who are currently certified organic or who are considering transitioning to organic production should make sure their application for conservation financial support are in by the deadline. Another \$50 million dollars is available for this special initiative nationwide. Assistance for understanding the initiative and application process is available in the new updated ATTRA publication, *Federal Conservation Resources for Sustainable Farming and Ranching*, available from NCAT’s website at [www.ncat.attra.org](http://www.ncat.attra.org) or by calling 1-800-346-9140.

## Hinebauch Elected

Randy Hinebauch, an organic producer from Chinook, was recently elected District 2 Rep. for the Montana Wheat and Barley Committee. In his words, “It’s been a pretty steep learning curve for me. So far it has been very interesting and I’ve learned a lot.” MOA would like to thank Randy for stepping up to the position and knows he will do a great job.

.....  
*In seed time learn, in harvest teach, in winter enjoy.*

~William Blake

Please sign me up as a MOA Member!

Name: \_\_\_\_\_

Farm or Business: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Membership Levels: (effective January 1, 2010)

- Living Lightly.....\$20
- Individual.....\$30
- Family.....\$50 (includes two memberships)
- Farm/Ranch/Business....\$75 (includes a 5% discount on newsletter ads and an online directory listing)
- Organic Business.....\$250 (includes a 10% discount on newsletter ads and an online directory listing)
- Lifetime.....\$750

Please fill out this form,  
make checks payable to MOA and mail to:  
MOA, PO Box 570, Eureka, MT 59917

## Montana Organic Association

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Eureka MT 59917

(406) 788-7423  
mtorganic@hotmail.com  
www.montanaorganic  
association.org

MOA Board Members:  
Daryl Lassila - Chair  
Sam Schmidt - Vice-chair  
Wes Henthorne - Treasurer  
Tara Blyth - Secretary  
Casey Bailey  
Mark Bruckner  
Lou Ann Crowley  
Laura Garber  
Rhad Keel  
Jim Lindquist  
Jody Manuel  
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## A View from the Chair

by Ole Norgaard

At the annual member's meeting last November, I handed over the direction of MOA to the new Board of Directors and Daryl Lassila as the new Board Chair. I am very pleased that this highly qualified Board will continue to build upon the organizational foundation and relationships that we have nurtured over the years to strengthen organics in Montana and beyond. We have seen a lot of changes and growth for MOA in so many ways, and it's been a pleasure to serve first as Treasurer, and later as Chair. I want to extend a "Thanks!" to the membership for letting me serve and to the Board members and contractors that I have served with. My best goes out to all of you for a successful future!

It is here where I jump into the boots of outgoing Ole Norgaard and take the wheel. Most told me, "Congratulations," but for what, I did not yet know. Now I can say, "Thank you" for your trust, and to Ole Norgaard, along with all the past Board members, for all your hard work in growing the organization, supporting the members and getting us to where we are today.

I anticipate that working on the MOA Board will be as rewarding as being an organic producer. Over the years, I have attended all of the organic conferences and every

event delivered bountiful amounts of information and united and energized the organic community. I also attended other farm group conferences these past months. Listening to their concerns, I discovered that many were the same as anyone involved in organics, and only a few were contradictory or in conflict. It is here that we all must watch the new rules being made in our State Capitol. A wrongfully proposed bill could and will change the way organic food is grown for the consumers. Our NOP Rules must not be disregarded to endanger the organic producer or product.

As we begin a new year with a new Board of Directors and Chair, we look forward to serving you in the areas that you would like the organization to go. Please do not hesitate to contact me at 406-788-7423, or any MOA Board Member, with your comments and suggestions. All of our contact information can be found on the MOA website at: [www.montanaorganicassociation.org/contactus.htm](http://www.montanaorganicassociation.org/contactus.htm).

Cheers to another successful year for all those working tirelessly in the field of organics.

Daryl Lassila  
MOA Board Chairman, 2011 - 2012