



Organic Matters

A Bounty of Organic Events Offered This Fall

MOA is proud to announce the fall season's lineup of organic events, where there's something for everyone. These events are a great way to learn more about organic topics, discuss issues about organics, meet folks that share the same interests and mingle with old friends. And, we'll have a laugh or two there.

This issue of the newsletter also has some great articles that offer inside looks into life on the farm and at the market, and many other timely and informative articles and resources. From everyone at MOA, we hope that you had a successful summer growing season and that we'll see you at one or more of the upcoming events listed below and on page 15.



REGISTER TODAY!
Glasgow Seminars
October 9, 2010
MOA Annual Conference/Member Meeting
Missoula, November 5-6, 2010
Visit: www.montanaorganicassociation.org

Glasgow Seminars

Join us for a full day of seminars in eastern Montana geared toward dryland grain farming. The event will feature Dr. David Granatstein of Washington State University and many more informative speakers and topics. Seminar information begins on page 7 and a sign-up form is included. If you don't have all your grain in the bin yet, go and get it done. Then grab a friend or favorite colleague and head for Glasgow October 9.

Missoula Conference

Come and hear Maria Rodale of the Rodale Institute talk about her new book and her vision for an organic food system. We'll explore a sustainable food supply, growing fruit and selecting vegetable varieties for our cold climate and much more at MOA's Annual Conference and Members' Meeting in Missoula on November 5-6. Read the conference agenda, starting on page 9, and use the enclosed registration form.

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Organic Matters occasionally includes guest articles and opinions. While we review these for relevance to our mission, the opinions in these articles may not reflect the opinions or policy of the Montana Organic Association.

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Photo of cherry blossoms from paradisedpi.tumblr.com

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On the Farm

by Lise Rousseau, Fat Robin Orchard & Farm

Orchard work must be a lot like other forms of farming and ranching. We have our busy seasons and quieter seasons, but there is always something to do, and fewer acres do not seem to translate into less effort. A little less work between harvests does give us some time to reflect on how things are going this year.

Cherry harvest went very smoothly. We really weren't sure what to expect. The early freeze last fall (8 degrees on 10/8) did a fair amount of damage to some of our old and middle-age trees. But probably more significant was the cold damp weather we experienced during blossom this spring, which stretched the blooming time over nearly three weeks. When temperatures drop below 50 degrees, bees are hesitant to fly, and at temperatures below 45, they don't seem to fly at all. Freezing nighttime temperatures can damage blossoms. As cherries were sizing up and taking on color, the long bloom-time was apparent with cherries ranging from bright green to red on the same tree, and it made it very difficult to gauge how much fruit there was. By the time harvest arrived almost two weeks late, the cherries seemed to have evened out, but there also seemed to be fewer of them.

We still are working on our harvest forecasting skills. It is important to have some idea of how much fruit hangs on the trees. We over-estimated this year and were unable to provide all the fruit we would like to our faithful customers. Under-estimate and you are struggling to find last minute markets for a highly perishable product.

We severely under-estimated our popularity with the u-pick crowd. Over a two-day period, we enjoyed the company of nearly 450 people at the orchard including as many longtime fans as "newbies." One might assume that u-pick is an easier way to harvest, but we have found that it is significantly more work for us as farmers and managers. U-pickers need to be outfitted and shown where to go and what to do. Fruit needs to be weighed, packaged and paid for. Folks rightly want to know something about us—how we came to the orchard, how we manage it, what it's like to live at the lake year-round. For many, they don't see the hard work, just the romance of it all. Each transaction becomes an educational opportunity about the reasons for choosing organics. In spite of the stress and long hours, we will always try to have some u-pick. It is the part that nourishes our souls and reminds us why we do what we do. It is a treat to see babies become toddlers and children become teens as families return to the orchard year after year. And nothing can quite describe the look on the face of someone who has tasted a perfectly tree-ripened cherry for the first time.



Photo of u-pickers by Lise Rousseau

Cherry harvest is over a month behind us. Late summer and early fall would seem to be the quiet time at an orchard, but we have found that it is just the nature of the work that changes. Pipes still need to be pulled to irrigate trees. Our flock of sheep needs to be rotated around the farm and where they can't keep up with all of the grazing, there is still mowing to be done. Leaf and soil samples should be taken to gauge how well we are building healthy soils. The trees need to be evaluated to determine who stays, who goes and what should be planted. (Choosing varieties is nerve-wracking. Choose the wrong wheat variety, and you have one bad harvest. Choose the wrong cherry variety, and after ten years of waiting for a decent crop, you are forced to start over for another decade!) Crops we are experimenting with in the garden need to be harvested and processed.

Our next big task is the apple harvest. We no longer pick and pack apples for sale. There is no labor available in mid-October, and the return on the time investment doesn't compute. In years past, we have offered u-pick, which is radically different than for cherries. There are fewer pickers, and they tend to be spread out. We have enjoyed visits from several schools, and it is always fun to watch the kids pick and eat the apples right from the tree. This year we are not having u-pick. The apples were impacted much as the cherries were by weather, and in spite of our best pruning efforts, they tend to be somewhat biennial, rotating between heavy and light fruit sets from one year to the next. Last year was very heavy. This year? Very light. Additionally, we tried a complete no-spray approach for apple scab and codling moth that was not successful. Hopefully we will have enough quality fruit for our annual "friends and family" cider press. What's left over will augment the sheep's rations through the winter.

We will just finish up with apple work and head right into pruning. Deciding what to remove from a tree is still a struggle, but we are getting better at it. The work of pruning isn't done until we play a ten acre-game of pick-up-sticks, which sounds much more fun than it actually is.

Winter is the quietest time around the farm, but even then there are animals to be cared for, the next year's planning and ongoing maintenance on an 80 year-old farmhouse. Time in front of a warm cherry and apple wood fire does take the edge off, though.

Farmer's Market Report

by Steve and Cindy Baril, Steve and Cindy's Garden

On June 25, we took our first load of produce for the season to the Helena Farmer's Market, which included a small load of radishes, spinach and rhubarb. The rhubarb had been ready for picking for a while, but we waited for the spinach and radishes to mature so we could make a semblance of a load. The next week we added romaine lettuce and chard to the load. As the season went on and more types of vegetables matured, we added them to our load until the garden produced dozens of vegetable types that we crowded into our pickup and jeep.

Ours is a family operation that includes our sister, Nikki, as one of the gardeners. We grow certified organic produce in a one-acre garden on the north side of the Helena valley near Lake Helena. Our market is mainly the Helena Farmer's Market, although we sell to neighbors who stop by, and we sometimes take a load to a Tuesday market that is forming in East Helena.

Looking back on this year's market, one has to think "weather." This year was unusually cool and damp, making some people wonder just when summer had occurred. The notable result for growers was a delay in crop maturity, especially heat-loving ones like squash and tomatoes. Sweet corn did not make its usual early August appearance—corn from the Helena valley did not show up until September 4. Despite this, some crops that like cool weather did well, such as onions, carrots, peas and lettuce. A message is likely here about the economic sustainability of diverse crop systems, but that is a subject for another time.

The Helena Farmers Market, formed in 1974, meets on Saturdays starting in April in the old downtown Helena tucked between two city parks. Early season markets are mainly bedding plants, processed foods and crafts. At the peak of the season in late August and early September, over 100 vendors offer a variety of wares including fresh produce, fruit, jams and jellies, bread and pastries, jewelry, artwork, clothing and woodwork that is hand-crafted in Montana. Most vendors come from the Helena area, but many come from other communities. Farmers from Missoula and Dixon and Hutterites from Augusta bring produce that adds to what Helena area farmers grow and helps to meet the need for local food. Local musicians provide entertainment and atmosphere. At the height of the market season, some estimates place the number of shoppers at 4,000 or more. The market meets at the downtown location until the last Saturday in October then moves indoors at the Lewis & Clark County Fairgrounds where it continues on Saturdays until the Saturday before Christmas.

We begin to prepare for the Saturday market early in the

continued on p. 4



Cindy and Steve Baril in their Garden. Photo by Ron Zellar.



Photo of Cindy Baril by Steve Baril.

Farmer's Market continued from p. 3

week when we clean garlic and pick squash. Preparation begins in earnest on Thursday when we harvest vegetables that store well like potatoes. This shortens the Friday "pick day" that can seem to be an exhausting, never-ending day. That is the day we pick most of the load, wash almost everything, and place it in cold storage. Some produce like carrots, leeks and green onions get sorted by size and bunched. Onions, cabbage and kohlrabi are trimmed. Green beans, summer squash, zucchini, peppers, cucumbers and tomatoes are weighed and bagged. Everything gets recorded on our pick record. Pick day ends when we have everything in cold storage that needs it and we have prepared price lists for the market day.

Market day is hard work, but it is a joy and a highlight of our week. The day begins at about 4:30 AM when produce is transferred to coolers and bins and loaded for travel. The load also includes display tables, chairs, produce bags, weigh scale, tablecloths, cash box and it seems like a myriad of items. Our division of labor includes double-checking each other because we have actually forgot key items like the cash box. We take a canopy to shade some of the display. Most vendors take canopies, and besides being functional, they add a cheerful atmosphere to the market. Canopies are known to become airborne in gusty Helena wind, so most vendors include weights, like concrete blocks, to hold their canopies down. Our load includes four one-gallon jugs of water for this purpose. Thankfully, the weather in 2010 has not been unduly windy.

Market runs from 9 AM to 1 PM, however, the Helena Market is unique in being casual about the starting time. We arrive at 7 AM to set up, and before 8 AM the first shoppers enter the market. We work fast to serve customers and keep our table stocked. This includes filling bowls with beets, potatoes and beans, weighing and pricing heads of cabbage, replenishing stacks of squash and onions, and...well you get the picture. We usually market most of what we bring, but if we have unsold produce, this goes to the food bank or homeless shelter. Market day usually ends around 3 PM after we are home having washed all of our coolers and bins.

The Helena Farmer's Market has grown dramatically over the past 10 years, and is a vibrant part of Helena. The demand for local produce leaves room for new produce vendors. USDA recently reported that the number of farmer's markets nationwide grew 16% in 2009. The Helena market reflects this growth and the willingness of Helenans to support local producers. Our part in this helps define us in our community, lets us meet our customers face-to-face and get to know them and supplements our income. We are thankful for our ability to be involved in organic food production and for support from loyal customers who appreciate organic, local food.

NOSB Update by Barry Flamm

The National Organic Standards Board (NOSB) was created by the Organic Food Production Act of 1990 (OFPA), which most importantly established standards for organic products. Under the Law, the Board's duties are to assist in the development of standards for substances to be used in organic production and to advise the Secretary of Agriculture on any other aspects of the implementation of the Law. The Board is composed of 15 members selected from categories: 4 organic farmers (producers), 2 organic handlers, 1 organic retailer, 3 environmental protection and resource conservationist, 3 representing public interest or consumer interest groups, 1 with expertise in toxicology, ecology, or biochemistry and 1 certifying agent. I was appointed for one of the environmental positions. The Board's appointment is for 5 years and I am serving in my third year.

The Board does most of its work in committees, through frequent conference calls and electronically.

Twice a year, the full Board meets to receive public comments, discuss and vote on committee proposals and handle Board administrative matters. The new National Organic Program (NOP) leader, Miles McEvoy, has distributed the meetings around the country and more time is being allowed for public comment.

The next National Organic Standards Board Meeting will be October 25-28 in Madison, Wisconsin, and the Spring 2011 meeting has already been scheduled for Seattle, Washington, April 26-29. I hope that some MOA folks can make one of these important meetings, as they are likely to be the closest to home that we will see for some time.

NOSB committees submitted, by September 3, all work plan action items for posting in the Federal Register, which are scheduled to be published in the FR on Friday, September 10. **The public (that means you!) has until Tuesday, October 12 to submit written comments. Also, requests to submit oral comments at the meeting must be made by October 12. If you can't attend, you may have a proxy submit your comments orally at the meeting. You must also make this request by October 12.**

The Madison meeting opens with the usual formalities, followed by an NOP report by Miles McEvoy. Miles gave a very informative presentation at the Spring meeting and I expect the same this time. It is well worth reading and can be found on the NOP website or in the meeting transcript.

Secretary Vilsack has established an Organic Coordinator for USDA to work across the board with all the agencies that have a role or interest in organics. Mark Lipson, formerly with the Organic Farming Research Institute, has been appointed to the coordinator position. Following Miles' comments, he will explain to the Board and public in attendance his assignment and goals for the position. The rest of Monday will be devoted to listening to public comments. On Tuesday, October 26, Committees will present their action items' recommendations followed by discussions.

Crops, Livestock and Handling Committees each will make their recommendations on materials due to "Sunset" in 2012.

The Act requires the NOSB to review every 5 years each material on the "National List of Approved or Prohibited Substances for Organic Production and Handling." Without an NOSB affirmative decision, the material will be removed from the list. In addition to the sunset recommendations, following are the main recommendations to be discussed:

Crops Committee: Petitioned materials recommendations for Ethylene Glycol, Ethylene DDS, Tall oils, and TetraMethyl-decyne-diol; and recommendation regarding classification of corn steep liquor as a synthetic material.

Livestock Committee: Petitioned material recommendation for formic acid; Apiculture and Animal healthcare Products recommendations; Stocking rate and Animal handling, transit and slaughter discussions.

Handling: Petitioned material recommendations for yeast (change category), pectin, glucosamine hydrochloride and hops (remove); and discussion document on vitamins and nutrients.

The public has until October 12
to submit comments

Materials: A revised Nanotechnology recommendation will be presented. At this time, it appears the Materials Committee has backed off recommending an outright ban on nanomaterials in organic production and handling and will recommend allowing its consideration through the petition process. I expect a rigorous debate at the Board meeting.

Compliance, Accreditation and Certification Committee: The committee has 2 recommendations: After much public comment, the "Made With" organic claim recommendation has been revised; and recommendation to clarify and tighten the language in the Rule regarding Section 205.101(b).

Policy Development Committee (this is the committee I chair): Allow the Board Chair to establish ad hoc committees; Policy and Procedures Manual instructions to help strengthen NOP/NOSB collaboration; update and improvement in the New Member Guide; and the most important (and contentious) is the committee's recommendation to strengthen the "sunset" review policy, especially our recommendation to allow adding restrictive annotations as part of the decision to relist a material.

Wednesday will be devoted entirely to the public presenting comments, while on Thursday, the last day, the Board will vote on committee recommendations, some of which will have been revised based on public and Members' comments. Election of Officers also occurs as the last business at the fall meeting. Jeff Moyer, Kevin Engelbert, Joe Smillie, Jennifer Hall and Dan Giacomini's terms are ending and we should know their replacements by the Madison meeting.

The NOSB vision is an agricultural community rooted in organic principles and values that instills trust among consumers, producers, processors, retailers and other stakeholders. Consistent and sustainable organic standards guard and advance the integrity of organic products and practices. I am trying my best to advance this vision.

I'll give you a report on the meeting, which will be posted on MOA's website at: www.montanaorganicassociation.org/nosb.htm. Have a wonderful fall season.

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Montana Organic Association Presents
Glasgow Seminars
2010

Saturday, October 9
Cottonwood Inn, Glasgow, MT

Organic Grain: Field to Market

Join us for a full day of seminars
geared toward dryland grain farming

Glasgow Seminars Highlights by the Event Committee/Margaret Scoles

The Glasgow Seminars, to be held at the Cottonwood Inn on October 9, 2010, is an event that will be “of particular interest for dryland grain farmers in the eastern region,” states Jim Lindquist, one of the Seminars’ organizers. “We’ll cover many topics of interest, such as what processors are looking for, as well as learning practical farming methods. This is also a great opportunity for Conference attendees to network and brainstorm ideas with like-minded folks.”

The Seminars’ theme is “Organic Grain: Field to Market,” and will feature keynote speaker Dr. David Granatstein from Washington State University’s Center for Sustaining Agriculture and Natural Resources. Also presenting will be Karri Stroh from FAR^{RMS} in North Dakota. FAR^{RMS}, the Foundation for Agricultural and Rural Resources Management and Sustainability, is an internationally recognized program for education and research on organic topics that bring sustainability to rural communities. Speakers from the Natural Resources Conservation Services (NRCS) will also explain the organic provisions of the

EQIP program and farmers enrolled in the program will discuss their experiences. Other highlights include a grain buyers’ panel with a discussion on the latest developments in the organic grain markets and a video from Herb Sand’s organic farm in eastern Montana followed by an open discussion forum.

The Glasgow event is sponsored in part by Kamut International, Montana Milling, West-Dakota Seeds, OFARM, North Central OCIA Chapter, North East OCIA Chapter, Montana Flour and Grain, Timeless Seeds, Montana Department of Agriculture, Glasgow Chamber of Commerce, Central Milling Company, Tractor & Equipment Company, SK Food International, FAR^{RMS} and Reimers Seed. This event is also a great opportunity to spread the news about your product, service or organization. Sponsorship and advertising opportunities are still available.

If you would like to sponsor, advertise or volunteer, or have any specific questions about the conference, please email Jim Lindquist at orgwheat@yahoo.com or phone 406-583-7722.

Glasgow Seminars 2010 Agenda

8:30 AM Registration / 9:30 AM Introduction

9:40 AM Keynote Presentation: Dr. David Granatstein of Washington State University presents **Farm Sustainability: A Journey or a Destination?**

Dr. Granatstein will take us on a journey by taking a look at sustainability of the whole farm, including environmental, social and economic aspects.

11:10 AM Grain Buyers Panel

Grain buyers will introduce their companies, explore the current market, explain what they are doing in the organic grain industry / market and share their outlook on the current market, both short- and long-term. Open discussion follows.

12:00 Lunch Buffet featuring organic meat and vegetables from Montana producers.

1:00 PM Introduction to FAR^{RMS}

Karri Stroh from FAR^{RMS}, a nonprofit education center for sustainable agriculture, will speak about educational programs and mentorship opportunities that have been implemented to aid farmers in organic and sustainable farming practices.

1:30 PM Keynote Presentation: **Dryland Grain Cropping Systems that Support Farmers and their Soils**

Dr. Granatstein will examine organic grain production under dryland management. The session will discuss indicators of soil improvement that can be used over time. Soil is the foundation of organic agriculture, yet it remains one of the remaining biological frontiers on our planet.

2:45 PM Break

3:05 PM NRCS/EQIP:

Presenters will give an overview of the funding that the Montana Natural Resources Conservation Service (NRCS) has available to assist farmers and ranchers to convert to organic production with the EQIP program, as well as help existing organic farmers to utilize this program. Speakers: Kris Berg, EQIP Program Coordinator, and Mark Bruckner, an organic farmer from Malta, will give a short perspective on his experience with the EQIP program.

3:35-5:00 PM Video Farm Tour and Farmer Roundtable Discussion

Herb Sands will present a video of his organic farm through the growing season of 2010 followed by Herb talking about his farm and the video. The video and Herb's talk will be the foundation for the Farmer Roundtable discussion, moderated by Michal Lund.

Registration

Cost of the Seminars is \$60 for singles or \$95 for couples. Registration form is included in this newsletter.

Hotel Information

MOA has reserved a block of rooms at a discounted rate. **Please book your room at least ten days in advance to ensure your MOA room discount.**

For hotel information and booking, visit Cottonwood Inn's website at: www.cottonwoodinn.net. Be sure to mention that you're with MOA.

Sampling of Speaker Bios

Kris Berg is with the Natural Resources Conservation Service in Bozeman, MT. She serves as a Program Coordinator managing the agency's largest conservation cost-share assistance program, the Environmental Quality Incentives Program (EQIP), within the state. She has worked with the agency as a Soil Conservationist in Lewistown, Sheridan and Glasgow and a District Conservationist in Dillon and Missoula before taking on the Program Specialist position with the Bozeman State Office.

David Granatstein serves as Sustainable Agriculture Specialist for Washington State University's Center for Sustaining Agriculture and Natural Resources. He has worked on sustainable agriculture for over 30 years, with degrees in natural resources and soil science. David has been involved in organic agriculture since the 1970s when he co-managed an organic farm in north-central Washington and helped develop the first grower-based organic standards with Washington Tilth Producers. He serves on the Organic Advisory Board for the Washington State Dept. of Agriculture Organic Food Program, and is on the Board of Oregon Tilth. David has now worked in various cropping systems and locations, including southern Africa, Minnesota, Russia, and Washington, and travels frequently to speak on sustainable agriculture topics. Current programs and projects include organic fruit tree production, using legumes for nitrogen source, orchard floor management, organic statistics, biochar, climate friendly farming, and eco-labeling. He has been involved in regional, national, and international educational programs on organic standards, agricultural composting, sustainable and organic fruit production, ecolabeling and the USDA SARE program. He is based at the WSU Tree Fruit Research and Extension Center in Wenatchee, WA.

Karri Stroh is the Program Coordinator at FAR^{RMS}, a nonprofit education center for sustainable agriculture. She and her husband have a certified organic farm in Tappen, North Dakota.

For the latest information on the Glasgow Seminars, visit: www.montanaorganicassociation.org/glasgow2010.htm.



MOA 8th Annual Conference and Members' Meeting

Gathering Montana's Organic Community: Demystifying Organics

November 5-6, 2010, Holiday Inn Downtown at the Park, Missoula, MT

MOA Conference Highlights by the Event Committee/Steve Baril

MOA's Annual Conference and Members' Meeting is an opportunity for organic-minded folks to get reacquainted, educated and conduct member business. This year's meeting is scheduled for November 5-6 at the Holiday Inn Downtown at the Park in Missoula.

The conference starts on Friday evening with a keynote address by Maria Rodale, co-chair of the Rodale Institute and CEO of the Rodale family's publishing business, Rodale, Inc. The Rodale Institute is well known for pioneering organic farming methods as early as 1947, is committed to groundbreaking organic research and advocates for organic policies that keep people and the planet safe. Maria, a nationally known writer, is the author of a recently published book, *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*.

The conference theme, "Gathering Montana's Organic Community: Demystifying Organics," reflects the desire of MOA's leaders to unite the organic community and to spread a positive message about the benefits of organic agriculture and food.

Saturday is jam-packed with sessions that have value for all, whether you are a student, a consumer of organic food, an organic producer or handler, or if you are just interested in learning more about organics and meeting people with common interests. A morning panel, "How Organic Agriculture Can Feed the World," will include noted panelists Maria Rodale; Neva Hassanein, Associate Professor in Environmental Studies at the University

of Montana; Bob Quinn, innovative organic farmer and owner of Kamut International; and Andy Sponseller, vintner of organic wines from Ten Spoon Winery in Missoula. Farmers will be interested in sessions on fruit tree production and vegetable varieties suitable for our climate lead by organic farmers Lise Rousseau and Judy Owsowitz, and Tammy Hinman, program specialist for the National Center for Appropriate Technology. We'll learn what's new in organics, such as USDA's certification cost share and certification program updates from Doug Crabtree, Montana Department of Agriculture; Barry Flamm, National Organic Standards Board member; and Jeff Schahczenski, Program Specialist at NCAAT. These are some of the sessions to be offered. Check out the agenda on the next page for more details.

The Saturday events will include the annual members' meeting. This will inform members about the activities of MOA's board of directors during the preceding year and members can bring business to the board. The members' meeting will include an election of directors to four vacant positions. Previous conferences have been motivational and educational, and we hope to continue this tradition. We hope to see you there!

The conference is sponsored in part by the Good Food Store. If you would like to sign up as a sponsor, advertise in the program or have any questions about the conference, please contact Lou Ann Crowley at 406-721-4331 or lcrowley@onewest.net or Jeff Schahczenski at 406-494-8636 or jeffs@ncat.org.

Missoula Conference 2010 Agenda

November 5, Friday

1:00 pm – 3:00 pm Maria Rodale - Book-signing at the Good Food Store

7:00 pm – 8:30 pm Keynote – Maria Rodale at the Holiday Inn Downtown at the Park

Maria Rodale will give us a look at why chemical-free farming unquestionably holds the key to better health for our families and the planet.

8:30 pm – 9:30 pm Evening Networking

Network over an organic beverage and have Maria Rodale sign her new book for you. A no-host bar with organic wine and beer will be available.

November 6, Saturday

8:00 am Registration / 9:00 am Introduction

9:15 – 10:30 am Panel: How Organic Agriculture Can Feed the World

Maria Rodale, Neva Hassanein, Bob Quinn and Andy Sponseller will explore how organic agriculture is a vibrant part of the U.S. and world food system and how it can contribute to a better tomorrow. Panel followed by discussion and questions.

11:00-12:00 am Break Out Sessions

Session 1: Vegetable Varieties Adapted to Montana's Climate

Judy Owsowitz, an organic grower with years of experience growing commercially, will share a lifetime of knowledge about varieties that do well in Montana's challenging climate.

Session 2: Panel: What's New in Organics

Doug Crabtree, MT Department of Agriculture; Barry Flamm, National Organic Standards Board; and Jeff Schahczenski, National Center for Appropriate Technology, will discuss organic standards and programs to assist organic farmers, including certification cost reimbursement, hoop house purchasing and environmental preservation.

12:00-1:00 pm Organic and Local Lunch Buffet

Luncheon speaker, Nancy Matheson from the MT Dept. of Ag., will update us on legislation and various department programs, ranging from marketing to financial assistance.

1:00-1:15 pm MOA Awards Presentation

Presentation of MOA's "Lifetime of Service" and "Leadership in Organics" awards

1:15-2:15 pm Break Out Sessions

Session 3: Organic Tree Fruit Production

What are the challenges of growing organic fruit trees? Tammy Hinman from NCAT and Lise Rousseau from Fat Robin Orchard & Farm will explore this in detail.

Session 4: Seed Saving with Jared Zystro, Organic Seed Alliance

Jared, Outreach Specialist for OSA, will discuss the "why" and "how-to" of on-farm plant breeding principles for seed production.

2:30-3:30 pm Break Out Sessions

Session 5: Food Safety with Karl Sutton, Lake County Community Development Corporation

Karl will dig into food safety issues that agriculture pro-

ducers need to be aware of. These are very important issues that have had a lot of recent attention.

Session 6: AGR Lite – Crop Insurance for Diversified Farms

Jeff Schahczenski from NCAT will give an in-depth explanation of how a diversified farm can lower risk through whole farm insurance.

3:30-5:00 pm MOA Annual Member's Meeting

Registration

See details on the registration form that is included in this newsletter.

Hotel Information

MOA has reserved a block of rooms at a discounted rate at the Holiday Inn Downtown at the Park in Missoula. **Please book your room by October 15 to ensure your MOA room discount.** For hotel information and booking, visit Holiday Inn's website at: www.himissoula.com or call 1-406-721-8550. Be sure to mention that you're with MOA.

Sampling of Speaker Bios

Maria Rodale is the CEO and Chairman of Rodale Inc., which is the world's leading multimedia company with a focus on health, wellness and the environment, and is the largest independent book publisher in the United States. Maria is the author of three books. Her most recent work is titled *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*. Her book will be the basis of her keynote address. *Organic Manifesto* cuts through the confusion and misinformation about organic food and agriculture and provides an indispensable and highly readable look at why chemical-free farming unquestionably holds the key to better health for our families and the planet.

Jared Zystro is an outreach specialist for the Organic Seed Alliance. He has a Master's degree in plant breeding and plant genetics from the University of Wisconsin. Jared has worked in the organic seed industry for over six years, managing seed production at two farms and conducting research and education projects with OSA. In his work at OSA, he developed participatory breeding projects, compiled and analyzed seed producer surveys and presented field days, variety trails and seed production and breeding workshops. Jared lives in the coastal town of Arcata, California, with his wife Lisa DiPietro.

Karl Sutton has a strong background in education, networking, community-based participatory research and food system development. Karl earned a Bachelor's degree from the University of Montana and a Master's degree in Environmental Studies from Prescott College, with an emphasis on food system development. He is a certified middle school and high school teacher. Karl is presently the cooperative development coordinator at Lake County Community Development Corporation.

For the latest information on the Missoula Conference, visit: www.montanaorganicassociation.org/conference2010.htm.

Notice of Director Elections

by Steve Baril, MOA Board of Directors

Four vacant positions on MOA's Board of Directors will be filled at the annual business meeting on November 6, 3:30-5:00 PM, at the Holiday Inn Downtown at the Park in Missoula. The Nominations and Elections Committee is nominating Sam Schmidt (currently serving), Judy Owsowitz (currently serving) and Jody Manuel (organic farmer and rancher). Additional nominations may be made by members during the business meeting. The positions will be voted on by current members of MOA.

Directors serve three-year terms except in the event of a resignation, when a Director may serve the remainder of the term vacated by the resignation. The Board of Directors usually meets in person two times each year and as needed by conference calls. Directors do not receive any compensation, but they may be reimbursed for travel and communications expenses.

If you have questions or are interested in serving on the Board of Directors, please contact Steve Baril, Chair of the Nominations and Elections Committee, at (406) 458-4981.

MT Farm to Table Connection Event

by Angelyn DeYoung, MDA

The Montana Department of Agriculture is proud to host the annual Montana Farm to Table Connection, in which Montana agricultural producers are connected with Montana chefs, restaurants, caterers and distributors in order to increase the presence of Montana agricultural products available on Montana menus.

The Department will host the 2010 event at the University of Montana in Missoula on Sunday, November 7th, from 10:00 AM to 4:00 PM. The event will include: Unveiling of the Department's new Montana Agriculture – Consumer Advertising Program \$500 matching grants; Distributor Panel Discussion – How Local Producers Successfully Work with Distributors; Chef Panel Discussion – How Local Producers Successfully Work with Chefs; Montana Grower Work Session – Share with the Montana Department of Agriculture how we can help you with processing, regulations and licensing issues; and Montana Farm to Table Connection tabletop trade show.

To register for this event, contact Angelyn DeYoung, Montana Department of Agriculture, (406) 444-5424, adeyoung@mt.gov. This event is hosted in partnership with the Missoula County Community Food and Agriculture Coalition and MOA.

Seeking Awards Nominations

by Doug Crabtree, Awards Chair

The MOA Awards Committee is seeking your nominations for two awards to be presented at the Annual Conference on November 6, 1:00 - 1:15 PM, at the Holiday Inn Downtown at the Park in Missoula.

The "Lifetime of Service" award will go to an organic producer, handler, retailer, researcher, service provider (or other) who has demonstrated a long-term commitment to organic agriculture in Montana. Previous recipients are: Robert Boettcher (2005), Barry Flamm (2006), Bob Quinn (2007), David Oien (2008) and Jim Barngrover (2009).

A "Leadership in Organics" award will go to an organic producer, handler, retailer, researcher, service provider (or other) who demonstrates an on-going commitment to advancing the adoption, practice and success of organic agriculture in Montana. Previous recipients are: Margaret Scoles (2005), Jon Tester (2006), Jonda Crosby (2007), Mikel & Nancy Lund (2008) and Jon & Amy Kvaalen (2009).

Written nominations may be submitted by MOA members no later than October 15, 2010 by email (preferred) or regular mail to the Awards Committee members listed below. Please provide the following information with your nominations:

- Nominee's Name, Address, Phone and Email
- Describe the nominee's connection to organic agriculture (50 words or less)
- Why the nominee should receive the award

Current and immediate past members of the MOA Board of Directors and members of the Awards Committee cannot be considered for these awards. It is preferred, but not required, that nominees be members of MOA. Please include your contact information as well.

Awards Committee

Doug Crabtree
433 West Lawrence ST
Helena MT 59601
d.crabtree@bresnan.net

David Oien
PO Box 881
Conrad MT 59425
david.timeless@3riversdbs.net

Steve Baril
2970 Arabian Road
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Mikel & Nancy Lund
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lundfrm@nemotel.net

Jim Barngrover
312 Pine Street
Helena MT 59601
(no email)

Jon & Amy Kvaalen
PO Box 201
Lambert MT 59243
jak@midrivers.com

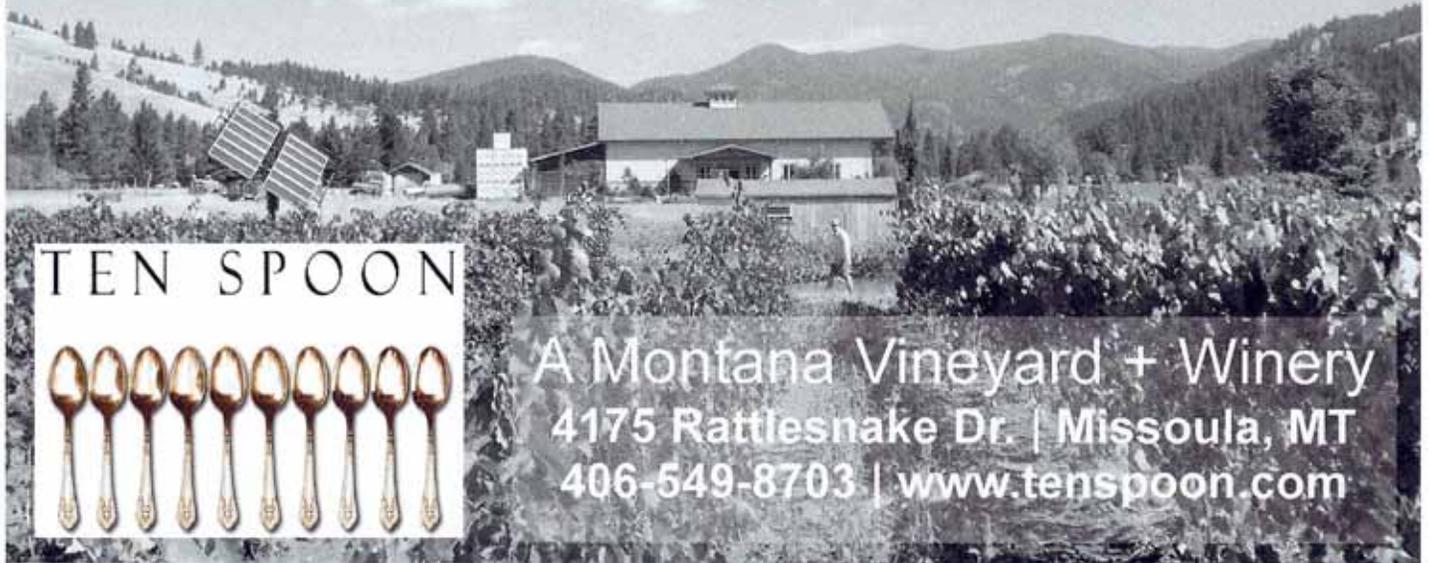
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Let's do lunch – and dessert.

The Good Food Store is proud to again be part of MOA's annual fall gettogether. Like always, we'll be sponsoring Saturday's lunch at the conference.

But we also invite you to stop by the store as soon as you roll into town and say "hello" to the conference's keynote speaker, Maria Rodale. She will be signing her most recent book, *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*. Plus we'll even treat you to dessert. So join us at the Good Food Store, Friday, November 5, at 1:00 pm.



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What's New With the Processors

by Andre' Giles, Montana Flour and Grains

News headlines from the past couple of months have roiled grain and food markets. Russia has halted wheat exports until the 2011 crop is harvested. China unexpectedly bought several cargoes of U.S. corn earlier this summer. (China routinely buys large amounts of U.S. soybeans, but the corn purchase in this volume was unprecedented.) The USDA expects the U.S. to export a record amount of wheat over the next 12 months. Yet, Pacific Northwest ports are near capacity and Gulf Coast ports are running at over 80% capacity. This will be a challenge for U.S. shipping capacity cut by the recession. Clearly, the U.S. is going to export a lot of corn, wheat and soybeans from the 2010 crop, making Warren Buffett very happy. Prices for conventional wheat have climbed rapidly. Does this mean a return to 2007-2008 crop prices for organic producers? While there is certainly a shortage of high protein spring wheat this year, as evidenced by the cash premiums, I doubt the market for all organic grains will return to record levels of 2008 because the continuing economic recession has hampered growth of and for organic products. Prices will rise in a loose relationship with conventional wheat prices, but I do not foresee a shortage situation, where end users fear running out of product. I do think high protein or-

ganic wheat will increase more in price because of its relative shortage compared to a normal Montana harvest. The premium over conventional wheat for lower protein organic wheat will be far less than wheat over 13% protein. The impact of a return to 2008 pricing might negatively affect long-term sustainability of organic wheat markets for many years. Increasing the demand for products containing organic wheat is the key and affordability for consumers trying and wanting to make organic choices is important to increasing that demand.

New Bumper Stickers Available

After many years and several requests, MOA has recently printed new bumper stickers. They will be available at MOA events in Glasgow and Missoula this fall for only \$2. Show your support to MOA and the organic industry in general by purchasing one of these new stickers. If you have a venue or opportunity to sell some of these, please let Tara know and we can coordinate getting some to you. Contact Tara at tara.blyth@kamut.com or (406) 251-9418.



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Early Fall's bounty is still full of local, organic foods. Root vegetables are fall favorites, full of nutrition and easy to store and prepare. Hearty soups can be prepared ahead of time—just serve with bread and/or salad and you've got a quick meal anytime!

Eggplant Marinara over Sweet Potatoes

from Julia Lindquist

1 or 2 sweet potatoes, peeled and diced 1 carrot, diced 1 clove of garlic, diced 1/2 large eggplant, diced 1/4 cup onion, diced	Tomato paste and water to make 2 cups 1 Tbsp. olive oil or coconut oil Italian spices to taste: oregano, basil, pepper, parsley, salt
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Preparation

Boil sweet potatoes in hot water until soft, drain and set aside. In a medium saucepan, brown onions and garlic and spices in oil of your choice. Add carrots, then eggplant and saute' until golden brown. Add tomato paste and water to make a sauce and simmer until flavors are blended. Place sweet potatoes on a serving dish and pour marinara over the top. Serve with crusty bread and great organic wine.

Minestrone Soup

from Agnes Sestric

1 Tbsp. olive oil 1 cup chopped onion 3 cloves garlic, crushed 1 quart hot meat or vegetable stock 1 bay leaf 3 carrots, scrubbed and diced 1 cup chopped vegetables, such as celery, zucchini, peas or whatever is in the garden or fridge 1 cup diced cooked meat or tofu or meat substitute (such as hydrated TVP)	1 cup cooked garbanzo, pinto or kidney beans 1 32-oz can tomatoes, diced or equivalent fresh tomatoes and juices 1 tsp. salt 1 tsp. oregano 1 tsp. basil 1/2 tsp. marjoram 1 cup cooked, warmed pasta or rice, or hearty bread
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Preparation

Saute heated olive oil with onion and garlic in a kettle until soft. Add hot stock, bay leaf, carrots and tougher vegetables (that need longer cooking). Bring to a boil, reduce to simmer, cover kettle and cook 15 minutes. Add remaining ingredients (except pasta, rice or bread), bring to a simmer, cover and cook for 15 minutes more. Taste, adjust spices and add pepper if desired. Serve in big bowls over warmed pasta or rice or with a hearty bread. Serves six.

To Your Health

by Julia Lindquist, MOA Member

With the fall season quickly approaching, people will be harvesting their sweet potatoes, an excellent health product from any garden. Sweet potatoes are more nutrient-dense and less starchy than regular potatoes. They have the lowest glycemic index, meaning that they digest slowly, gradually raising the blood sugar and causing satiety to last longer. Sweet potatoes are loaded with dietary fiber, complex carbs, protein, iron, calcium and vitamins A and C. They are rich in antioxidants and act as a natural anti-inflammatory. Not to mention that sweet potatoes just taste delicious. They are a favorite at Thanksgiving feasts, but can and should be eaten outside of the holidays. Sweet potatoes also make great substitutes for higher calorie meals such as in pasta dishes. One of my favorite recipes is spaghetti with a vegetarian sauce poured over boiled sweet potatoes. It's nutrition packed and tasty to boot. *(See recipe on left.)*

OTA Award to Bob Quinn

by Tara Blyth, MOA Board Member/Communications Chair

The Organic Trade Association hands out two prestigious Organic Leadership awards each year. This year, Bob Quinn of Kamut International will receive this high honor in Boston on October 15. This award is given annually to an individual, inside or outside the organic industry, who has shown leadership and vision in furthering goals of the organic movement. It is noteworthy that two former presidents of OTA wrote letters supporting Bob for this award. The accolades rolled in with a simple e-mail request and this demonstrates the respect and admiration for Bob in the organic community. Bob has been a member of MOA since the beginning and in the end, MOA members stepped forward to write letters and support their esteemed colleague. Congratulations, Bob!

Money Available

Western Sustainable Agriculture Research & Education (SARE) call for grant proposals. Visit: https://wsare.usu.edu/grants/?ok=Vw_RFAs

Cost share reimbursement available from Montana Department of Agriculture's Montana Organic Program. Visit: www.agr.mt.gov/organic/Program.asp

Organic Matters Ad Rates

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

4% Day at the Community Food Co-op

Sandi Shanks, MOA Board Member

Our trusty tri-board was on the road again, this time to Bozeman. The Community Food Co-op donates 4% of it's total sales once a month to a worthy cause. MOA was the lucky recipient on Aug. 27, 2010. MOA Board Members Ole Norgaard, Sandi Shanks and Wes Henthorne spent the day handing out brochures, visiting with staff and patrons of the Co-op, and perhaps a deal was made on selling some hay. From 5:30 to 7:30 PM it was "Friday Night Live." The BBQ at the Co-op featured our own Wes Henthorne as celebrity chef, flipping burgers from the B Bar Ranch. There was also live music by the Tyler James Brigade. On behalf of MOA, thank you Bozeman Community Food Co-op for a fun-filled day and your very generous donation of \$1,536.72!



Ole Norgaard and Wes Henthorne. Photo by Sandi Shanks.

Calendar of Events

www.montanaorganicassociation.org/events.htm

MOA Glasgow Seminars

Saturday, October 9, 2010, Glasgow, MT
See page 7 for details.

Good Earth Market's Local Producer Fair and Market

October 9, 2010, 3024 2nd Ave North, Billings, MT
(406) 259-2622, www.goodearthmontana.com

Maria Rodale Book Signing, The Good Food Store

November 5, 2010, 1-3 PM, 1600 S. 3rd St W, Missoula, MT, (406) 541-FOOD, www.goodfoodstore.com

MOA Annual Conference and Member Meeting

November 5-6, 2010, Missoula, MT
See page 9 for details.

Montana Farm to Table Connection

November 7, 2010, 10 AM – 4 PM, UM in Missoula
See page 11 for details.

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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

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Montana Organic Association

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Sam Schmidt - Vice-chair
Wes Henthorne - Treasurer
Sandi Shanks - Secretary
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A View from the Chair

by Ole Norgaard

Summer is almost gone and the fall season has arrived. This has been an unusual year for growing crops here in Montana. The cool weather pattern has created some very plentiful crops and some late harvest challenges for a lot of growers. Every year is different and Mother Nature has a way of her own and we have to roll with it, take it as it comes, keep moving forward and learn how to play the tune for next year.

Every year, farmers experience the four seasons with their opportunities, challenges and success of growing crops to feed the world. We realize that it is an ever-evolving playing field and there are never two years that are exactly the same because everything is in motion and has been for a very long time. It is mind-boggling to see pictures from the Hubble telescope or to go out at night and look at the stars and realize that we are a very, very small piece in our own galaxy with over 200 billion stars in it, and there are thousands and thousands of galaxies out there like our Milky Way. Looking at this big picture, an organic farmer in Montana becomes a fraction of a fraction of a fraction....but, a very important fraction, because

what we do in this fraction influences the other fractions in one way or another. So, the choices we make in our profession—how we farm, how we treat the land, how we treat our livestock, what we choose to buy at the grocery store, what we choose to eat, how we treat our loved ones—cause a ripple effect on all the other fractions and influence everything from our family, friends and neighbors, as well as the whole big picture. Who we are, what we believe and how we act become very important.

Looking at the world today, with its wars, climate change, GE crops, local politics, power and greed, one can wonder if some of us forgot to look through Hubble or at the night sky or if we just need better glasses.

The world keeps turning, and for MOA, it turns toward upcoming events in Glasgow and Missoula. There is more information on these events inside this newsletter. We hope that you will take the time to attend, to learn new things, meet old and new friends and expand your universe so you can influence your part of the whole in a great way.