



# Organic Matters

## Organic Solutions: Farm Tour Report

By Rhad Keel, MOA Board Member

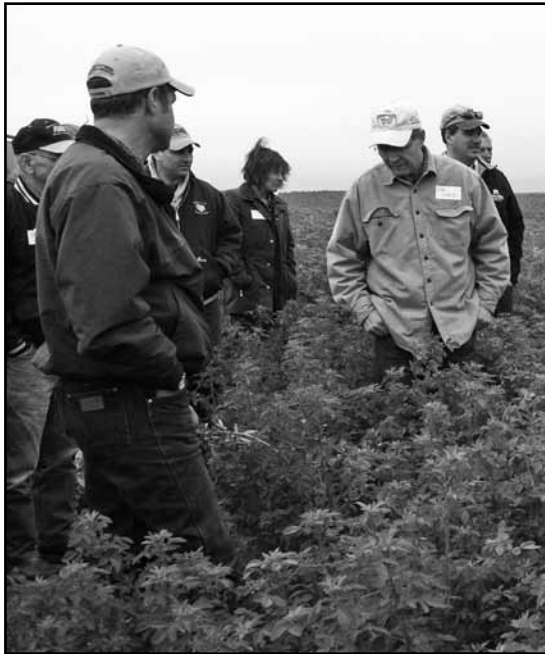
If there is one commonality in organic farming, it is that we all operate a little differently. That is why organic farm

tours are so important. Tours provide an up close and personal account of a producer's innovation and creativity. This year the Montana Organic Association, along with OCIA NCMT Chapter #1, OCIA Chapter #2, AERO, MT Dept. of Ag., Montana Flour & Grains, and Montana Milling, Inc., sponsored a day with Mark Bruckner on his 3400-acre organic farm south of Malta. By the start of the tour, over 30 people arrived to see the innovative solutions Mark has implemented to develop his organic farm over the last 12 years.

Standing in the middle of his shop with the group gathered around, the first thing Mark points out is that soil fertility is the key component to organic farming. "To have soil fertility, you have to be able to control weeds without constant tillage and grow a nitrogen fixing green manure. If you can control weeds, grow green manure and still produce a cash crop all at the same time, that's even better."

When Mark first started farming he used to grow seven to eight different crops. After being successful with some but not with others, he found it more effective to grow four crops and figure out how to

grow those four better. Mark's current rotation consists of winter rye, clover, Kamut® cereal grain and peas.



Mark Bruckner's yellow sweet clover field. Photo by Casey Bailey.

While most producers cringe at the thought of intentionally introducing rye on their farm, Mark has turned rye into a key component of his rotation. Since rye grows four to five feet tall, it can climb well above the clover. Mark also broadcasts while seeding his rye. The clover underneath then chokes out any weeds between the rows of rye, and is left in the field after

harvest. The following spring, the clover is then worked into the field as green manure.

In the third year of the field rotation, Mark plants a spring cereal grain. This year Mark is growing Kamut®, and with the good moisture this year he has a nice looking stand. Representatives from Montana Flour & Grain explained why Kamut® fits well in an organic rotation and how strong world demand has made it a profitable crop for organic producers.

Finally, in the fourth year, Mark will plant peas as a green manure crop that will be plowed down in the summer. That same fall he will then plant winter rye and the rotation will begin again.

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Farm Tour Report *continued from p. 1*

Mark shared with the group how he has managed his biggest enemy, field bindweed. Mark has hand-pulled bindweed, used chisel plowing and burning. He has found that his rye competes well with bindweed because of rye's deep root system. Mark has been most successful in attacking bindweed in dry years when it is most susceptible. He hasn't eliminated bindweed from his fields, but his diligence has greatly reduced the harmful effects this devastating weed can have on crops.

Mark talked about the importance of not being fearful of controlling weeds in an organic operation. He said there have been years he has made the hard decision to plow a crop under, but those decisions have paid off in the long run. Overall, weeds have not had a detrimental impact on his operation.



Farm Tour discussions inside Mark's shop. Photo by Casey Bailey.



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At the conclusion of the tour, many participants gathered to discuss what they observed during the day. It was easy to assimilate useful information from Mark's 12 years of experience, and most felt they could incorporate it into their own operation. MOA also ensured that participants didn't leave with an empty stomach by providing an organic lunch with help from TLC Catering out of Shelby, and food products from Mary's Gone Crackers, Bloomfield Bakers and Montana Milling. The day was more than a success, and MOA is very thankful that Mark volunteered his time and knowledge to help others better understand his, and their own, organic operation.

Join us for our next informative Farm Tour at Ten Spoon Vineyard and Winery at 3:00 PM on Thursday, September 15, in Missoula (see article on p. 4).

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-James Bertrand

## On the Farm by Nate Powell Palm

As expected, the summer hit me full force as soon as I crossed the Montana state line. After spending the last nine months reading, writing and presenting on topics ranging from micorhizal effects on corn to international wheat trading trends, I've been rapidly applying to my cattle business everything I've been working on academically while coupling it with the realities of marketing within the greater Bozeman community.

Late last summer I submitted my application for a food vendors' health license. After pulling the necessary paperwork together, I received the license to cook and sell hamburgers from my own organic, grassfed beef as well as salad (hopefully from our new wind tunnel) at farmer's markets and local festivals. Up until this point, I have seen the marketing aspect of my ranch as more of a necessary part time job in addition to a more regular biology lab position at Montana State University. With two vendor gigs per week as well as marketing frozen meat, I've found myself needing to work full time on my cattle operation.

When I first started with my cattle, Marlo Leachman, of Leachman Angus, was an invaluable mentor. Their Bozeman ranch was sold several years ago and converted into a golf community. Shortly before they moved however, a little black bull was born in the barn where the "clubhouse" now stands. With life coming truly full circle, that little black calf grew up to be Bubba, the sire of the steers who are now served on the community's restaurant menu. And so with my parents listening to my marketing schpiel over and over again, I landed my first consistent restaurant contract with Black Bull Run, the restaurant that now stands where Bubba the bull was born. Supplying about 25 pounds of hamburger and 15 pounds of steak every week has freed up a little time, but just enough to work on Bubba's plow and cart training. With the aid of an ox yoke, Bubba has replaced my mare as the primary source of traction on our property.

While visiting with Margaret Scoles during our annual organic inspection, she told me about an inspector training coming up. After Google-mapping the location of the workshop, I was more than thrilled to see that the training is only four hours from Grinnell College and happens to fall exactly on my fall break. In a few short months, I will hopefully be joining the ranks of the inspectors who ensure that the credibility behind the organic label is maintained.

Finally, as summer quickly sprints from me like one of Bubba's calves in an open field, I am beginning construction on our new bull pen and corral system. With limited options when it comes to posts and organics, I've sourced a combination of Juniper and Cedar drivers from around Montana and the greater Northwest. If anyone has any suggestions for building fences and corrals without treated wood I'd love to hear them! A most happy summer to everyone.

## What's New at the Processors?

by Daryl Lassila, MOA Board Chair

I was asked to contact a few out-of-state marketing sources to get an idea on what the current organic market situation was. So, Ron at SK Food and Jay at Lockawana were on my call list. According to the latest information, the organic market is still alive, but processors are not pre-buying. This means they want today's food now and don't want to worry about tomorrow's food until then. They are seeing producers drop out of organic production by about 5%. Let's think about that: If organic consumers are increasing and producers are decreasing, that's good for the remaining organic producers.

With the drought in the southern states and excess rain to the north, they are suggesting a shortage of organic commodities. This means there may be a little price bump. Add in the unfortunate earthquake/tsunami and resulting Japanese food shortage and we've got another price bump. It's been widely reported that more Americans are becoming concerned about what they eat and don't want GMOs or chemical residue. Organic is their choice—another price bump.

But on the other hand, diesel fuel is not cheap, the price keeps going up and there's no end in sight. So, I predict yet another bumpy market year.

Read the next issue of *Organic Matters* for the market report on organic vegetables and beef.

## New Pesticide Testing Mandate

by Doug Crabtree, MDA

The USDA is now mandating that all certifiers implement a program of random pesticide residue testing. The Montana Department of Agriculture will begin collecting samples from growers this summer or fall. MDA will sample market-ready crops, such as grain from a truck or bin or produce from a market stand or cooler. For more information on this new requirement, call Doug Crabtree at (406) 444-9421 or email [dcrabtree@mt.gov](mailto:dcrabtree@mt.gov).

## Ten Spoon Hosts Farm Tour

Mark Your Calendars for September 15

What does it take to produce an award-winning organic wine and when are wine grapes ready to harvest? You'll learn all this and more on a tour of Ten Spoon Vineyard and Winery at 3:00 PM on Thursday, September 15, in Missoula, Montana, at the base of the Rattlesnake Wilderness Area. A tour of the vineyard and the winery will give a close-up view of what goes into making a bottle of exceptional organic wine with no added sulfites. Winemaker Andy Sponseller will also demonstrate how to test for sugar, or brix, in grapes by testing the varieties of French-American hybrids growing at Ten Spoon. Also plan on staying for the wine tasting, which starts at 5:00 PM (Thursdays, Fridays and Saturdays). Wine tasting flights (three samples) are \$5.50 and Ten Spoon's friendly staff will be available for bottled wine sales.

Ten Spoon is Montana's only commercial vineyard producing vintage wines. They are located at 4175 Rattlesnake Drive, Missoula, MT 59802, and their phone number is 406-549-8703. For more information on Ten Spoon Vineyard and Winery, visit their website at [www.tenspoon.com](http://www.tenspoon.com) or join them on Facebook.

## MOA Conference in Billings

Mark Your Calendars for December 9-10

When your work's all done this fall, hitch up the wagon, load up your family and friends and head for "The Great Organic Roundup," December 9-10 at the Mansfield Center in downtown Billings.

The Montana Organic Association is gathering Montana's diverse community of organic farmers, processors, researchers and consumers for its 9th Annual Conference. An interesting and knowledgeable selection of local and national speakers will be on hand to provide information on the state of organics around the globe, up-to-date research to improve crops and products, nutritional news and other pertinent topics. Billings and the surrounding area have embraced the local and sustainable food movement and we'll meet the local organic producers through roundtable discussions, where they'll share the challenges and successes of their farms and how to incorporate their methods into our own systems.

Organic meals and snacks will be provided. Vendors will also attend to display their unique and cutting edge products and information. Lodging will be available at a special rate at the Hill Top Inn, just a short walk away. If you'd like more information or would like to sign up as a vendor, advertiser, sponsor or volunteer, call Lou Ann Crowley at (406) 721-4331.

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# New MDA Organic Inspectors

by Bob Bales, Montana Department of Agriculture

Agricultural Sciences Division's Organic Program has added Dawn Bales, Robyn Cassel, Velda Baltrusch and Bob Bales to work as organic inspectors, analyzing initial reviews of plans of organic farmers and ranchers and performing annual inspections under terms of the USDA's NOP. The certification program is under the direction of Manager Doug Crabtree and Andy Gray, Commodity Services Bureau Chief, and has grown rapidly since certification of organic producers started in 2002. The program currently certifies over 200,000 acres, including 145 organic farms, ranches and handling operations. The number is expected to increase to over 150 at the end of 2011.

Dawn Bales, from the Havre Field Office, is the newest and has been with the Department for four years. Hired initially as a BSE Technician, she quickly learned the rest of the duties of an agricultural specialist and now handles nearly all of the tasks in her area in North Central Montana, including border inspections at Sweetgrass and inspecting and sampling livestock feeds on agricultural trucks entering the United States from Canada.

Robyn Cassell, from the Glasgow Field Office, has been the Agricultural Inspector for Northeastern Montana for 24 years. Working less than full time while she raised her family, she has recently changed to full time. Her job now includes inspecting organic operations in an area she knows quite well.

Velda Baltrusch is a long term employee from the Great Falls Field office. Velda started her career with the Department at Glendive 21 years ago. Several years later she and her husband moved to Billings where she handled the western part of the District surrounding Billings. In 2001 they moved to Great Falls to assume similar duties, which will now include organic inspections in the area.

Bob Bales has worked at the Billings Field Office covering south Central Montana since joining the Department in 1994 for a second career after retiring from the Federal Bureau of Land Management. His area of inspection includes Bozeman to the west and extends eastward to Broadus and Ekalaka.



Crop Inspector class in June 2010 in Helena, sponsored by IOIA: Left to right standing, Bob Bales, Garry Lean (Instructor), Eric Germann, Claire Casey, Bob Church, Dawn Bales, Robyn Cassell, and Steve Baril. Kneeling: Jonda Crosby and Velda Baltrusch. Photo by MDA.

# MOA and AERO Partnership

by Kevin Moore, Program Manager, AERO

The Alternative Energy Resources Organization (AERO) and the Montana Organic Association (MOA) have long shared a similar vision for keeping family farms viable in order to provide healthy food to our communities and protect our natural resources. AERO is a grassroots organization that has for over thirty years relied on our members to guide our two program areas in sustainable food and farming and renewable energy systems for Montana. We believe that communities are the best place to create the kind of change we envision, and organic systems—including the organic community that MOA serves—play critical roles in making that happen.

Legislative policy change is an important way both AERO and MOA serve our members, and the 2011 session presented an opportunity for the two groups to further collaborate. We were a few of the diverse partners that came together to pass SB 218, which provides a sampling protocol that owners of plant patents or other intellectual property protections on seeds must abide by when investigating a farmer for alleged infringement.

Education is central to both AERO and MOA's efforts, and we work together by co-sponsoring and cross-promoting each other's annual Farm Tours. These tours provide in-the-field opportunities for farmers and community members to learn from each other. AERO's remaining 2011 tours include two Great Falls farms raising pastured poultry on August 15, and two diversified vegetable operations in Moiese and Dixon on September 12. Visit AERO's website at [www.aeromt.org/food-ag/farm-tours/](http://www.aeromt.org/food-ag/farm-tours/) for tour dates and registration information.

Conferences are another way that both AERO and MOA help experts share best practices and provide opportunities for our members to network and renew friendships. On November 17-18, AERO will be hosting a Specialty Crops Conference in Great Falls that will bring together researchers, educators, farmers, policy makers, processors and other stakeholders to enhance the competitiveness of specialty crops in Montana. This conference will be of interest to many MOA members, so keep an eye on AERO's website for more information.

AERO and MOA share a vision for agriculture and energy use in Montana, and the members that our organizations share have principles in common—a vision for a sustainable future and a willingness to actively explore how to make that happen. Organic farmer Bob Quinn, a longtime member of both AERO and MOA, comments, "I think it is an advantage to have both groups with a little different membership base but the same vision for agriculture in Montana. It is refreshing to attend meetings where the mood is upbeat and the focus is on maximizing innovation and sustainability of our farms rather than maximizing government payments from Washington."

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## Here's Looking At You

MOA Member Profile

Boja Farm was established in 1996 as a fruit, hard neck garlic and heritage potato farm. They've recently added herbs to their crops, which evolved into the On Thyme Gourmet line of products for quick gourmet meals. They have always farmed organically and tend to be more biodynamic in their farming practices. Boja Farm uses no chemicals of any kind—not even organically approved fertilizers. They use the dynamic forces of their ecosystem for planting, growing and harvesting while working creatively with these subtle energies. They sell all their fruit locally and market between the Red Lodge and Billings Farmers' Markets. Their On Thyme Gourmet products are in stores throughout the United States and occasionally sold outside of the country. Boja Farm has won numerous awards for their products, including the Gold Metal at 2005 USDA London competition for Best Taste, the Silver Award for Dagoba Chocolate and as a Finalist in the Gallo Wine Gold Metal Artesian product competition. They also received a 2007 Top 10 Yummiest for Start Up Nations' home-based businesses.

Boja Farm is owned and operated by native Montanans Bonnie and Jack Martinell. Bonnie grew up on a ranch outside of Whitehall and has a BS degree in Agriculture from MSU and worked as an environmental technician for Western Energy and then as a chemist for Montana Power. Bonnie is also a third degree black belt and teaches classes in Belfry and Red Lodge. Jack Martinell grew up in Dillon and spent many summers working on family ranches in the Big Hole area. He was a fertilizer and chemical salesman for many years, a pilot for Montana Power and then a journeyman systems operator for Units 3&4. He also has an Associate's degree in carpentry.



# What's New in the Stores?

by Colter Pedersen, Marketing Director, 2J's Fresh Market

Why buy organic? That is an important question for consumers and producers alike. And whether the answer involves better nutrition, avoiding toxic chemicals, a lesser environmental impact or a multitude of other reasons, the more one knows about organics, and conversely about the often questionable conventional production processes, the easier the choice becomes.

One of the biggest challenges we encounter is educating our customers about the value and benefits of organic products. While we carry mostly natural and organic items, we offer conventional options on many products as well. And while the majority of our customers are firm believers in natural and organic products, we have noticed that some choose conventional items. We would love to convert the latter group to the former and are working on how to best educate and raise awareness of the advantages of organics.

A current movement that we are proud to be a part of is the Non-GMO Project, a non-profit committed to preserving and building sources of non-GMO products, educating consumers and providing verified non-GMO choices. Genetically modified organisms,

or GMOs, are organisms whose genetic characteristics have been altered by the insertion of a modified gene or a gene of another organism using the techniques of genetic engineering. The long-term effects of this sort of food supply manipulation are not known but the potential negative impact is huge.

Many of our best-selling brands, such as Nature's Path and Lundberg Family Farms, have been verified GMO-free. Much like organic labeling, by checking product packaging for the Non-GMO Project's verification symbol, consumers can safely and knowingly select GMO-free products.



We encourage everyone to become an informed consumer and to know what is in the food they eat. Please continue to support the companies that are fighting the good fight for your health!

.....  
*"Does it bother you that we consumers are largely unaware that 70 percent to 80 percent of the [non-organic] processed foods we buy contain GM ingredients? We are 'largely unaware' because these foods are not labeled - even though 90 percent of Americans want them labeled and think that we have the right to know what is in our food. The biotech industry fights labeling viciously because they know that, if GM foods were labeled, many would refuse to buy them as is the case in Europe."*

- The Audacity of Genetically Modified Foods, Bruce Robinson, May 8, 2011

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## NOSB Update by Barry Flamm

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

The Seattle Board meeting, April 26-29, had an exceptional number of difficult and sensitive issues, producing about 4000 written public comments prior to the meeting and nearly 200 oral comments on location.

Here are a few highlights by committee: **The Crops Committee** had two new petitioned materials, 18 materials sunsetting in 2012 and a decision on whether corn steep liquor was non-synthetic or synthetic. Tetracycline is an antibiotic listed only for fire blight control only until October 21, 2012. However the NOP/ NOSB received a petition to continue its use. Antibiotics in organics is very controversial, primarily due to possible human health consequences. It is not allowed in much of the organic world and is not allowed in US organic animal production. Consumer and health groups in the US strongly oppose antibiotic use in organic production. The other antibiotic, streptomycin, listed for fire blight control in apples and pears only, was scheduled to sunset in 2012. These materials were hotly debated with various compromises and alternatives proposed. Fruit growing interests in Wisconsin, Minnesota and Vermont agreed the use of antibiotics should be discontinued, but asked for more time. They also proposed measures to "force" growers to begin adopting less susceptible varieties and alternative control measures. Pacific states were particularly adamant that they needed antibiotics, especially tetracycline, as the overuse of streptomycin has caused resistance and nearly ceased its effectiveness in the Northwest. The problem has gotten worse over the last few years as Washington growers have planted very fire blight susceptible varieties such as Gala and Fuji, plus grafting to susceptible root stocks. The compromise approved by the Board was to extend both materials until 2014. The danger is that pro-antibiotic use interests will count on getting future time extensions and will not make serious efforts toward eliminating the need for the antibiotics. Maybe now the wonderful Montana Mac will appear again on grocery shelves along with other terrific apples that are not so susceptible to this and other diseases.

Nickel was petitioned as a micronutrient, primarily for pecans. Although nickel is found in most soils in sufficient amounts, its availability to the tree may be limited, due in part to the application of other micronutrients. Improper soil management and stewardship was believed by the committee to cause the need, thus, use of the material would be inconsistent with organic agriculture. Additionally, an overriding concern was that nickel is a known carcinogen. The method of applying the material to tall trees could produce serious health risks. The petition was denied by the full Board.



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Sodium nitrate, mined in Chile, is on the list of non-synthetic substances prohibited for use in organic crop production (some others on the list include arsenic, lead salts and strychnine). However, it has an annotation: "...unless use is restricted to no more than 20% of the crop's total nitrogen requirement." The Board voted to remove this annotation and keep sodium nitrate on the list. Thus, any use of this material will no longer be allowed in organic production.

Last year, the NOP requested the NOSB Crops Committee to determine if Corn Seep Liquor was non-synthetic or synthetic. This turned into a highly contentious issue, with different vote outcomes in the crop's committee, as the make up of the committee changed. Passage of the motion that it was non-synthetic required a 2/3 vote of those voting. It failed. No motion was made to declare it synthetic, as it was obvious there was not 2/3 support. NOP interpretation was that since the motion failed, the status quo prevails. (CSL can continue to be used as an additive in fertilizers for organic crop production.)

**The Livestock Committee** recommendations on stocking rates and welfare received a large volume of written comments, plus substantial comments at the Board Meeting. The Committee made attempts to revise the recommendations during the meeting. However, the task was too much and they withdrew the recommendations to be revised and presented at the Fall Board Meeting.

**The Handling Committee's** Nutrient Vitamins and Minerals Recommendation received the most public response at around 2000 comments! The Committee pulled the recommendation for further consideration and presentation at the Fall meeting. For procedural reason, the NOP urged the actual listing in 205.605(b) be continued. This was agreed to by the Board, but will also be re-examined at the Fall meeting.

**The Materials Committee** majority's attempt to define "significant levels" was opposed by a strong minority opinion within the committee. The recommendation failed to receive sufficient votes, as enough other Board members agreed with the minority. You may read both positions on the NOSB web site. The Committee plans to come back in the Fall with a revised proposal.

And finally, the **Policy Development Committee**, which I Chair, made two recommendations to revise the Policy and Procedures Manual, which passed with full Board support.

A matter of grave importance, not on the meeting agenda, was raised by a significant number of public comments. The comments addressed extreme concern for the impact that continued approvals of GE crops has on our community of organic farmers, consumers

and handlers. A draft letter to the Secretary of Agriculture was circulated to Board Members, but tabled for Board action at the next Executive Committee meeting. At that meeting, the task was assigned to the Compliance, Accreditation, & Certification Committee to propose the action to be taken by the Board. I'm on that committee and hope we can move forward with strong recommendations on this complicated and very serious problem.

Committees are now busily working on action items for the November 29- December 2 Board Meeting in Savannah, Georgia, which includes actions not completed in Seattle plus new agenda topics. The formal announcement and final agenda will be published in the Federal Register on October 14, with instructions for submitting written comments and signing up to present comments at the meeting. I cannot emphasize strongly enough how important these comments are. Board decisions are much affected by the public comments and I hope you will continue to submit yours. I will post new information on the meeting and other NOSB news on the MOA website.

My best wishes to all MOA members.



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**Summer** is the peak of local and organic food availability, so scout your local farmers' markets for the freshest ingredients. Pair the chowder recipe below with a hearty bread and your favorite wine and cheese and enjoy!

### Farmers' Market Corn Chowder With Herbs

From *FARMfood: Green Living with Chef Daniel Orr*

#### Ingredients

3 potatoes, diced 1/4" cubes	10 black peppercorns, cracked
6 ears corn, kernels removed	3 c. corn stock, made by boiling cobs for 30 minutes, or vegetable stock or water
2 T olive oil	1 c. heavy cream
2 T butter	salt, pepper, and hot sauce to taste
2 strips local pepper bacon	Optional Garnish:
2 medium white onions, diced	1/2 c. chopped mixed herbs such as parsley, cilantro, dill, and tarragon
1 T garlic, chopped	
2 branches thyme	
1 fresh bay leaf	
1 c. white wine	

#### Preparation

Remove corn kernels carefully with a knife, keeping whole as many as possible. Once kernels are removed, scrape the cobs with the back of a knife over a pan to extract as much "pulp" and juice as possible. Save the cobs for corn stock if desired. You should have 4-5 cups of kernels and 1 to 1 1/2 cups of the scrapings.

In a large saucepan, melt the butter in the olive oil and add the bacon, onions, garlic, thyme, bay leaves, and cracked peppercorns. Cook without coloring until tender, then pour in the white wine and reduce by half.

Add the stock, heavy cream, half of the potatoes, corn scrapings, and 2 cups of the corn. Bring liquid to a boil, then reduce to a simmer. Cook until potatoes are tender, approximately 10-15 minutes.

Puree well and pass through a fine strainer. Return to a boil, then simmer with remaining potatoes and corn until tender. Adjust thickness by adding more liquid if needed. Season to taste. Serve straight away or chill for later use. Just before serving add the chopped herbs and stir in. Serves 8.

#### Complimentary Cheeses and Wines

Bleu Cheese	Tawny Port, Sherry, Maderia
US Brie Cheese	Cabernet, Chenin Blanc
Strong Cheddar Cheese	Cabernet, Rioja, Sauvignon Blanc
Cream Cheese	White Zinfandel
Edam Cheese	Riesling, Dry Champagne
Gouda, Feta Cheeses	Beaujolais, Zinfandel
Munster, Goat Cheeses	Sauternes, Bordeaux
Gorgonzola, Gruyere Cheeses	Chardonnay, Port, Sauvignon Blanc
Provolone, Havarti Cheeses	Bordeaux, Rioja

## To Your Health

by Sharon Lindquist, MOA Member

"Summertime and the livin' is easy..." Can you hear the melody of this aria composed by George Gershwin in 1935? Even today, this sentiment evokes images of cool drinks under large shade trees with friends to share them with. This spring and summer have been difficult for some of our farmers in Montana, but perhaps there will be a lull when all the work we can do is done and all that's left to do is wait for harvest. Entertaining in our backyards and patios gathers us together and gives us an opportunity to break bread together. Hmmm...what to put on that bread? What about cheese accompanied by a good wine?

Not only does wine taste good, it can be good for you in moderation. Wine has been shown to reduce the risk of cardiovascular disease, several types of cancers and slow the effects of Parkinson's and Alzheimer's disease. There's good news for people with high cholesterol levels too as it lowers the bad type (LDL) and raises the good type (HDL). The amazing phytochemicals, resveratrol and flavonoids, act as antioxidants which help to fight off free radicals in your body, perhaps allowing your body to "fight off" disease and illness. Red wines have more resveratrol than white wines because the skins of the grapes are kept on longer during the processing.

Some wine facts:

A 5-ounce glass of red or white wine averages about 125 calories, with 4 grams of carbohydrates, 1 gram of sugar and traces of sodium and potassium.

A 3.5-ounce glass of sweet desert wine averages about 165 calories, with 14 grams of carbohydrates and 8 grams of sugar.

The good news about cheese is that no matter what type you eat, you are doing your body good. But the best part is that it tastes great! Health benefits of this dairy product include cancer prevention. Cheese contains Conjugated Linoleic Acid and Sphingolipids, shown in clinical tests to decrease cancer cells. Cheese also contains: high concentrations of essential nutrients like calcium and Vitamin D for strong bones, teeth, and cavity prevention; Vitamins A and B12; some riboflavin; and a good source of protein. A word of caution about cheese is that it is high in natural fats, which gives it its great taste but can also play a role in weight gain if you're susceptible.

So, get out the wine glasses and try pairing your favorite wines with your favorite cheeses on breads, crackers, celery or large leafy greens. For some great suggestions, see the complementary list on the left.

And don't forget--MOA and Ten Spoon Winery in Missoula, Montana is hosting a wine tasting extravaganza in September (see article on p. 4). Come join us for good wine and an educational tour.

Until then, enjoy the summer's bounty, and cheers...to your health!

# Calendar of Events

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

## AERO Farm Tours

August 15, 11:00 am - 3:00 pm, Great Falls, MT  
September 12, 11:00 am - 3:00 pm, Moiese & Dixon, MT  
(See *Partnership* article on p. 5.) More details at [www.aeromt.org](http://www.aeromt.org). To register call 443-7272.

## MOA Farm Tour

Thursday, September 15, 2011, 3:00 PM  
Ten Spoon Vineyard and Winery, 4175 Rattlesnake Drive,  
Missoula, MT 59802

A tour of the vineyard and the winery will give a close-up view of what goes into making a bottle of exceptional organic wine with no added sulfites. Winemaker Andy Sponseller will also demonstrate how to test for sugar, or brix, in grapes by testing the varieties of French-American hybrids growing at Ten Spoon. Visit their website at [www.tenspoon.com](http://www.tenspoon.com) or join them on Facebook.

## AERO Specialty Crops Conference

November 17-18, Great Falls, MT  
AERO will bring together researchers, educators, farmers, policy makers, processors and other stakeholders to enhance the competitiveness of specialty crops in Montana. This conference will be of interest to many MOA members, so keep an eye on AERO's website at [www.aeromt.org](http://www.aeromt.org) for more information.

## MOA's 9th Annual Conference - The Great Organic Roundup

December 9-10 at the Mansfield Center in Billings  
A knowledgeable selection of local and national speakers will be on hand to provide information on the state of organics around the globe, up-to-date research to improve our crops and products, nutritional news and other pertinent topics. Organic meals and snacks will be provided. Vendors will also attend to display their unique and cutting edge products and information. If you'd like more information or would like to sign up as a vendor, advertiser, sponsor or volunteer, call Lou Ann Crowley at (406) 721-4331.

## MOA Needs You

As MOA grows and develops, involvement by members becomes evermore essential, whether it takes the form of voicing your opinion or lending a hand. Here are some ways for you to become involved...

**Join a committee.** MOA has committees that oversee each of its strategic goals. Consider joining the Communications, Conference, Farm Tours, or Fundraising committees. Contact Daryl at (406) 788-7423 or email [mtorganic@hotmail.com](mailto:mtorganic@hotmail.com) for more info.

**Become a member.** The simplest way for you to advance MOA's current efforts and future goals is to provide financial support through membership. Just fill out the form on the right and send it in.

### Neptune's Harvest Organic Fertilizers

<b>Increase yields</b> <b>Products Include:</b> Cold processed Liquid Hydrolyzed Fish, Seaweed, Blends, Dry and Liquid Humates, Dry Crab Shell and Kelp Meal. <b>INSECT REPELLENTS</b> and more are also available!		<b>Commercially proven</b> Our fish increases <b>protein and sugar</b> <b>levels in crops and</b> <b>repels deer!</b> Fish, Kelp, and Crab also make excellent <b>ANIMAL FEED!</b>
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Call for a **FREE** catalog and **sample**  
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## 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.

## Go Paperless, Go Green

You can find lots of supplemental information on our website at: [www.montanaorganicassociation.org](http://www.montanaorganicassociation.org). And if you care to get your newsletter electronically, drop Susan a note at [moa@montanaorganicassociation.org](mailto:moa@montanaorganicassociation.org).

Please sign me up as a MOA Member!

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

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

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

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

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

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

Membership Levels: (effective May 1, 2011)

- 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

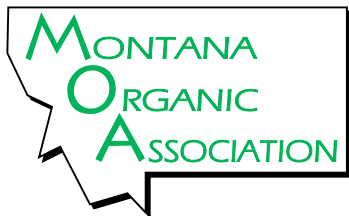
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make checks payable to MOA and mail to:  
MOA, PO Box 570, Eureka, MT 59917

## Montana Organic Association

PO Box 570  
Eureka MT 59917

(406) 788-7423  
[mtorganic@hotmail.com](mailto:mtorganic@hotmail.com)  
[www.montanaorganicassociation.org](http://www.montanaorganicassociation.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  
Judy Owsowitz



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## A View from the Chair

A big “thank you” goes out to all who read the last newsletter or participated in an event and joined or donated to the Montana Organic Association. Every new and renewing MOA member aids our effort to support organics in all areas including production, distribution, retail, consumers, education and research. MOA contains the widest assortment of producers, not just livestock or grain or hay. From fruit orchards to gardens, beef to pork, seeds to wool—these and more make up MOA. From one-acre operations to thousands of acres, we all need to work together in the name of organics and for the unity of MOA.

Due to the numerous volunteer hours and the collective experience of past board members and the ongoing commitment of the present membership and board of directors, MOA has developed a high profile in the eyes of the public, the government and other farm groups. When MOA corresponds with offices in Washington, DC, or elsewhere, we need to tell them that the Montana Organic Association is very active and growing, currently with over 200 members. It always comes down to strong membership and consis-

tent effort. We need every one of you to be a member so all of us can be counted. Your willingness to volunteer with MOA is also critical. Review *MOA Needs You* on p. 11 for some ideas on how you can be an active participant in our organization. If you are not a current MOA member, join now, sign up as a volunteer and plan on attending MOA’s annual conference in Billings (read the *Conference* article on p. 4).

Like many of you, the rainy weather extended my spring out to (seemingly) forever. My planting program changed from the field crops to my garden. I cannot even begin to grasp what flood victims are going through: loss of crops or ground; loss of livestock; and let us not forget the loss of personal property and the stress on families. Our thoughts go out to them.

The sun has finally come back out and brought the heat with it. The crops that did get planted are rapidly progressing to harvest for the luckiest of us. I wish time allowed for me to visit each organic operation in the state. But it doesn’t, so please inform me of any ideas or suggestions to enhance MOA—our organization. Until then, be safe.

A handwritten signature in black ink, appearing to read "Daryl Lassila".

Daryl Lassila, MOA Board Chairman