



Spring 2016

Enid's Thoughts	2
Regenerative Ag	3
Welcome new staff	3
Growing Potatoes 101	5
Elderberries.....	7
Policy Update	9
Maple Recipe.....	10
Members & Donors.....	14

The Quarterly Newsletter of the Northeast Organic Farming Association of Vermont

Winter Conference Attendees are So Cool!

By Enid Wonnacott, Executive Director

When it was 20 degrees below zero on the Sunday of our Winter Conference, I asked the crowd gathered for the keynote, "If it always rains when the dowsers hold their convention, what does that say about the fact that we have the coldest weather of the winter at our conference?" Someone from the audience said it means we are "really cool!" The people that walked the farthest outside to the distant classroom building? The coolest.


However, it is the WINTER conference, and nice, spring weather might have been even more distracting. Regardless, THANK YOU for all of the hardy participants who left their warm beds on a weekend day and made the trip to the conference. You all transferred your warmth to our gathering, and the energy of the event was palpable as I stood on stage and welcomed you all. We have a lot of people to thank for making the conference possible – our sponsors, listed on page 13 of this newsletter, and the many volunteers, exhibitors, workshop presenters, community art organizers, song leaders and food donors who made our biggest fundraiser of the year so successful. Most importantly we want to thank you, the 1,029 participants who attended the conference, for sharing your energy and enthusiasm over the

weekend. It was one of our most successful conferences to date!

Our featured speakers, Heather Darby and Guido Masé, set a great tone to kick off the conference. Our conference theme, Our Soil, Our Health, was developed in recognition of how the quality of our soil affects the quality of our food and its fundamental ability to nourish us. On Saturday, Heather spoke about Our Soil and said that people are looking for food that is more than food, and that it all depends on the most fragile part of the earth. She referenced the Soil Association Founder, Lady Eve Balfour, who said that "The health of the soil, plant, animal and man is one and indivisible." Guido Masé, followed on Sunday about Our Health and the impact of soil health on soil microbes, and the bacterial colonies on and in us. With his first slide of one of Vermont's tallest mountains, Camels Hump, he said that "The ecology is a living being. Camels Hump is holding us, and we are gut flora for the Champlain Valley." Organically managed soils, rich in biodiversity, improve phytochemical and phytonutrient density, contributing to healthier plants and healthier animals. He stated that "working with organic soils increases health because of the transfer of beneficial bacteria." In case you missed the keynote presentations, we recorded them and they will be available on our youtube channel in the coming months. In addition, we videotaped the Monday Intensive Trees on Farms, presented by Steve Gabriel, and several other workshops.



Sharing a hug and a smile near the community-made quilt from last year's conference is Erin Buckwalter, NOFA-VT's market development director, and artist Bonnie Acker. (Photo by Ali Zipparo)

With the high of the conference behind us, we are transitioning our organizing energy to thinking about next year's Winter Conference and our upcoming on-farm workshops – many of which follow up on the themes presented in the winter workshops. Since so many people were interested in elderberry production and consumption in the elderberry intensive, we will be already planning a summer or fall on-farm elderberry workshop! If you were or were not a conference attendee, please send your suggestions to our Education Coordinator, Rachel Fussell (rachel@nofavt.org) about a presenter or workshop you would like to recommend for either a winter or seasonal on-farm workshop. We appreciate your feedback and rely heavily on your suggestions for engaging workshops throughout the year. Your participation and engagement in our events keeps our learning community strong and growing. 



NOFA VERMONT

PO Box 697, 14 Pleasant St.
Richmond, VT 05477
NOFA: 802-434-4122
VOF: 802-434-3821
info@nofavt.org
www.nofavt.org

BOARD OF DIRECTORS

Mimi Arnstein
Sona Desai
Seth Gardner
Debra Heleba
Annette Higby
Andrew Knafel
David Marchant
Steve Paddock
Lynn Ellen Schimoler
Ross Thurber
Kate Turcotte

STAFF

Enid Wonnacott
Executive Director

Kirsten Bower
Finance Director

Erin Buckwalter
Direct Marketing Director

Nicole Dehne
Certification Director

Sam Fuller
Farmer Services Director

Rachel Fussell
Farmer Education Coordinator

Amy Gifford
School Food Programs Coordinator

Michael Good
Community Food Security
Coordinator

Ashley Green
Certification Specialist

Erin McGuire
Certification Program Assistant

Kim Norman Mercer
Communications Coordinator

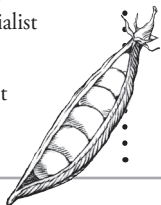
Maddie Monty
Office Manager & Policy Advisor

Abbie Nelson
Food Systems Education Director

Winston Rost
Certification Specialist

Gregg Stevens
Certification Specialist

Becca Weiss
Office Assistant



Spring Thoughts from Enid



As I put away my files from the 2016 Winter Conference, I am still surrounded by the many messages created by artist Bonnie Acker to share with the participants in a big bowl she made out of many layers of paper. Sayings such as “Celebrate a farmer any way you can” or “Feeding your neighbors is part of feeding the world” or “Bloom where you are planted” now grace my wall and pockets and are great reminders of so many of the other themes we address at the conference, sometimes in less public ways. A teacher from southern Vermont asked if she could take a bunch of the messages to decorate her classroom, several St. Michael’s college students said they were going to send them to their friends in the mail with Valentine’s cards, I shared messages with the Senate Ag Committee when I testified on the Regenerative Ag bill...I think the messages will have many adventures.

My favorite part of the conference is to stand at the evaluation table at the end of each day (not just because Lake Champlain Chocolates are there...) to ask people if they had a good day – this is often the opportunity for more candid evaluations and comments. I was really moved this year by the number of people who said the conference was pivotal to their farming or gardening success, or that they are energized by being part of a movement or that they attend the conference every year because singing the song with 1,000 other people releases the emotions they store up all year. Of course my asking is also an opportunity for people to tell me that there are not enough places for people to hang their coats, or they do not think we need to sing every year, or it is too cold to walk to workshops – all comments

are helpful and give me a full picture of how to continue to grow our event.

I forgot what my real favorite part of the conference was – all of the hugs I got from so many people! One of Bonnie’s messages was a reminder that I started the Slow Hug Movement in 2011 – so I got a lot of 8 second hugs at the conference this year! It was great when people walked up to me, gave me a hug, and then introduced themselves to me, in that order – unusual, and great.

I also had the pleasure of presenting our annual Jack Cook Award to NOFA member and certified organic grower David Chapman of Long Wind Farm this year. The Jack Cook Award is given annually in memory of long-time NOFA-VT bookkeeper to a NOFA-VT member who embodies the theme of the conference, and shares their knowledge with others. Given the theme of the conference this year, Our Soil, Our Health, it was easy to choose a member who is not only driving a national Keep the Soil in Organic Campaign, but is also serving as the NOFA-VT representative on the Organic Trade Association’s Farmer Advisory Council, and the national Hydroponic Task Force. This once quiet farmer and tai chai instructor is now almost a full-time educator! When he received the award, David said “I used to think it was enough to stay home on my farm and grow great tomatoes, now I see how many critical movements are taking place and how important it is to get involved.” That sentiment was validated by Senator Leahy’s affirmation when he spoke during lunch that he was “Pushing very hard to get a moratorium on any new certifications (of hydroponic operations) and am talking directly with Secretary of Agriculture Vilsack about that.” Vermont, again, with the activism of Vermont farmers and support of our Congressional Delegation, is pushing an organic agenda.

Let’s keep our messages strong, and keep sharing them with others.

NOFA Vermont is an organization of farmers, gardeners, & consumers working to promote an economically viable and ecologically sound Vermont food system for the benefit of current and future generations.

Regenerative Agriculture Essential to Reversing Climate Change

By Will Allen & Kate Duesterberg, Cedar Circle Farm, East Thetford, Vermont

In the winter of 2014, activists from around the world founded an international organization to raise awareness about the amount of greenhouse gasses (GHGs) that result from industrial food and agriculture. But, more importantly, the organization is dedicated to promoting the fact that organic, regenerative farms, ranches, forests, and gardens have enormous capacity to sequester those greenhouse gasses. The organization is called Regeneration International, in honor of Robert Rodale, who coined the phrase regenerative organic agriculture. More and more worldwide research studies are demonstrating that regenerative organic agriculture is an essential solution to climate change and food security.

Climate activists like 350.org have been successful in focusing the nation's attention on fossil fuels, fossil fuel emissions, and tar sands. Up to this point, however, they have concentrated their activist efforts on only about half of the emissions—those from fossil fuels. Regenerative organic agriculture is the complimentary and necessary other half of the fossil fuel based climate change

movement. The regenerative movement is anxious to illustrate that the other half of the emissions are mostly from industrial food and agriculture systems both nationally and internationally. In 2009, World Bank Group scientists concluded that animal agriculture alone was responsible for 51% of the world's GHG emissions, while other scientists concluded that food and agriculture's emissions combined were from 44-57% (UNCTAD, 20).

In spite of such widespread agreement about the emissions from food and farming, regulators at the USDA, the EPA, and the state of Vermont, estimate that only 10-12% of GHGs come from the food and agriculture sector. The government underestimates of emissions have allowed state, federal and international regulators to completely ignore agriculture as a problem or a solution.

While in Paris for the COP 21 talks, we observed that this was the first year agriculture was even mentioned in the negotiations process. The French 4/1000 initiative – their commitment to provide incentives for farmers to increase organic

matter in their soils by 4 parts per 1000 – hopefully paved the way for getting key issues related to carbon draw-down on the table. Many other countries pledged to institute similar programs as well. It remains to be seen whether they will actually be successful in instituting the soil building programs or find the funding to support them. We saw the negotiators begin to pay attention to soil as a solution, but wonder if countries will act soon enough.

In order to continue the work of promoting regenerative agriculture back home, we decided to start Regeneration Vermont and focus on dairy and vegetable farming in our state. Our efforts are concentrated on education and activism. We are promoting no-till and minimum till. We are attempting to educate consumers and legislators about regenerative farming practices for Vermont. We are also informing Vermonters about the damaging nature of industrial dairy farming.

About 75% of Vermont's farm income comes from dairy farmers who manage

Regenerative Ag, continued on page 10

A Warm Welcome to Our New Staff & Board Members!

We are excited to welcome the following new hires to Vermont Organic Farmers, the certification program of NOFA-VT:



Erin McGuire, VOF Certification Assistant — Erin is bringing a love of all things food to NOFA and is excited to be part of the global movement toward sustainable agriculture. She earned her B.S. in Biology in her home state of Michigan and (briefly) studied both wetland restoration ecology in Illinois and creative writing in Vermont. She's worked on a 1.25-acre urban vegetable farm in Chicago, as an artisan cheesemaking apprentice in Whiting, VT, and for several years at a family-owned natural foods market doing everything from slicing cheese to creating recipes to writing blogs. Erin lives in Burlington and is enjoying making her home in Vermont.



Winston Rost, VOF Certification Specialist (Processed Products) — Winston worked at Green Mountain Coffee Roasters / Keurig for 24 years, starting out as a part-time barista in the Factory Outlet in Waterbury, VT. Over time, he worked in the roasting plant, drove a fork truck, stamped paper bags, worked in the call center, and taught "Coffee College", a one day overview of coffee from tree to cup, to thousands of new employees and customers. His most recent position was as the Farmer Relations Manager where he worked with hundreds of Fair Trade, Organic and conventional farmer groups around the globe. With his wife and two young kids, they have a small farm in Duxbury with a sprawling garden, goats, chickens, apple trees, and blueberries.

Also: Thank you to everyone who voted at the Winter Conference for new Board Members Annette Higby and Lynn Ellen Schimoler. We are delighted to have them on board!

Photos from the 2016 Winter Conference

“Our Soil, Our Health” – The 34th Annual Winter Conference was held February 13-15 at the University of Vermont in Burlington, and brought together more than 1,000 farmers, gardeners, homesteaders, consumers, and exhibitors, coming from over 20 U.S. states and Canadian provinces, to celebrate and learn more about sustainable and healthy agriculture. We hope you enjoy these photos from the conference, graciously taken by Alexandra Zipparo.



Above left: With the help of artist Bonnie Acker, Children's Conference participants make beautiful Valentines for Vermont pediatric oncology patients. Above right: Dave Miskell and Dave Chapman pose with US Senator Patrick Leahy while promoting their campaign to “Keep the Soil in Organic”, for which Dave Chapman received the 2016 Jack Cook Award. Right: NOFA-VT staff and artist Bonnie Acker hold up some of the original community artwork made this year. Below left: Dedicated volunteers wait to sign in pre-registered conference participants. Bottom right: Maddie Monty, NOFA-VT’s policy advisor, and Enid Wonnacott, executive director, with Sen. Leahy after he addressed the crowd at lunchtime on Saturday.



Potatoes 101: How to Get Great Yields with Successful Techniques

This article is an excerpt from a High Mowing Organic Seeds blog, posted on February 19, 2016. Written by Sophia Bielenberg.

Potatoes are a simple, fun crop to grow and can help you eat local year-round thanks to their impressive shelf life. In addition to choosing the right varieties for your needs, it's also important to choose a successful growing method.

You can find information about all sorts of different techniques on the internet these days, from growing in stacked wooden boxes to wire cages filled with straw. But a lot of these methods just aren't worth their salt and can result in disappointing yields, even with extra love and care.

To succeed, start by mixing some compost into the soil, then dig shallow trenches about 6" deep and 2-3 feet apart in your raised beds, plant your seed potatoes in the trenches about 10" apart, then cover with 4" of soil. Just like with planting in the ground, you should begin hilling the plants when they get about 8" tall, and continue hilling as the plants grow to give the tubers plenty of room to size up.

To harvest from hills or raised beds, wait until about one week after the plants have completely died back, then pull them up by the stems and remove any potatoes that are attached to the roots. Once the plants have been removed from the bed, you can use a spade or garden fork to dig up the rest of the potatoes. Alternatively, you're less likely to accidentally spear your spuds if you invite some friends over to help you sift through the soil by hand. It's a dirty job, but if you feed your helpers in return (or remind them that soil microbes are natural anti-depressants), they won't mind so much.

Methods I Do Not Recommend Because They Stress the Plants & Reduce Yields:

- Planting in straw (I find that the plants dry out, but this may work in high-rainfall areas).



- Planting in wire cylinders full of straw, compost or soil (there is too much airflow so the plants dry out, resulting in undersized tubers).
- Planting in plastic bags or other containers with poor drainage and airflow. Food-grade plastic tubs with drainage holes can be used, but clear and dark-colored tubs tend to heat the soil too much and can reduce yields.
- Planting upside down, grafted to tomato plants or other boutique methods that are more like fun science experiments than successful production techniques.

5 Common Mistakes to Avoid:

Starting Too Late. If you're located anywhere except the cool North or mountain states, there's not much point in planting potatoes in June. The soil is already too warm and yields will be disappointing. However, you may still be able to produce a fall crop by planting in an area with afternoon shade, where the soil stays cooler, and fall crops may avoid the worst damage from Colorado Potato Beetles.

Letting Plants Dry Out. This is an issue in areas with sandy soil and in hot environments like containers, rooftops

and urban heat islands. Water thoroughly every morning in these situations, and hire a plant-sitter if you'll be going away. Plants that have wilted will have reduced yields.

Using the Wrong Soil. Generally potatoes grow best in deep, loose, loamy soil that is not too rich – 2 parts garden soil to 1 part compost is a good mix for hills and raised beds. If your soil is compacted or you till too shallowly, your plants won't have enough soil to grow in and yields will be low. If you plant in containers, you need to use potting soil because garden soil hardens in pots, making it harder for tubers to form.

Not Enough Drainage. All potatoes prefer good drainage, so it's best to choose a spot that doesn't flood, even in rainy seasons. This is unavoidable in some years, but drainage ditches, raised beds, containers or aggressive hilling can keep the plants above water in extreme situations.

Too Many Seed Potatoes. The amount of loose soil you provide, not the number of seed potatoes you plant, is the main factor that will limit yields. Crowding the plants will generally result in lower yields, not higher ones, so give each potato piece the space and soil it needs to thrive. ✨

Agroecology in Cuba: The Next Level

Jim Ryan, Bear Swamp Farm in Wolcott, Vermont

My partner Katie and I, along with a van-load of Vermont farmers, had the good fortune of spending Thanksgiving week in Cuba. We attended an international farmer-to-farmer agroecology conference in Guira, a tiny agricultural community about a 45 minute drive from Havana.

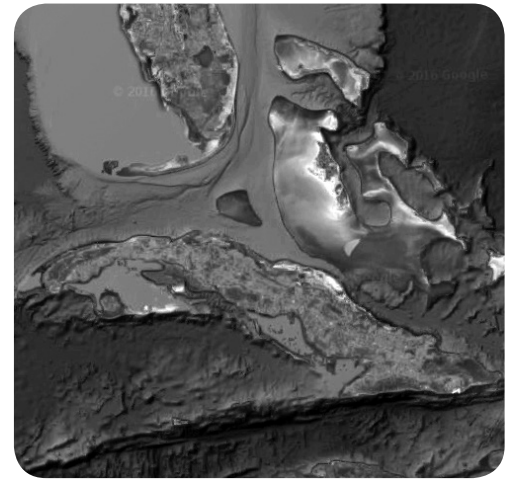
We, and about 250 other delegates representing 27 nations, attended the National Association for Small Farmers (acronym ANAP in Spanish) and Campesino-a-Campesino International Agroecology Event. Our farm is a NOFA VT member, which is in turn a member of Campesino-a-Campesino organization. To be called a campesino (peasant farmer) in Cuba is considered a compliment.

Vermont was well represented, accounting for approximately one-third of the U.S. delegation total. The Vermont delegation included three of Vermont's largest organic vegetable producers, several smaller vegetable producers, and Vern Grubinger, UVM Extension's Vegetable and Berry specialist. The event was attended by farmers and sustainable

agricultural organizations and advocates from around the world. The format of the event included farm visits, classroom presentations and discussions, and international delegate networking.


Agroecology takes organic farming to the next level, blending principles such as permaculture, bionutrient density, and biodynamic farming. Agroecology practices include: botanical pest controls, raised beds, over story-understory growing, intercropping, animal traction power (using draft animals), addressing soil erosion and capturing available nutrients, application of micronutrient teas, making and applying manure-based and vermiculture compost, and repurposing materials from the farm whenever possible. The mission of ANAP and Campesino-a-Campesino is to convey these practices, and skills from farmer to farmer, and the success of this initiative is astounding!

We visited 7-8 farms each day, spending lots of time on the bus getting to and from farms. Each farm we visited



included a gathering of the entire farm family and ANAP and local cooperative representatives. After introductions, the farmer presented information such as amount of land in production, crops grown and where they were grown, described the history of obtaining the farm, map of the farm, and delved deeply into the principles and practices of agroecology. Each farmer radiated a deep sense of pride of how they were growing quality, organic food for their local community. Much of the fresh fruits and vegetables produced were destined for nursing homes, daycare centers, schools,

Cuba, cont. on page 8



Crops thrive on
CHILEAN NITRATE
The NATURAL Fertiliser
CONTAINING VITAL ELEMENTS


Enriching Farms Since 1831

allganic
Nitrogen

OMRI
LISTED
For Organic Use

www.allganic.net

SQM North America
Tel: (1 888) 241 0233
E-mail: allganic@sqm.com



SQM
ORGANIC
The Organic
Division
of SQM

NOFA-VT's Elderberry Intensive Drew Big Crowd

By Rosalie Wilson, Business Development Consultant and member of NOFA Vermont

There is rising interest among Vermont farmers and homesteaders in “superfruits”. Because of this interest, the University of Vermont’s Center for Sustainable Agriculture obtained a Working Lands Enterprise Board (WLEB) grant to explore the commercial potential of elderberry. The purpose behind the project is to provide growers in Vermont and Northern New England with information to determine if this crop makes sense for them. The NOFA Elderberry intensive was the first in a series of three workshops on Elderberries that the Center will be hosting.

On Feb 15th we hosted a packed audience from ME, NY and VT eager to learn about the history of elderberry, its medicinal properties, how to plant and care for it in our region, how to make value added products, and what to expect as a potential financial return. David Fried, owner of Elmore Roots Fruit Tree and Berry Nursery sang *The Elderberry Rap Song* (see song, right) and provided interesting historical insights. Did you know Italian winemakers began diluting port with Elderberry and then sales for port spiked as people attributed their improved health to port? We also learned about the elder mother and that consuming elder on midsummer night’s eve may lead you to encounter faeries. Guido Masé, Chief Herbalist at Urban Moonshine, confirmed there may be some veracity to these claims given the elder’s cyanogenic properties. In addition to elder’s edible nature we also discovered elder’s hollow canes were useful as arrow shafts and flutes, and the deep color of its berries makes a natural dye.

Guido provided a fascinating session on the medicinal make-up of the plant noting anthocyanins and flavonoids Rutin and Quercetin are what give elder its anti-viral and anti-inflammatory properties making it an excellent cold and flu fighter. Guido also cautioned that elder was historically used as a laxative and its ability to “get things flowing” along with its cyanogenic properties mean it should be consumed sparingly. Guido also explained that once in the body, elder has a short half-life of only 2.5 hours so to reap maximum benefit, administer small but frequent doses to maintain elevated levels of flavonoids in your blood stream. For someone with a cold or flu, Guido recommended a daily adult dosage of 2-15 grams of dried flowers

or 3-18 grams of fresh berry taken in mini-doses of 2-3 grams every few hours. For example 1 cup of 2-3 grams elderflower tea, 5 times per day. Guido also explained that the medicinal properties of



David Fried, getting inspiration in the elderberries.

The Elderberry Rap Song

By David Fried, Elmore Roots Fruit Tree & Berry Nursery

What’s that growing by the side of the road?
Big flowerheads for bees and cool shade for the toad
With berries hanging down
when the summer’s winding down
It’s the elderberry bush! Oh, get out of town!

How can something so prolific have a name like that
How come we can eat its fruit all day and not get fat
Why do old time Vermonters say they never get a cold
When they sip the juice all winter,
so why’d we call it “old”?

It’s our elder, our ancestor, our wise old shrub

Keeps us on our feet, brings us home from the pub
Its berries heal us deeply and it grows on all our hills
We get excited when we find it ‘cause it’s
good for “what ills.”

Plant it brother, plant it
Sister trim some flowers
Use them as an essence
Or toss them with some flour

The elderberry comes to us to smooth each daily rift
Sip this plant elixir and receive this purple gift!

elder are not heat-sensitive and we needn’t be concerned about heating concentrate, syrups or teas. The only heat sensitive element that may be slightly diminished will be the concentration of Vitamin C.

Guido explained that based on chemical analysis of berries he has received, elderberries growing in more strained environments appear to maintain higher anthocyanin and flavonoid concentrations which would indicate they possess greater medicinal value than those coddled with Nitrogen. This may become a marketing advantage for Vermont growers if consistently demonstrated through research.

John Hayden, owner of the Farm Between described his method for establishing and maintaining his 40 bush, 250’ row feet planting. John doesn’t till but he frost seeds the rows between the beds with clover as a

cover crop and weed control. John amends with wood chips, and manages weeds in the beds with landscape fabric. John bought a wood chipper to make his own ramial, hardwood, wood chips. Ramial (chips of less than 2” in diameter) is important in order to get the proper ratio of C:N from the wood chips. There is a nice article on Ramial on the MOFGA website at www.mofga.org.

John and Nancy sell frozen berries, and elderberry syrup on sno-cones at the farmers markets, they also offer Pick Your Own to herbalists.

I presented on the financial research we have been doing for the production guide on growing and selling elderberry in VT in today’s economy. What I have found is that growing elderberry in Vermont can be

Elderberries, continued on next page

profitable, however, your financial success is highly yield dependent. The best strategy to ensure high yields is to take the time to properly establish your planting in the first three years. Vermont growers have demonstrated an ability to yield 10-15 pounds per bush however our average hovers closer to 4.46 pounds. A 40 bush planting would require approximately \$4,460 in capital investment, cost approximately \$470 per year to operate, and at the average yield per bush and a direct to consumer price of \$6/lb, provide a net income starting in year three of \$602/year resulting in an 11 year return on investment.

At a 1 acre scale, 6'x12' spacing, the capital investment would be \$22,936 (this includes the one-time \$8,000 cost of a mechanical de-stemmer which could be optional if you want to put that investment into time and labor) Annual operating expenses would run just over \$6,000 per year and assuming a price point of \$4 per pound (a lesser average price assuming some is sold wholesale) the annual net income would be \$4,675 with a 10 year return on investment.

At a larger commercial scale, 5 acres, maintaining a 6'x12' spacing, the capital investment would be just over \$80,000. Annual operating expense would run approximately \$32,000 per year. Assuming the 4.46# per bush yield, and a price point of \$4 per pound the annual net income would be \$22,144 and the return on investment 8 years.

Growers can mitigate the financial risk posed by low yields by making and selling higher margin value added products such as elderberry tea, syrup or concentrate. The average retail price for elderberry concentrate for example is \$16 per 8 oz bottle.

You can google UVM's Center for Sustainable Agriculture Elderberry Project for more information and resources. *The Production Guide*, which will include both market and enterprise analyses, will be published this summer on the website. If you would like to participate in a listserv for people interested in growing elderberry, email Cheryl.Herrick@uvm.edu. ✿

and hospitals. We were treated to fresh local fruits and coffee at each farm visit.

Our Cuban hosts liked to let their hair down at the end of the day. After the business part of the day when formalities concluded, our hosts treated the group to lively evening social events. We partook in pig roasts, bottles of light and dark Cuban rum, local beer, and festive Cuban music. We had many impromptu dance parties with local farmers, cooperative members, and international conference attendees all swinging their collective hips on the dance floor. The vitality of the Cuban culture was infectious.

We had a trip of a lifetime to Cuba and are already planning our next one. ✿

[Executive Directors note: NOFA-VT's Farming Beyond Borders program encourages farmer-to-farmer education and I asked Jim to write about his experience in Cuba to encourage the exchange of stories from different agricultural communities.]

Together, Better Choices

...like carrying thousands of local products.



Golden Russet Farm, Shoreham

photo by J.Silverman

Current local food sourcing needs at the Co-op:

- | | |
|---------------------------------------|-------------------------|
| Dairy & Perishables | Grains, Seeds, and Oils |
| Goats' Milk | Barley |
| Single-Source Cottage Cheese | Buckwheat |
| Grocery | Rolled Oats |
| Beet Sugar | Meats |
| Nuts (black walnuts, hazelberts, etc) | Buffalo |
| Flour Tortillas | Duck |

For a full list, visit www.citymarket.coop/local-product-gaps or contact Lynn Ellen Schimoler, Assistant Director of Operations-Retail at 802-861-9751 or lynnellen@citymarket.coop.



Your Community-Owned Grocery Store

82 S. Winooski Ave, Burlington, VT 05401

Open 7am - 11pm every day • (802) 861-9700 • www.citymarket.coop

Spring Policy Update

By Maddie Monty, NOFA Vermont Policy Advisor



The DARK Act Returns to D.C.

Recent events in D.C. give the impression that Vermont's GMO labeling law, set to take effect in July, has junk food and biotech companies all in a tizzy. After the House of Representatives passed similar legislation last year, Senator Pat Roberts (R-Kansas) introduced a bill in February that attempts to permanently strike down Vermont's historic GMO labeling law. Roberts' egregious bill protects the interests of a handful of corporations at the expense of Americans' right to simple, factual information about the food we eat and feed our families.

Roberts' bill, S.2609, is similar to House Bill 1599, which has been dubbed the DARK (Deny Americans the Right to Know) Act. Like the DARK Act, Roberts' bill attempts to put a stop to Vermont's GMO food labeling law, but it goes a step further, threatening our labeling law for GMO seeds that has been in effect since 2004. In a provision that adds insult to injury, Roberts' bill also requires USDA to "educate consumers" about the benefits of biotechnology, turning the Ag Department into a cheerleader for Monsanto and friends.

On March 1st the Senate Agriculture Committee reviewed and passed the bill by a margin of 14-6. On Wednesday, March 16th, the bill failed a procedural step called a "cloture" vote required to bring it to the Senate floor. Roberts' bill fell substantially short of the support it needed, garnering only 48 of the 60 "Yea" votes required to move forward. Thankfully, our Senators Bernie Sanders and Patrick Leahy continue to be vehement champions for your right to know and have co-sponsored a bill from Senator Jeff Merkley (D-Oregon) that

could provide a path forward for mandatory labeling at the federal level.

Following the cloture vote, Senators are likely to continue working on compromise legislation, which could include the use of QR codes and long delays on implementation. So, while Wednesday's vote represents a clear victory for consumers, it is increasingly important to stay vigilant that nothing less than mandatory, on-package labeling will suffice.

Second Draft of RAPs for Water Quality Released

Act 64 (Vermont's Clean Water Act, passed in 2015) requires the Vermont Agency of Agriculture, Food & Markets (VAAFM) to develop new Required Agricultural Practices (RAPs) to reduce water quality impacts from Vermont farms. In February, VAAFM released its second draft of the RAPs for another round of informal public review and comment before the official rulemaking period begins, likely in May.

We are currently reviewing the Agency's second draft and will continue working to ensure the RAPs protect water quality while also reflecting the on-the-ground realities of Vermont's farms. Have questions or comments on the RAPs or the rule making process? Contact Maddie Monty, NOFA-VT Policy Advisor at maddie@nofavt.org.

Organic Farmers and Advocates Call for a Moratorium on "Organic Hydroponics"

Vermont's organic farmers understand that healthy, biologically active soils are

the foundation of organic growing. For this reason, many feel that hydroponic operations (which rely on nutrient solutions and soilless mediums) do not fit into the soil-based paradigm of organic. After years of effort, including a demonstration at the Fall 2015 NOSB meeting in Stowe, it appears the voices of organic farmers are being heard. At this year's NOFA-VT Winter Conference in Burlington, Senator Patrick Leahy announced that he would ask Secretary of Agriculture Tom Vilsack to place a moratorium on new hydroponic organic certifications. In February, our Senator (who drafted the Organic Foods Production Act in 1990) penned a letter to Secretary Vilsack in defense of keeping the soil in organic. To learn more, get updates, and sign the petition for a moratorium on hydroponic organic certification, visit keepthesoilinorganic.org

Spring NOSB Meeting and Comment Period

This year's Spring meeting of the National Organic Standards Board (NOSB) will take place in Washington, D.C. from April 25th to 27th. The meeting agenda is now available on the NOSB webpage, and written comments will be accepted through April 14th. Let us know which materials, inputs, or methods you care about! Contact Nicole Dehne, Certification Director at nicole@nofavt.org. ✿

Want to avoid GMOs? Choose organic!

The National Organic Program standards prohibit the use of GMOs.

No certified organic product can contain or be made with GMO ingredients; organic meat, milk, and eggs come from animals fed a diet free of GMOs. Without mandatory labeling of GMOs in food, choosing certified organic is one way to ensure that you know what is - and what is not - in the food you buy.



Slow Cooker Chicken Thigh Hot Pot

Traditional Chinese hot pots are cooked at the table, so this hearty slow-cooker stew technically doesn't count. Nevertheless, the flavors are inspired by a hot pot, and this countertop version is easy and delicious.

Makes 4 2-cup servings | Active time: 35 minutes | Total time: 5 hours | Gluten-free

- 2 teaspoons avocado oil or organic canola oil
- 1½ pounds boneless skinless chicken thighs, fat trimmed
- 1 large Spanish onion, diced
- 1 cup sliced shiitake mushrooms
- 1 tablespoons minced garlic
- 1 teaspoon five-spice powder
- ½ teaspoon ground dried ginger
- ½ teaspoon crushed red pepper flakes, or to taste
- ½ cup dry sherry
- 4 cups low sodium chicken broth
- ¼ cup dark maple syrup
- 3 tablespoons reduced-sodium, wheat-free tamari or soy sauce
- 2 tablespoons white vinegar
- 1 cup large-diced carrots
- 1 cup large-diced peeled celeriac
- 1 cup large chunks peeled yellow potato
- 2 tablespoons toasted sesame seeds
- ¼ cup thinly sliced scallions

1. Heat oil in a large heavy skillet over high heat. Add chicken thighs and cook for 7 to 8 minutes, until browned. Flip and brown other sides. Remove skillet from heat and transfer chicken to a large slow cooker.

2. Return the skillet to medium-high heat. Add onion, mushrooms, and garlic and cook, stirring often, 3 to 5 minutes, until onion is softened. Add five-spice powder, ginger, and red pepper flakes and cook, stirring, 30 to 90 seconds, until fragrant. Add sherry and cook, scraping up any browned bits, 30 to 90 seconds, until mixture comes to a boil and sherry is reduced by about one half.

3. Transfer onion mixture to the slow cooker. Add broth, syrup, tamari, and vinegar and stir to combine. Place carrots, celeriac, and potato on top (do not stir). Cover and cook for 4 hours on low. Garnish with sesame seeds and scallions and serve.

*This featured recipe is from **Maple: 100 Sweet and Savory Recipes Featuring Pure Maple Syrup** by Katie Webster. Reprinted with permission from Quirk Books.*



about one million acres in the state. Dairy is dominant, but vulnerable. We analyzed the state's data and in the last six years we found that herbicide and fertilizer use have soared. Ninety thousand of the 134 thousand cows in Vermont are locked up 24/7. Only 870 of the more than 6,000 dairies that flourished in Vermont in the 1970s survive today. While 200 of them are organic, almost 670 of them are contributing to climate change.

But it's about more than targeting and putting a stop to toxic, climate-threatening agriculture. The regenerative agriculture that will replace it will not only put a halt to GMOs, toxic pesticides and factory animal production, but also employ practices that enhance soil quality and, as a result, sequester more and more carbon from the atmosphere. We are seeking to hasten the necessary transition that puts agriculture in its rightful place as a solution to many of our ecological woes, rather than the cause.

To support this need for good food and farming, we also need to encourage the growing demand for organic products from the millions of conscious consumers whose awareness of their role is hopefully growing. There is hope, but it's up to all of us to work for the change that is essential to the future health of our planet. ✨



Food, Farm, Lodging & Agritourism Marketing

- Consulting
- Branding
- Strategic Marketing Plans
- Print
- Packaging
- Websites
- Email Marketing
- Social Media
- Event & Program Development
- Public Relations

802-485-7274
PamKnights.com

Growing Strong Businesses Since 2000!



FARMER-OWNED
CROPP COOPERATIVE

Join America's Leading Organic Farmer Cooperative

- Stable Organic Premiums
- Transition Assistance
- Veterinary & Agronomic Support
- Feed & Forage Sourcing

Contact our Farmer Hotline today!
(888) 809-9297 | www.farmers.coop



**Increase your bottom line in 2014.
Let us design & print your labels!**

FREEZER & WATER-PROOF LABELS
DIGITAL COLOR • GRAPHIC DESIGN
FARMER-FRIENDLY DISCOUNTS
FREE SHIPPING FOR MOST PRODUCTS

FREE CATALOG/INFO/SAMPLES
1-800-693-1572
WWW.GROWERSDISCOUNTLABELS.COM

NEW! ONLINE EASY ORDER FORM



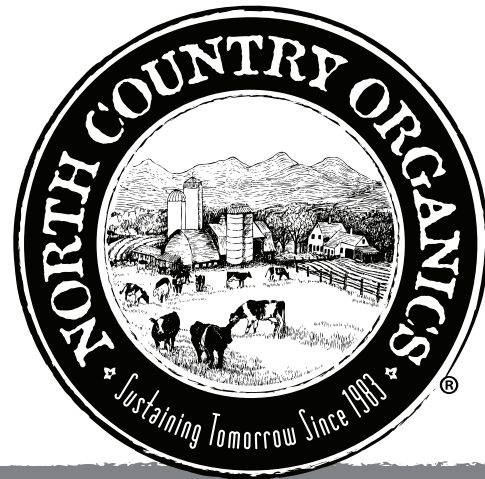
GIROUX'S POULTRY FARM

8957 Route 9
Chazy, N.Y. 12921

GIROUX'S POULTRY COMPOST

- Premium organic compost: approximate N-P-K of 2-3-2. (High fertility)
- Contains natural materials: chicken manure & sawdust.
- Adds microbes to your soil.
- Helps to suppress plant pathogens.
- Excellent soil conditioner.
- Increases organic matter.
- Bulk trailer deliveries or pickups.
- Custom spreading available.

Call 518-846-7300 for more details.



NATURAL FERTILIZERS & SOIL AMENDMENTS
ENVIRONMENTALLY COMPATIBLE PEST CONTROLS

**FRUIT & VEGETABLES
LANDSCAPING
NURSERIES
ORCHARDS
TREE & TURF CARE
AND MUCH MORE...**

More info on
NORGANICS.COM
or call for the location of your
nearest wholesale distributor

ph: 802-222-4277
email: info@norganics.com
fax: 802-222-9661

* for a complete list of WSDA & OMRI listed products
please see our website.

Farming Organically
Since 1981



Golden Russet Farm

We Know What We Grow!

Greenhouses

- Organic Vegetable & Herb Plants
 - Annuals, Perennials & Hanging baskets
 - Organic Potting Mix, Fertilizer & Seeds
- Open Daily: April 30 - late June**

Farm-to-Kitchen Connection CSA

Sign up now!

Cut Flowers

By the bucket for
DIY Weddings & Events



Will & Judy Stevens, Shoreham, VT

802-897-7031 • GoldenRussetFarm.com

"I took a loan from the Vermont Farm Fund to keep the funds I pay back revolving around our great VT farm community."

—Bob Lesnikoski
a.k.a "Cranberry Bob"
Vermont Cranberry Company



VermontFarmFund.org

LIVING POTTING SOIL FOR ORGANIC GROWERS

802-223-6049 | Montpelier, Vermont
vermontcompost.com

WE SPEAK ORGANIC



Thanks to our Winter Conference Sponsors!

PATRONS



The University
of Vermont

BENEFACTORS



Green Mountain College



SUSTAINERS



CONTRIBUTORS



SUPPORTERS

Albert Lea Seed

Clean Yield Asset Management

Co-operative Insurance Companies

Farmer Veteran Coalition of Vermont

Green Mountain Power

Johnny's Selected Seeds

Lintilhac Foundation

Shelburne Farms

Wellscrest Fence Systems, LLC

FRIENDS

ADAK Farm Systems

Agri-Dynamics

Champlain Valley Compost

Deep Root Organic Cooperative

Drew's LLC

Fedco Seeds

The Fertrell Company

North Country Organics

Nourse Farms Inc

Rural Vermont

UVM Center for Sustainable Agriculture

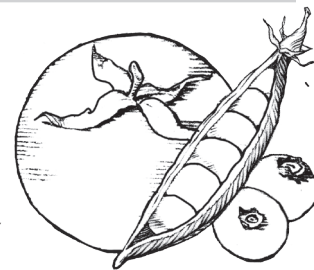
MEDIA SPONSOR

Vermont's
LOCAL BANQUET

Funding for this project was also provided by the Vermont Agency of Agriculture, Food and Markets, Vermont Specialty Crop Block Grant 02200-SCBGP-9-2, CSA Strategic Planning and Marketing; the USDA Agricultural Marketing Service Farmers Market Promotion Program Grant no. 14-FMPPX-VT-0169; and the USDA Risk Management Agency. The USDA is an equal opportunity provider.

Thank you to our supporters, sponsors, & funders

NOFA welcomes the following members who recently joined us, as well as the following businesses for their ongoing support. Thank you for supporting Vermont organic agriculture!



New NOFA Vermont Members

- Anonymous
- Alison Baker, E Thetford, VT
- Dashiell Barney, Barre, MA
- Kyle Barrett, Bradford, VT
- Jeannie Bartlett, Middlebury, VT
- Matthew Bastress, Charlotte, VT
- Bradley Bates, Enosburg Falls, VT
- Chad Beckwith, Jackson Falls, VT
- Brigham Beeman, Andover, VT
- Dennis Beloin, Westfield, VT
- Carlton & Nancy Bertrand, Swanton, VT
- Erlend Bjorklund, Montreal, QC
- Cynthia Bogard, Montpelier, VT
- Larry Bohan, Albany, VT
- Lynne Boudreau, Marlow, NH
- Genica Breitenbeck, Morrisville, VT
- Robyn Brill and Julie Krouse, Corinth, VT
- Nicole Burke, Taos, NM
- Eric Cannizzaro, South Burlington, VT
- Charles Capaldi, Westfield, VT
- Daniel Clayton, Underhill Center, VT
- Heidi & Philip Corriveau, Winooski, VT
- Lyn Des Marais, Brandon, VT
- Ethan Dick, Sudbury, VT
- Ruth Duckless, Newport, VT
- Sophie Duncan, Newton, MA
- Matthew Ennis, Winooski, VT
- Jake Feldman & Erica Backus, Montpelier, VT
- Dawn Fellers, Canaan, NH
- Joshua Fishman, Norwich, VT
- Ashley Fuentes, S Burlington, VT
- Jodi & Donald Gale, Lincoln, VT
- Ed Garrett, Davis, CA
- Janet Givens & CW Starkweather, Danville, VT
- David Goldblatt, Littleton, NH
- Steven Googin, Keeseville, NY
- Lowell Gray & Lina Hristova, Woodstock, VT
- Mojo Hancy-Davis, Burlington, VT
- Tom O'Handley, Brooklyn, NY
- Mike Heald, Westfield, VT
- Patrick Healy, Marshfield, VT
- Alexandria Heather, Montpelier, VT
- Allison Hooper & Adeline Druart, Websterville, VT
- Bruce Howlett, E Montpelier, VT
- Tom Hungerford, St Albans, VT
- Christa Hunter, Shelburne, VT
- Colleen Iral, Yorktown Heights, NY
- Timothy Jarvis, West Topsham, VT
- Pam Jaspersohn, Craftsbury Common, VT
- Luke Joanis, E Thetford, VT
- Anya Kaplan-Seem, Essex, NY
- Joseph Kearney, Shelburne Falls, MA
- Noah Klein-Markman, Somerville, MA
- Erin Knight, Burlington, VT
- Ryan & McKalyn Leclerc, Hardwick, VT
- Collin Mahoney, Westfield, VT
- Nick Managan, S Duxbury, VT
- Henry Manchester, Johnson, VT
- Asa Manning, Westfield, VT
- Rick Marsh, Jeffersonville, VT
- Sara McGlinchy, Oakhurst, NJ
- Dan McLaughlin, Morrisville, VT
- Cooper Miller, S Burlington, VT
- Lizabeth Moniz, Worcester, VT
- Chantal Mullen, Kernersville, NC
- Deb Neher, Burlington, VT
- J Kristin Niebling, Randolph Center, VT
- Coco O'Connor, Waitsfield, VT
- Krystyna Oszkinis, Norwich, VT
- Kim & Michael Paquette, Ascutney, VT
- Cristina Pellegrini, Thetford, VT
- Noel Perriello, Burlington, VT
- Ann Petersman, Crestview Hills, KY
- Linnea Phillips & Andy Verhelst, Burlington, VT
- John Pimental, Nashua, NH
- Morse Pitts, Montgomery, NY
- Adam Quattro, Brookfield, CT
- Jane Quigley, Shrewsbury, VT
- Terrance & Juliette Rice, Swanton, VT
- Valada & Donald Richards, Milton, VT
- Steve Roberto, Northfield, MA
- Nathalie Rodriguez, Brooklyn, NY
- Maggie Rubick, Manchester, VT
- Richard & Bonnie Ryan, Fletcher, VT
- Rachel Schneider, Ghent, NY
- Amy Schulz, Johnson, VT
- Debbie Silverwolf, S Royalton, VT
- Barb Smith, Manchester, VT
- Joseph Sprano III, Alburg, VT
- Corinne Steel, Charlotte, VT
- Brian Stroffolino, Quechee, VT
- Matt Stuart, Norwich, VT
- Kristina Sweet, Montpelier, VT
- Matt Systo, Barre, VT
- Randall Szott, Barnard, VT
- Daphne Van Schaick, West Pawlet, VT
- Tina Barney & Sara White, Hartland, VT
- Kristen Willis, Vernon, VT
- James & Alice Wuertele, St Johnsbury, VT
- Natasha Yandow, S Burlington, VT
- Dorian Yates, South Stratford, VT
- Mark Yorra & Catherine Gates, Barre, VT
- Timothy & Sandra Wilmot, Underhill, VT
- Dan & Susan Zucker, Moretown, VT
- Richard Witting, Burlington, VT

New & Renewing Business Members

- ADAK Systems, Glenville, NY
- Agri-Dynamics, Martin's Creek, PA
- American Flatbread, Waitsfield, VT
- American Meadows, Inc., Williston, VT
- Ardelia Farm, Irasburg, VT
- ASPCA, New York, NY
- Aqua Vitea, Middlebury, VT
- Bluebird Barbecue, Burlington, VT
- Botanical Springs, Watertown, MA
- Cedarwood Natural Health Center, S Burlington, VT
- Chelsea Green Publishing, White River Jct, VT
- City Market, Onion River Co-op, Burlington, VT
- Clean Yield Asset Management, Norwich, VT
- Co-operative Insurance Companies, Middlebury, VT
- Corse Farm Dairy, Whitingham, VT
- Dancing Bee Gardens, Middlebury, VT
- Dealer.com, Burlington, VT
- Deep Root Organic Co-op, Johnson, VT
- Eating Well Magazine, Shelburne, VT
- Eden's Echo Forest Management Co, Eden Mills, VT
- Farmers To You, Calais, VT
- Flawed Logic, Rutland, VT
- Fox Run Farm, Montpelier, VT
- Fresh Tracks Farm Vineyard & Winery, Berlin, VT
- Gardener's Supply Company, Burlington, VT
- GotWeeds?, Royalton, VT
- Hazen Monument Farm, E Hardwick, VT
- Henderson's Tree Service LLC, White River Jct, VT
- High Meadows Fund, Middlebury, VT
- Hildene, The Lincoln Family Home, Manchester, VT
- Hunger Mountain Coop, Montpelier, VT
- Iroquois Valley Farms, Arlington, VT
- Johnson Family Foundation, Middlebury, VT
- King Arthur Flour, White River Jct, VT
- Lamoille Economic Dev Corp, Morrisville, VT
- LD Oliver Seed Co Inc, Milton, VT
- Les Jardins du Roulant, Westmount, Quebec
- Lintilhac Foundation, Shelburne, VT
- Ludlow Farmers' Market, Ludlow, VT
- Meadow's Bee Farm, Windham, VT
- National Young Farmers Coalition, Hudson, NY
- NE SARE, Burlington, VT
- Neighboring Food Co-op Assoc., Shelburne Falls, MA
- NOFA Interstate Council, Rochester, NY
- North Spore, Westbrook, ME
- Northeast Agricultural Sales, Lyndonville, VT
- OMRI, Eugene, OR
- On Farm Focus, S Royalton, VT
- Organic Consumers Association, Finland, MN
- Organic Valley, La Farge, WI

- PHS City Harvest Program, Philadelphia, PA
- Quarry Road Farms, Middlebury, VT
- Rutland Area Farm & Food Link, Rutland, VT
- SARE/UVM Extension, Brattleboro, VT
- SQM Organics, Atlanta, GA
- Stratton Foundation, S Londonderry, VT
- Sweet Clover Market, Essex, VT
- USDA NASS, Concord, NH

- USDA Risk Management Agency, Burlington, VT
- UVM Center for Sustainable Ag, Burlington, VT
- UVM Plant & Soil Science, Burlington, VT
- VACC, Montpelier, VT
- Vermont Agency of Ag, Montpelier, VT
- Vermont Coffee Company, Middlebury, VT
- Vermont Community Garden Network, Burlington, VT
- Vermont Community Loan Fund, Montpelier, VT

- Vermont Farm Bureau, Richmond, VT
- Vermont Food Bank, Barre, VT
- VHCB Farm & Forest Viability Program, Montpelier, VT
- Vermont Soap, Middlebury, VT
- Whitetail Acres, Williamstown, VT
- Yestermorrow Design/Build, Waitsfield, VT

Thank you to our recent supporters:

- Thank you to all the members and friends of NOFA Vermont for your generous donations to our annual appeal which raised over \$58,000.
- A special thank you to the 38 supporters who collectively donated \$1,563 to the NOFA Winter Conference Scholarship Fund.
- Annette Higby & Marty Strange, Micah Fund, \$100 grant for general support
- Ben & Jerry's Foundation, \$2,500 grant for general support
- Mrs. Francis W. Hatch, Porpoise Fund at Fidelity Charitable, \$5,000 grant
- The Franklin Conklin Foundation, \$5,000 grant
- Housing Vermont, \$700 to support NOFA Vermont's Farm Share Program
- Mr Jim McCracken, James C McCracken Charitable Fund at Fidelity Charitable, \$500
- Morel Family Fund at Schwab Charitable, \$5,000 grant
- National Life Group Foundation, \$700 matched contributions
- Vermont Community Foundation, \$500 donor

advised grant for general support

- Vermont Community Foundation, Peter Backman & Annie Christopher Fund, \$500 grant for general support
- Vermont Community Foundation, Fountain Fund as recommended by Patricia M. Fontaine, \$250 for general support
- Vermont Community Foundation, as recommended by Ron Miller, \$1,000 for general support
- Skinny Pancake Montpelier, \$162 to sponsor the showing of the movie Just Eat It
- Vermont Community Foundation, Nouvelle Fund, \$8,619 for general support


Program grants:

- Farm to Plate, \$9,895.50 Network Fund grant to support the Farm to College Procurement Project
- King Arthur Flour, \$4,500 to support NOFA Vermont's Winter Conference and On Farm Workshop Series
- New Chapter, Inc., \$500 to support NOFA Vermont's

on Farm Workshop Series

- Newman's Own Foundation, \$3,300 matching grant to support NOFA Vermont's Farm Share Program
- Organic Valley/CROPP Cooperative, \$4,500 to support NOFA Vermont's Winter Conference, On-farm organic dairy & livestock workshops, the Vermont Organic Farm & Food Guide, and NOFA Notes newsletter
- Stonyfield Farm, \$5,000 to support NOFA Vermont's Winter Conference, on Farm Workshop Series, the Vermont Organic Farm & Food Guide, and general support
- Vermont Community Foundation, \$3,500 from the Johnson Family Foundation Fund, grant to support exceptional youth educational programs, especially for the Winter Children's Conference
- The Vermont Housing and Conservation Board, Vermont Farm & Forest Viability Program, \$105,000 service provider contract for business planning
- The Wurster Family Foundation, \$2,500 grant to support the Farm Share Program


Since 1932



The Best Berry Plants

- Strawberries, raspberries, blueberries, blackberries, asparagus and more!
- Where the pros go for plans and plants.
- Call for a free catalog and plasticulture guide!

41 River Road
South Deerfield
Massachusetts 01373



www.noursefarms.com 413.665.2658

New VOF Certifications

Vermont Organic Farmers would like to welcome the following new producers who have recently obtained organic certification for all or a portion of their operation, joining the nearly 600 organic farmers and processors throughout the state.

- Everett Driver, Newport Center
- Leduc Farms, LLC, Alburgh
- The West Farm (VLT), Jeffersonville
- Riendeau Farm, Albany
- Tether Loop Farm, LLC, Berlin
- Snowy Rivers Farm, Derby
- Devins Farm, Bradford

Learn more about the benefits of certified organic, locally grown at www.nofavt.org/why-organic.



REAL PICKLES

Naturally Fermented & Raw

**ORGANIC VEGETABLES
GROWN ON MA & VT FARMS**

www.realpickles.com/farmers

Find us in natural foods stores throughout Vermont

LIVE CULTURES

(413) 774-2600

100% ORGANIC

Greenfield, MA

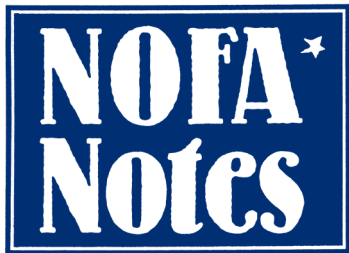
NOFA VERMONT
PO BOX 697
RICHMOND, VT 05477

Return Service Requested

Non-Profit Org.
 US Postage
PAID
 Permit No. 37
 Richmond, VT



SPRING 2016



Advertise with us & support NOFA Vermont!

Call (802) 434-4122 or email info@nofavt.org for sizes, rates, and deadlines



Vermont Organic Farm & Food Guide — Reach Vermont customers seeking local, organic products by advertising in the only print directory of Vermont's certified organic food producers.

NOFA NOTES — Our quarterly newsletter mailed to members and supporters, with rates from \$30 to \$85 for a half page!



Sign up for Open Farm Week

NOFA-VT is excited to partner with several organizations on the 2nd Annual Open Farm Week scheduled for August 15- 21 with a kick-off celebration at Champlain Orchards on Saturday, August 13th. More details for Open Farm Week will be posted at www.diginvt.com/blog/vermont-open-farm-week-2016/ over the coming months. Sign-ups for interested farms will open at this website on April 4, 2016. We're looking forward to seeing you on farms this summer!