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### The Quarterly Newsletter of the Northeast Organic Farming Association of Vermont

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## The Power of Connection at the Winter Conference

by Caitlin Gildrien, NOFA Vermont Outreach Coordinator

**N**OFA Vermont has a very diverse audience – commercial dairy, livestock, vegetable, fruit, and herb farmers; home and community gardeners; educators from preschool through university; chefs and cooks from hospital cafeterias to French restaurants; farmers’ market managers; self-sufficient homesteaders; enthusiastic eaters; community food hubs, food shelves, and food activists; and more, all along the many paths from seed to plate to compost.

It can be a challenge to attend to all those different perspectives and needs, but it is also a privilege. In the case of the Winter Conference, it is both a privilege and a joy.

As far as I know, there is no other place or time when all the voices of our vibrant food movement can come together in a single song – both figuratively and literally – in learning, support, and celebration. There really is a place for everyone, and the table continues to expand to accommodate the new faces that appear each year to help us grow the “local farms, healthy food, and strong communities” of our organization’s tagline.

Appropriate to the multiplicity of our mission and our community, this year’s conference theme, “Growing Outside the Box,” has several shades of meaning.

It honors the creative innovations of our farmers and their many partners in processing and retail, who are continuously expanding the ways that Vermont foods can be grown and consumed year-round; the community leaders who work to ensure that everyone can afford and access local, organic foods; and the ways that the



Photo by Elizabeth Ferry

“food movement” has grown to encompass issues as varied as animal welfare, fair labor, climate change, and gas pipelines.

As our movement grows and matures, our role within it grows and changes, as well. But what we’ve heard, over and over again from members, farmers, and friends, is that NOFA’s special power – our privilege and our joy – is that of relationship, of bringing together. Nothing exemplifies that better than the happy frenzy of the Winter Conference.

Come to see Michael Rozyne of Red Tomato speak about Something Bigger, or to see our panel of FarmsTED speakers on Sunday. Come for some of the 65+ workshops, roundtables, and listening sessions we have planned. Come to meet representatives of your favorite businesses and organizations at our Exhibitors’ Fair.

But most of all, come because we need your voice. We’re saving a place at the table for you. 🌱

*NOFA Vermont Winter Conference  
February 15-17, 2014, Burlington VT  
[www.nofavt.org/conference](http://www.nofavt.org/conference)*



Look for the WC symbol throughout this issue for more peeks into the upcoming conference!



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## Winter Thoughts from Enid

I feel so thankful, as I write this just days before Thanksgiving, to be part of so many interesting conversations throughout the year.

Most of the conversations I am part of these days have to do with our Winter Conference, and, in particular, the theme of the Winter Conference. The process for developing a theme starts at the July board meeting, where the NOFA board of directors reflects on the current and emerging issues that we see and want to highlight at the conference.

We talked about many issues this past July. One was farm labor and the economic benefit of organic farms in communities; farmers employ a lot of people. There were conflicts with farm labor in the past year, with challenges to farm apprenticeships, and farms that were fined because their agricultural workers were helping with the development of a value-added product, which moved them into a new labor code.

Another prominent issue discussed was the need to expand the market for local and organic foods. We are succeeding at training new farmers, but are there new customers as well? Veteran farmers comment that they have to go to more farmers' markets to get the same income. How do we reach a greater number of consumers committed to purchasing organic products?

The impact of regulations on small farms came up as well. Many farmers are faced with the prospect of having to scale up their farm production to be able to meet the regulations – one farmer board member commented that, “there is pressure to expand when we don't have the current venture under control. Then as you scale up, you meet new regulations. There are constant challenges to farm at the appropriate scale.”

Yet another prominent topic was climate change, and the need to communicate that organic agriculture practices are the most effective for mitigating the effects of climate change. A culminating question from this discussion of emerging themes was, “If the organic movement has been successful at production practices that are ecologically sound, what other social goals can and should be addressed by organic agriculture – labor, social justice?” The board concluded that organic agriculture can and should be the leverage point to address these other issues.

One theme team member expressed, “If we believe that organic is the foundation of the future food system, then it is not just a piece of the pie, it is the crust. We are not at the table, we *are* the table.” The theme that we finally chose to represent these concepts and images was “Growing Outside the Box,” in recognition of organic agriculture as the strong foundation of an evolving food movement.

In the words of our keynote, Michael Rozyne, the founder of Equal Exchange and Red Tomato, “the organic movement must connect to a vision that is broader and bigger than organic, in order to achieve the highest level goals of organic. That bigger thing must incorporate farm workers, immigration reform, fair trade, affordable food for cities, and more, and put the magical core goal of building healthy soils and hence a healthy food system into a political/economic and larger agricultural context.”

Is your curiosity piqued? I hope you will attend our winter conference and be part of this conversation, or any one of a thousand thoughtful and inspiring conversations that will be taking place over 3 days. I look forward to seeing you there!

**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.**

# Organic Processor Profile: Vermont Soap Company

By Barbara Richardson, NOFA Vermont Office Manager

**H**ave you ever spent 20 minutes at the soap display at the store, overwhelmed by the sheer volume of options, smelling the fragrances and reading the labels, wondering which is the best and safest to shower with?

Consumers who consider the impact their product choices have on their health and the environment can look for the USDA or Vermont Organic Farmers (VOF) Certified Organic seal on labels to guide their selection. (VOF is the organic certification program of NOFA Vermont.) Despite there being many other certification programs that health and beauty aid (HABA) manufacturers can use, only certified organic products are backed by a federally mandated annual audit and onsite inspection.

Touring the Vermont Soap Company factory in Middlebury with founder and owner Larry Plesent, I quickly learn that he has always wanted to participate in the most stringent audit process available. “People who have been damaged by chemicals – these are our customers,” says Larry, and he wants them to have the reassurance of a reliable verification process. “One-hundred-percent non-toxic households are our goal.”

Laura Nunziata, VOF Certification Specialist for processed products, explains why companies like VSC are unusual in their pursuit of organic certification.

“The USDA’s National Organic Program standards were developed to guide food producers and processors. HABA products are regulated by the FDA and they don’t have organic standards. So, manufacturers who want to label their HABA products



Vermont Soap Company founder Larry Plesent at the company's Middlebury factory.

‘certified organic’ or ‘made with organic’ must follow the rules set out for food processors, which severely limit the use of synthetic substances.”

## More than Suds and Lather

Making organic products isn’t just a business enterprise for Larry – it’s a passion born of personal necessity. Back in the 1980s and ’90s, his window washing business exposed him to volatile chemicals and harsh detergents, and his sensitive skin was

only trouble was the smell; his skin was better but was redolent of “farm”.

To hit upon the perfect combination of tolerable fragrance and healthful properties, he started experimenting. Before long he had not only healed himself but discovered a new direction for his entrepreneurial energy; in 1992, Vermont Soap Company was born.

Larry, who says he “anticipates revolutions,” foresaw the coming of the National Organic Program and was poised to participate. In 2003 VSC became the fourth certified organic HABA processor in the nation.

For the first 8½ years the VSC made only bar soaps. Now this insatiably creative, natural-born entrepreneur and his dedicated staff of 24 produce more than 50 products, including liquid and gel soaps, household cleaners, and healing cosmetics, as well as private-label products.

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**Manufacturers who want to label their HABA products “certified organic” or “made with organic” must follow the rules set out for food processors, which severely limit the use of synthetic substances.**

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constantly red and unbearably itchy. Every remedy he tried either had no effect or made his condition worse.

Then, a revelation: at a Woodstock craft fair a farmer persuaded him to try some of their homemade goat’s milk soap. Larry was skeptical from years of disappointment, but this time the soap actually helped. The

**Continued on page 6 »**



# GMO Labeling Legislation – Back to Work

By Dave Rogers, NOFA Vermont Policy Advisor

Vermont is, once again, front and center in the ongoing, state-by-state fight to require the labeling of GMO foods. When the Vermont legislature reconvenes in January, the Vermont Senate will begin consideration of H.112, the GMO labeling bill that was approved by a wide margin in the Vermont House in May.

As in California's ballot measure last year (Prop 37), Washington voters were subjected to a multi-million dollar "No on I-522" campaign waged by opponents on TV and in media outlets. In the final weeks before the vote, early and strong support for I-522 among voters faded away in an onslaught of disinformation about

Thousands of Vermonters have worked hard for many months to pass labeling legislation. Over ten thousand have signed the Vermont Right To Know GMOs petition and thousands more are linked to Vermont Right to Know GMOs campaign by email and social media. They know their elected representatives and are ready, once again, to let them know that passage of GMO labeling legislation is a high priority.

So, let's get started. The holiday season is a great time to contact your Senators about this issue, before the legislature convenes and they get caught up in the work and distractions of the Statehouse. If you do not know who your Senators are or how to contact them, you can find this information on the Vermont Legislature's webpage -- [www.leg.state.vt.us](http://www.leg.state.vt.us).

Mark Thursday, January 16th on your calendar and plan to join other Vermonters for the GMO Labeling Rally and Lobby Day at the Statehouse in Montpelier. This will be an important, and fun, opportunity for you to speak with your Senators about this issue and meet with other Vermonters who are involved in the campaign. Bring your friends and neighbors.

Visit the Vermont Right To Know Coalition's webpage for information and updates about the campaign, and to sign on to the campaign's petition to receive action alerts and important information as the legislative season heats up.

**WC** Finally, join us at the Winter Conference for an organizing workshop and to talk to the Vermont Right to Know team. 🌱

More info:

- Vermont Right to Know Coalition  
[www.vtrighttoknow.org](http://www.vtrighttoknow.org)

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## The same false messages and media tactics deployed in Washington and California will undoubtedly be brought to bear in Vermont. But they will not succeed.

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Success in the House was due to the active involvement of thousands of citizens in the Vermont Right To Know GMOs Campaign. They let their representatives know – loudly and clearly – that they have a right to know if the food they buy and serve to their families contains ingredients made with genetic engineering, and that they expected them to vote in favor of H.112. Indeed, many House members said that they had never heard from so many of their constituents about any legislation.

Recent events have made clear that an even greater level of involvement by Vermonters may be needed to insure passage of H.112 in the Senate and Governor Shumlin's signature to make it law.

In early November, GMO labeling legislation was voted down by a legislative committee in New Hampshire after intense lobbying by bio-tech companies and the Grocery Manufacturers Association. In Washington state, a year-long battle to require the labeling of GMO foods suffered defeat when voters narrowly rejected I-522, a GMO labeling ballot measure.

GMOs and lies (there is no other word that fits) about the impact of I-522 on consumers' food costs.

The "No" campaign was, once again, funded by many of the world's largest multinational food and bio-tech corporations – Monsanto (of course), Dow Chemical, Coca-Cola, Kellogg's, General Mills, Campbell's Soup, Nestle ... the list goes on and on. A lawsuit filed by Washington's Attorney General against the Grocery Manufacturers Association (GMA) revealed that GMA had been illegally funneling funds contributed by food corporations to defeat I-522 and hiding companies' identities to avoid consumer backlash. The lawsuit also brought to light the existence of a multi-million dollar GMA "war chest" and a strategic plan to vigorously fight state labeling efforts throughout the country – including Vermont!

So, it is very clear that there will be a full-on effort by industry lobbyists in the halls of the Vermont Statehouse and in the Governor's office to defeat H.112 in the Senate. The same false messages and media tactics deployed in Washington and California will undoubtedly be brought to bear in Vermont. But they will not succeed.

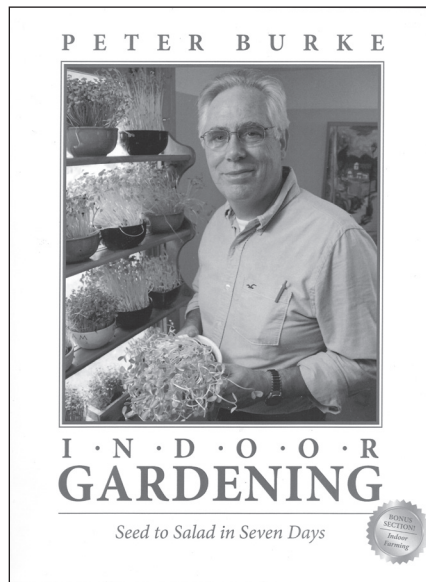
# Book Review: *Indoor Gardening* by Peter Burke

By Caitlin Gildrien, NOFA Vermont Outreach Coordinator

Though winter markets and CSAs are becoming more common, the availability of local foods in Vermont certainly makes a precipitous decline in the winter. One solution to that problem is presented in Peter Burke's book *Indoor Gardening: Seed to Salad in Seven Days*.

Burke explains that he wanted to be able to grow fresh greens indoors with the following "wish list" of requirements:

- Productive, not a toy garden
- Cheap, not a lot of equipment
- Time in minutes, not hours
- Organic methods
- Small spaces, to fit indoors
- Variety of greens
- Greens for cooking
- Easy to master techniques
- Rapid growth, measured in days not weeks
- Nurturing to body and mind, like a garden outdoors



All of these criteria are met in his method of "gardening" soil-grown sprouts indoors.

Unlike sprouting seeds in jars, growing them in soil, Burke argues, makes them easier to grow, more nutritious, less likely to spoil, gives them better

flavor and texture, and additionally, adds green space to a winter home.

As the "wish list" suggests, his method is simple, scalable, and requires no special equipment or large investment of time. However, to have a steady supply of greens for salads and cooking, you'll need to devote some space to the task - both dark and warm (like a cupboard), and a sunny windowsill or two.

It's a great solution for folks craving a wintertime salad, as well as a potential addition for farmers seeking a new source for winter income. (A final, "bonus" chapter addresses commercial farming specifically.)

**WC** To see the system in action, check out Burke's workshop at the Winter Conference! 🌱

More info:

- [www.thedailygardener.com](http://www.thedailygardener.com)
- [www.nofavt.org/conference](http://www.nofavt.org/conference)

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| Season-extended greens  | Bee pollen                       |
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For a full list, visit [www.citymarket.coop/local-products-gap](http://www.citymarket.coop/local-products-gap) or contact David Anderson, Merchandising Manager at 802-861-9722 or [danderson@citymarket.coop](mailto:danderson@citymarket.coop).



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Lucky locals can find great deals, quirky fun and a series of colorful signs that illustrate “What is Soap?” by visiting the factory store in Middlebury.

All of the coconut and palm oil base materials are certified organic, but Larry says, “Some soap products are colored with mineral colors or have local clay in them, and those are not eligible for certification. We also manufacture natural, non-certified products for other companies, including one large client that makes

packaging itself is nontoxic and won't impart impurities to products.

Larry is always considering alternatives to what he can't currently get close to home. The coconut and palm oils that form the base of all the company's soaps come from growers that have won accolades for ecological sustainability, but Larry wants to try making soap from Vermont sunflower oil. He's talked to farmers who are willing to grow for him, but says, “The holdup is that to be made into soap, sunflower oil requires ‘degum-

That didn't exactly fit his ideals. Instead, he'd be thrilled if Vermonters alone could sustain the business. “If 15 percent of Vermont households, plus all the state's schools and government offices, used our cleaners and HABA exclusively, we would not have to market out of state.”

Larry says, “What we're doing here is illustrating radical change in action. Change is stimulated by perception, and that's a big challenge for those of us in this realm; changing peoples' perception of organic.”

It does happen. Soap is a gateway organic product for some of his customers. “I've heard a customer say, ‘I've never thought too much of this organic thing, but maybe there's something to it.’”

That change in perception is critical. Larry says, “In the 1970s we saw this coming together of philosophies of East and West, exploring contemplative approaches with technology and engineering. These two very different and legitimate ways of looking at the world can come together in organics. Answering the question of what ‘natural’ and ‘organic’ mean in this time and place is among the most important work of our generation – finding ways in which nature and technology can coexist.”

Larry encapsulates this in the phrase, “Greed is easy. Balance is hard.” But clearly he and his business thrive on the constant challenge of striving for balance. ❁

*More information:*

- Vermont Soap Company: [www.vermontsoap.com](http://www.vermontsoap.com)
- Visit the NOFA-VT website to learn how the rule affects organic labeling of HABA products: <http://tinyurl.com/VOFprocessing>

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**I've heard a customer say, “I've never thought too much of this organic thing, but maybe there's something to it.”**

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up 20% of our business and is not certified organic because they like color in their soap. I estimate that 70% of what we make is certified ‘made with organic.’”

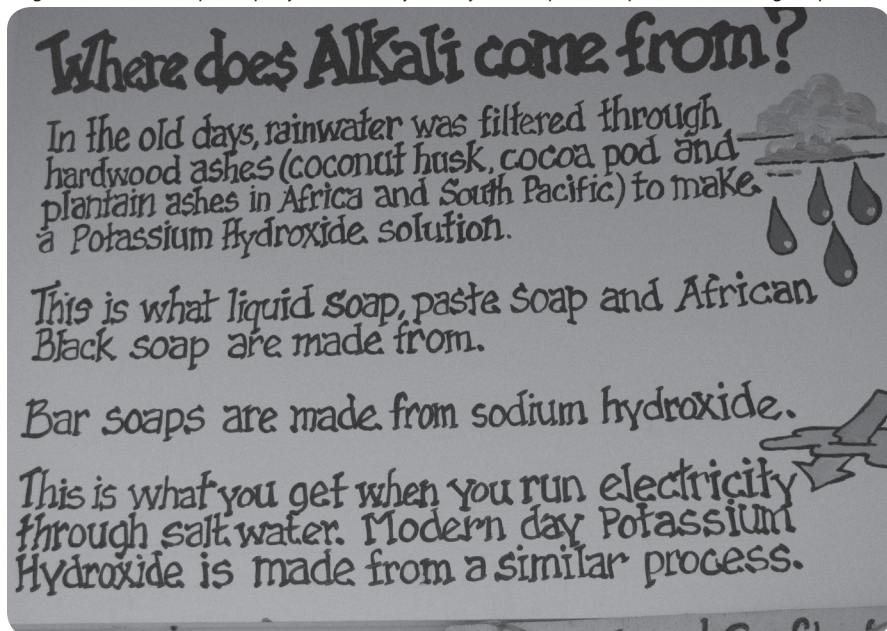
The holistic and sustainability principles at the root of this business aren't limited to the ingredients list, but influence all the company's decisions. For instance, packaging is recycled and domestically sourced whenever possible, and care is taken that the

ming'; no one in the state has a machine that can process it.” However, he believes that the technology will soon show up in Vermont.

**Big Dreams on a Small Scale**

Despite the financial temptation, Larry has turned down a major international retailer who asked him to be their exclusive organic soap supplier, because it would have meant moving the factory from Middlebury to Shanghai.

*Signs in Vermont Soap Company's Middlebury factory store explain the process of making soap.*



**WC** Visit with Vermont Soap Company and learn more about their products at the Winter Conference Exhibitors' Fair.

# Agricultural Literacy Week Celebration

By Maggie Callahan, NOFA Vermont intern

November 18-24 was the second annual Agricultural Literacy Week, an opportunity to deepen the connections between Vermont farms and communities.

This week was celebrated statewide with visits by farmers to schools, guest speakers at colleges, and special events at libraries and book stores. These events were meant to help all of Vermont's citizens better understand the importance and impacts of farming in the state.

The week culminated in an evening event with 60 community members at the West Monitor Barn in Richmond on November 22nd. Thanks to Cabot Cooperative Creamery, Red Hen Bread, Jericho Settlers Farm, and the VYCC farm for helping us celebrate with a dinner of local foods, and to funding from Farm Credit Northeast AgEnhancement! 🌱



NOFA Vermont Agricultural Education Coordinator Abbie Nelson spoke about the power of farm-to-school programs at Bear Pond Books in Montpelier as part of Agricultural Literacy Week celebrations.

## Three Cheers for Volunteers!

Here's a shout out to the more than 150 volunteers who help us every year!

You've staffed our mobile pizza oven events, performed handyman tasks at our office, keyed data for hours, and worked on special projects to support program work. In particular, we depend on two pools of enthusiastic and skilled help: City Market/Onion River Co-op working members and Vermont Youth Conservation Corps staff and youth community. We are so grateful to you all for helping us achieve our goals.

Volunteering is a great way for NOFA-VT members and the wider community to get to know the organization better. In January we'll announce our volunteer needs for the 2014 Winter Conference – exchange 2 hours of your time for a \$15 registration discount!



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# Remembering Stew

by Enid Wonnacott, NOFA Vermont Executive Director

**S**tew Gibson, beloved father of Willie Gibson, NOFA Vermont dairy and livestock technical assistance advisor, died on October 1, 2013.

Stew made incredible contributions to agriculture in Vermont – he worked with UVM Extension as a County Extension Agent, ran a dairy farm in Waterbury, VT and in the early '90s, partnered with NOFA-VT on an organic dairy homeopathy efficacy study.

According to Willie, “Dad became a big fan of management intensive grazing in the early 1990s, and wrote a booklet on dairy herd nutrition for intensive grazing, which is still used as a base for sound grazing nutrition today - 20 years later. He attended many, many pasture walks, learning with us and sharing his extensive ‘cow sense’ and wonderful personality.”

He will be missed. 🌿



Stew Gibson with some of his grandchildren, in the original Gibson homestead cellar hole. Photo courtesy Willie Gibson.

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# Ask Cally

Do you have a question about organic certification regulations or processes? Ask Cally at [info@nofavt.org](mailto:info@nofavt.org)



Dear Cally,

Last spring, I bought some organic seed potatoes, green sprouted them in our greenhouse and soon realized that one of the varieties had started to break down. I sent off a sample to the university to identify the disease and it was diagnosed as Black Leg. Luckily we caught it in time and did not plant any of those tubers in the field. As I think about purchasing more potato seed in the future, what steps should I take to protect myself from purchasing diseased seed?

Sincerely,  
Spud Tuber

Dear Spud,

Because potatoes are a vegetatively propagated crop, seed-borne diseases can be difficult to manage. If there is disease present on the tuber being used to produce seed, it will most likely be transmitted to the progeny. Saving seed from the same line of potato for many years will lead to an increase in disease as the potato is exposed to more and more pathogens in the field.

The best way to avoid seed-borne diseases is to buy certified seed. Seed certification was developed as a way for the industry to maintain varietal purity as well as reduce the occurrence of seed-borne diseases.

Certified seed is propagated from disease-tested, laboratory-grown stock. The seed is then classified by generation, or the number of production cycles that the line of potato has been field grown. After between five and nine years (depending on which seed certification program is followed) the seed lot can no longer be recertified as it is too far removed from its laboratory-grown parental stock.

If you are buying certified seed from retailers that rebag the seed, be sure to ask about storage conditions. In general, storage facilities should protect seed from major temperature fluctuations and light.

If you are cutting seed potatoes, make sure to use a sterilized knife to prevent the spread of potential pathogens.

Although buying certified seed reduces the risk of seed-borne disease, it does not imply a warranty or mean that the seed is disease-free. For more information, buyers can request the seed certification records (summer field inspection, storage and winter grow-out test reports)

from growers or, with the growers' consent, from their certification agency.

Probably the most important factor for buying quality seed is developing a relationship with the seed grower. Finding a grower you can trust with the experience and expertise to grow quality seed is one of the best precautions you can take against buying in diseased stock.

And remember, organic growers are required to buy organic seed unless it is not commercially available. Commercial availability is defined as appropriate quality, quantity and form. The majority of organic potato seed is grown out West where pest and disease pressure is reduced.

Under these circumstances, buyers in the Northeast may be less likely to know the grower; that's when seed certification records can come in handy to understand what diseases may be present on the growers' farm.

Sincerely,  
Cally

**WC** Bring your organic certification questions to the Winter Conference and look for the VOF booth at the Exhibitors' Fair! We'll have staff members there to talk about certification with farmers and consumers alike.

We're also inviting certified organic farmers to stop by and add their farm to our mapping project, to help us create a comprehensive map of certified organic acreage in Vermont.



# Congratulations to Mountain Meadows Farm!

By Ashley Green, VOF Certification Assistant

We are constantly inspired by our producers who go above and beyond in their innovation and stewardship. This winter we are excited to share the award-winning ecological stewardship and agricultural practices of Mountain Meadows Farm.

Mountain Meadows Farm, owned by Dr. Amiel Cooper and managed by Brian Kemp, is the largest certified organic beef operation in Vermont. Certified organic since 1996, the farm has expanded under careful management to support a herd of roughly 350 Charolaise and Angus cows. Total herd size, including calves and beef stock, is roughly 900 head.

Unique to most large beef operations, Mountain Meadows raises cow-calf pairs to finish on-site. The farm, based in Sudbury, Orwell, and South Newfane, is comprised of approximately 1,900 contiguous acres and an additional 1,000 leased acres.

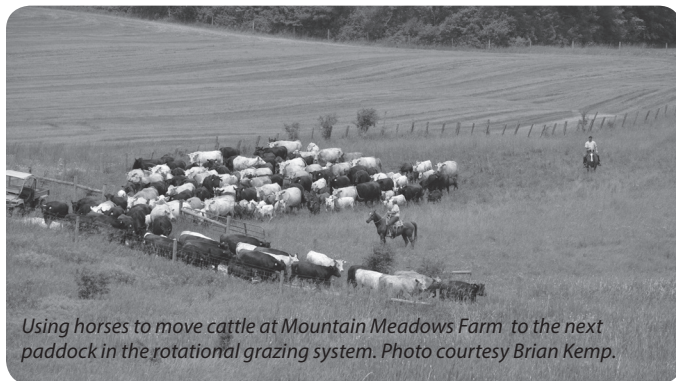
Starting the organic farm with a background in pathology and breast cancer research, but with little agricultural experience, Dr. Cooper says he strove to provide, “the healthiest possible animals, soil, and meat for humans and a high quality product.” Dr. Cooper credits his partnership with Kemp for improvements in infrastructure and management at Mountain Meadows.

Changes have been ongoing to protect waterways, promote pasture health, and improve the herd’s quality of life. These include fencing off nearly 88 acres to protect streams and ponds in grazing land, planting 17,000 trees, improving the lagoon system for holding manure and rainwater runoff, installing a solar-powered well for water access in pastures, and adopting a more management-intensive rotational grazing system. Both Dr. Cooper and Kemp acknowledge that cost-share and farm service programs

with federal and local conservation agencies have been instrumental in the improvements.

Last year, Mountain Meadows farm received an environmental stewardship award from the American International Charolaise Association. This year they accepted the National Cattleman’s Beef Association’s Region 1 award for the 2013 Regional Environmental Stewardship Award Program (ESAP). They are currently in the running for the 2014 National ESAP, which is to be announced in February at the Cattle Industry Annual Convention and Trade Show in Nashville, TN.

Mountain Meadows beef is direct marketed to Whole Food Markets throughout New England and New York. We at NOFA-VT are proud to work with Mountain Meadows Farm and wish them luck with the award this winter. 🌱



Using horses to move cattle at Mountain Meadows Farm to the next paddock in the rotational grazing system. Photo courtesy Brian Kemp.

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## New Faces at NOFA

We’re pleased to have recently welcomed a number of new faces to the NOFA office!

- S’ra Desantis, Financial Assistant
- Michael Good, Americorps member and Community Food Security Assistant
- Ashley Green, VOF Dairy and Livestock Certification Specialist
- Kate Maloney, Winter Conference Coordinator
- Johanna Prader, VOF Certification Staff Assistant
- Caitlin Jenness is moving from VOF to Technical Assistance as a TA Provider and Beginning Farmer Coordinator

You can learn more about all our staff members at [www.nofavt.org/about/staff](http://www.nofavt.org/about/staff).

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\* Recommended to discuss its use with your certifier and/or comply with 7 CFR 205.200 and 7 CFR 205.203(b)



# Winter 2013 New Members

NOFA welcomes the following members who recently joined through VOF certification applications, workshops, and other events. Thank you for supporting Vermont organic agriculture!

## New & Renewing Business Members

- *Against the Grain Gourmet, Brattleboro*
- *Agri-Dynamics, PA*
- *Blissful Dairy, Bridport*
- *Fat of the Land Farm, Cabot*
- *Green Mountain Inn, Stowe*
- *Green Mountain Distillery, Stowe*
- *Green Mountain Feeds, Inc., Bethel*
- *Green Mountain Organic Creamery, Hinesburg*
- *Green Mountain Spinnery, Putney*
- *Green Peppers, Middlebury*
- *Gringo Jack's, Manchester Ctr. Middlebury*
- *Hannafoord Career Center, Middlebury*
- *Hen of the Wood, Burlington & Waterbury*
- *Hunger Mountain Coop, Montpelier*
- *Hutchinson Heritage Homestead, Randolph*
- *Jasper Hill Farm, Greensboro*
- *Juniper, Burlington*
- *Killdeer Farm, Norwich*
- *King Arthur Flour, White River Jct.*
- *Lazy Lady Farm, Westfield*

- *Morrison's Custom Feeds, Inc., Barnet*
- *Nourse Farms, Inc, MA*
- *O'Bread Bakery, Shelburne*
- *Patchwork Farm & Bakery, E Hardwick*
- *Prides Capital, LLC, MA*
- *Pumpkin Village Foods/Green Wind Farm, Burlington*
- *Red Hen Baking Company, Middlesex*
- *Rhino Foods, Burlington*
- *Rutland Area Food Co-op, Rutland*
- *Second Nature Herbs & Horticultural Services, Wells*
- *Splash at the Boathouse, Burlington*
- *The Farmhouse Group, Burlington & So. Burlington*
- *The Meaning of Tea, Danville*
- *The Skinny Pancake, Burlington & Montpelier*
- *Upper Valley Food Co-op, White River Jct.*
- *Urban Moonshine, Burlington*
- *Vermont Bread Company, Brattleboro*
- *Vermont Fresh Foods, Proctorsville*
- *Wellscroft Fence Systems, LLC, NH*

- *Westminster Meats, LLC, Westminster Stn.*
- *Wind Gap Farm, Pawlet*
- *Your Farm, Fairlee*

## New Members

- *Rebecca Almy, PA*
- *Jane Alper, Peacham*
- *The Austin-Damon Family, Waterbury Center*
- *Priscilla Backman, Washington*
- *A.K. Bass, MA*
- *Katherine Buttolph & James Irish, NJ*
- *Kirk Carls, IL*
- *Allithea Cary & Philip Bloch, Brattleboro*
- *Jennifer Cary, Jeffersonville*
- *Gary Clark, Bristol*
- *Eric Corbman, Burlington*
- *Kyle Doda, Brookfield*
- *Sarah & Dean Easton, Putney*
- *Patricia Fontaine, Shelburne*
- *Rebecca Fox, MA*
- *John Gagliardi, NY*
- *Kate Gavin, Montpelier*
- *Bill Gefell, Tunbridge*
- *Susan Green, Greensboro*
- *Stephen Handy, Strafford*
- *Sylvia Harris, Newfane*
- *Timm Harris & Ursula Nadolny, Guilford*

- *Michael Healy, Burlington*
- *Georgette Huffman, Cambridge*
- *Janet Kahn, Burlington*
- *Jana Koschak, Randolph Ctr.*
- *Leo & Penny Larocque, Brandon*
- *Jonathan LeBlanc, LeBlanc Family Farm, E. Hardwick*
- *Jane Loerch, NH*
- *Jack Lyons, Sunny Fields Berry Farm, Norwich*
- *Kristen Olmstead, Bennington*
- *Jane Peters, Muddy Paws Farm, Irasburg*
- *Catherine Redpath, NY*
- *Jen & Dave Reynolds, Bittersweet Farm of Vermont, LLC, St. Albans*
- *Roxanne & Russell Scully, Burlington*
- *Brian Shevrin, Poultney*
- *Maria Stadtmueller, Bristol*
- *Cayla Tepper, Burlington*

# Winter 2013 Program Supporters

## Thank you to recent donors:

- *Radiant Hen Publishing, \$2,000 from the sales of "Higher Ground" for the NOFA Vermont Farmer Emergency Fund*
- *Kimberly Hagen, \$100 for the NOFA Vermont Farm to Community Mentor Program, in honor of Stew Gibson*
- *Sustainable Future Fund of the Vermont Community Foundation, \$2,000 for the NOFA Farm Share Program as advised by Ronald J Miller*

## Program Grants:

- *Newman's Own Foundation, \$40,000 to support NOFA Vermont's project Food for All*
- *Vermont Agency of Agriculture, \$1,000 to support farmers' market promotions*
- *Vermont Agency of Agriculture, \$24,685 to support CSA Strategic Planning and Marketing*
- *Vermont Department of Health, \$4,500 to support increasing access to fresh, local fruits and vegetables for low-income Addison County residents*
- *Stonyfield Farm, \$5,000 to support NOFA Vermont's policy work*

# 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.

Learn more about the benefits of certified organic, locally grown at [www.nofavt.org/why-organic](http://www.nofavt.org/why-organic).

- *Bruce Farm*
- *Burelli Farm*
- *Cate Hill Orchard*
- *Cellars at Jasper Hill*
- *Dow's Crossing Farm*
- *Footprint Farm*
- *Freedom Foods, LLC*
- *Green Mountain Co Pack, LLC*
- *Greg Eggs*
- *Lamoureux Tracey*
- *Maple Ridge Meats, LLC*
- *Rhino Foods*
- *Whistle Pig Farm*
- *Your Farm*



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Garlic Tincture

Garlic Tincture



# New School Cuisine Available Now!

The new school cookbook, *New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, has been printed and will be distributed to every state's Department of Child Nutrition, as well as to every school in Vermont. This was a 2-year project of Vermont FEED (Food Education Every Day, a partnership of Food Works at Two Rivers Center, NOFA Vermont and Shelburne Farms), the Vermont Agency of Education, and the School Nutrition Association of Vermont.

The cookbook aims to bridge the gap between what children will eat and food that nourishes their bodies and minds. It features local seasonal recipes developed by Vermont school nutrition professionals with support from the New England Culinary Institute (NECI). All recipes are scaled for large-volume cooking and meet the latest USDA dietary standards.

A printable version can also be downloaded at [vtfeed.org](http://vtfeed.org) or via the AOE website: <http://bit.ly/18T251D>. Vermont FEED will also be printing copies of the book for sale in the near future. 🌱



## Yes! I want to support NOFA Vermont!

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

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

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### Membership Options

___ Individual	\$30
___ Farm/Family	\$40
___ Business	\$50
___ Sponsor	\$100
___ Sustainer	\$250
___ Basic*	\$15-25

\*The Natural Farmer not included

Complete this form & mail to: NOFA, PO Box 697, Richmond, VT 05477 - or join online at [nofavt.org](http://nofavt.org)!

### NOFA Store

\_\_\_ Organic cotton baseball hat with Vermont Organic Farmers color logo  
\$15 + \$3.50 s/h

\_\_\_ Organic cotton tote bag with NOFA's color logo!  
\$10 + \$3.50 s/h + 6% VT Sales Tax



Sam Fuller in a VOF-logo hat



Bags have our vivid color logo!

## Upcoming NOFA-VT Events

### Direct Marketing Conference

*January 12, 2014*

*Vermont Law School, South Royalton*

A day-long conference for farmers who sell directly to consumers through CSAs, farmers' markets, or farm stands. This year we also have a special track for farmers' market managers and organizers. Featuring over a dozen workshops, with Richard Berkfield, Mari Omland, and Eric Rozendaal as featured FarmsTED speakers. Learn more and register at [www.nofavt.org/DMC](http://www.nofavt.org/DMC)

### 2014 Bulk Order

*Order Deadline: February 7*

*Pick Up Date: March 8*

Each year, NOFA Vermont holds an bulk order of farming and gardening supplies to make quality farm and garden supplies which meet the National Organic Standards available at "bulk" prices. All income generated from the Bulk Order goes to support NOFA Vermont's Farm to Community Mentor Program. More information at [www.nofavt.org/annual-events/bulk-order](http://www.nofavt.org/annual-events/bulk-order).

### Winter Conference

*February 15-17, 2014*

*University of Vermont, Burlington*

The Winter Conference features two days of workshops, networking sessions, dynamic speakers, networking, and celebration. Join us on Monday for intensive workshops. Learn more at [www.nofavt.org/conference](http://www.nofavt.org/conference)

### Advertise in NOFA Notes and Support NOFA Vermont!

#### Ad sizes and rates:

1/8 pg - \$30 (3"w x 2.25"h)

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1/4 pg - \$50 (3"w x 4.75"h)

1/2 pg - \$85 (7"w x 4.75"h)

