

Oregon Small Farm News

Oregon State University Small Farms Program



In This Issue:

Fiddlehead Farm: A New Take on the Multi-generational Family Farm	2
Farmers, Chefs, & Local Charcuterie	4
Food Safety for Fresh Market Growers: Manure Management & Irrigation Water	6
Small Farms Program & the New Generation of Farmers	9
Oregon DEQ Adopts New Rules to Allow Expanded Use of Greywater	11
Author of <i>The Dirty Life</i> is Keynote for the 2012 Oregon Small Farms Conference	12
The Small Farms Program Loses a Friend	15
Calendar	16

OSU Extension Service Small Farms Program Staff

Garry Stephenson
Small Farms Program Coordinator
Corvallis, OR 97330

Nick Andrews
Clackamas & Washington Counties
15210 NE Miley Rd
Aurora, OR 97002
503-678-1264

Melissa Fery
Benton, Linn, & Lane Counties.
1849 NW 9th St
Corvallis, OR 97330
541-766-6750

Amy Garrett
Benton, Linn, & Polk Counties
1849 NW 9th St
Corvallis, OR 97330 541-766-6750

Melissa Matthewson
Small Farms Program
Special Programs, Statewide,
Applegate, OR 97530

Maud Powell
Jackson, Josephine, &
Douglas Counties
569 Hanley Rd
Central Point, OR 97502
541-776-7371

Raini Rippy
Douglas County
1134 SE Douglas
Roseburg, OR 97470
541-672-4461

Chrissy Lucas
Small Farms Program Assistant 2
1849 NW 9th St
Corvallis, OR 97330
1-800-365-0201

Layout by: Chrissy Lucas,
Oregon State University Extension Service
Small Farms Program

Cover Photo:

Radishes grown at Fiddlehead
Farm. Photo by Joel Max Weekly

Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.

Fiddlehead Farm: A New Take on the Multi-generational Family Farm

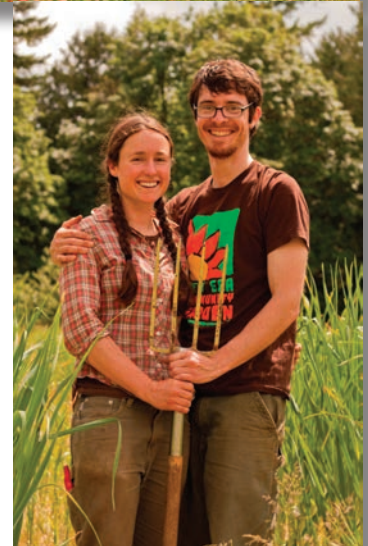
By: Kristin Pool, Small Farms Program, Oregon State University

I first met Katie Coppoletta in January 2010, when she walked into the classroom for the first day of *Growing Farms*, OSU's beginning farmer training course. For eight weeks she came into class every Wednesday evening always making sure to leave her mud caked boots at the door.



Katie and Rowan
harvesting green garlic.
Photo by Joel Max Weekly

Katie's ambition and passion for farming were obvious immediately. Not only was Katie starting her second season as a farm apprentice at 47th Avenue Farm in Portland, but she also had plans to start her own operation that coming season. You have to be in love with farming if you are planning to pile a start-up farm operation on top of the 50-hour work week of a farm apprentice. Katie and her husband Rowan Steele discovered farming while at Humboldt State University. Like many beginning farmers, the couple faced a steep learning curve since neither of them had farm experience before they started volunteering on farms in college. In pursuing their dream they have faced many hurdles such as difficulty in gaining access to land, capital, and education. Their story shows the amazing innovation and passion that has allowed them to forge ahead and realize their dream to be farmers.



During the first season of their farm operation the couple each had full time jobs off the farm. This provided stability but limited the time they could invest in the farm. Therefore they decided to start off small and only grow one crop. Limiting the scope of the production fit well into their current occupations and also limited the risk. The small venture would allow them to acquire skills in marketing and production, while giving them time to learn from their mistakes without putting too much on the line. Thus began Greenthumb Garlic. Garlic was the perfect crop. It is widely used and can be harvested green or stored through the winter, allowing for a longer marketing season. Perhaps most importantly to Katie and Rowan, garlic is a less labor-intensive crop. It



Katie surveying spring harvest options in their rented greenhouse
Photo by Joel Max Weekly

does not require a lot of day-to-day care but rather labor intense bursts, which have been a perfect fit for Katie and Rowan's weekend work parties. This season they planted 21,000 cloves of garlic in 4 hours, with the help of 44 of their closest friends.

A little over a year after Katie finished the *Growing Farms* class I had a chance to visit her and Rowan's

operation. The day I visited was a harvest day in May of 2011. The year's cool, wet spring forced this harvest day to be more relaxed than most. I pulled up the long drive of the rented acreage in Troutdale smiling as I watched Rowan and Katie in the hoop house picking the season's first peas.

Katie's long black braids, plaid shirt and Carharts help accentuate the fact that Katie is truly at home on the farm. We walked through rows of brassicas as Katie explained how their business had grown over the last year. Katie now works fulltime on the farm while Rowan holds an off-farm job that offers the couple stability and health insurance. They have scaled up and diversified, since their participation in *Growing Farms* starting a new business, Fiddlehead Farm.

"[Growing Farms] gave me the confidence to find and use resources in the community. I now feel like we have a wonderful support network, which makes starting a business feel less overwhelming."

They sell their goods at the Montavilla Farmers' Market as well as to a handful of Portland restaurants. Additionally, Katie and Rowan are trying out a new type of Community Supported Agriculture. They have sold shares in the form of credit for their farmers' market stand. The customer pays upfront giving the farm capital in the spring and the customer gets

vouchers that are worth 10% more than they paid. This has allowed Katie and Rowan to get the support a CSA offers without the additional work of packing boxes or holding weekly CSA pick-ups.

The couple has taken many small and strategic steps to get to this point. Katie and Rowan have been leasing two pieces of land in close proximity to one another in the hills east of Portland. Renting land has been an important stepping-stone for the couple's operation as it made it possible for them to start their farm without the upfront cost of buying land. Instead they have been able to invest in a tractor, farm animals, and some infrastructural improvements. But they have outgrown their rented land and Katie grins with excitement while telling me that as of 2012 the farm will be operating on their own land.

With Katie's parents the couple has spent the last year fixing up their 19-acre parcel they purchased in Corbett. This year they will be consolidating their operation onto their own land where the multi-generational family lives under one roof, a true return to family farming. *✍*

SURVEY WILL ASSIST FARMER ACCESS TO CAPITAL

Family farmers face steep hurdles in terms of accessing capital to strengthen and grow their businesses. Oregon lawmakers are gearing up to make some improvements to the delivery of economic development in Oregon and there is an opportunity to include family farmers in this. The coalition *Oregon Banks Local* is working with the Oregon State Treasurer on the Oregon Investment Act. The Act will be introduced during the February legislative session. Work is also being done on legislation to provide lower interest rate loans to help farmers purchase farmland. To assist Oregon Banks Local with these policies, hearing from farmers regarding their experiences will help ensure family farmers are included in the Oregon Investment Act and will help justify to legislators the need for more tools to help farmers access land and build equity.

Click here for the survey, it takes only a few minutes:
<https://www.surveymonkey.com/s/BTF836T>

For more information on Oregon Banks Local go to:
<http://oregonbankslocal.org/>

Farmers, Chefs, and Local Charcuterie

By: Lauren Gwin, Oregon State University

“Charcuterie” covers a wide range of specialty meat products, from familiar ham and bacon to the fairly well known prosciutto to the much less common (at least around here) cured pork jowls. Charcuterie products not only taste good, they let meat producers and processors turn low-end cuts and otherwise not very saleable parts of the animal (jowls, for example) into high-end food.



Eli Cairo and Tyler Gaston of Olympic Provisions disassemble a pig's head.
Photo by Lauren Gwin

Consumer interest in charcuterie appears to be on the rise across the country, and certainly here in the Pacific Northwest. Livestock producers selling into local markets are increasingly looking into their charcuterie options.

Yet making charcuterie is not without cost and complication. While the most basic – like meatloaf – are pretty simple, others – like coppa salami – can be lethal if not made correctly. Because of this, an additional set of regulations applies, above and beyond those related to fresh meat.

Last fall, the OSU Small Farms Program and Clatsop County Extension collaborated on a day-long workshop to sort out these complexities. “Farmers, Chefs, and Local Charcuterie” was held September 26, 2011, at the EVOO Cooking School in Cannon Beach, on Oregon’s North Coast. The session was part of a project funded by the Western Center for Risk Management Education to help small- and mid-sized livestock producers manage risks related to niche meat

markets.

We spent the first half of the morning sorting out the rules: what laws and regulations apply, and what agency has jurisdiction over what kinds of businesses and products. Will Fargo, Environmental Health Specialist in the Food Safety Division of the Oregon Department of Agriculture, covered the federal and state rules. Maureen Taylor, Registered Environmental Health Specialist with Clatsop County Public Health, then went over the Oregon Food

Code and Oregon Health Authority food handling rules relevant to charcuterie.

Together, Fargo and Taylor explained a key regulatory concept for charcuterie: the Food Code variance requirement. If you make a meat product (for sale) that doesn’t follow Food Code rules, especially temperature, you must apply to county health for a variance. For example, if you’re making dry cured salami, and you dry hang it under refrigeration, you don’t need a variance. But if you dry cure at a temperature higher than 41F, you need a variance. To be granted a variance, you have to have a valid HACCP (Hazard Analysis Critical Control Point) plan that clearly explains your production process, identifies potential hazards, and explains how you will prevent those hazards from occurring.

The variance requirement is fairly new in Oregon, which adopted the Food Code in 2002 but without the variance language until 2 years ago. Before then, county health would just say no, you can’t make those products (unless you’re federally inspected), though apparently many restaurants just did it on the sly. During the second half of the morning, Dr. Karen Killinger, a food safety expert from Washington State University, gave us a tutorial on the wide range of

**Where to find the
Food Code & Variance
Requirements: Food
Sanitation Rules, Oregon
Administrative Rules
Health Services Chapter
333 Division 150**

<http://public.health.oregon.gov/PHD/OEPH/FPLHSS/FOODSAFETY/Pages/index.aspx>

3-502.11 Variance Requirement:

A food establishment shall obtain a variance from the regulatory authority as specified in § 8-103.10 and under § 8-103.11 before:

- Smoking food as a method of food preservation rather than as a method of flavor enhancement;
- Curing food;
- Using food additives or adding components such as vinegar as a method of food preservation rather than as a method of flavor enhancement or to render a food so that it is not potentially hazardous;
- Packaging food using a reduced oxygen packaging method except if required under § 3-502.12;
- Or preparing food by another method that is determined by the regulatory authority to require a variance.

Variance information and restaurant application are posted here: <http://public.health.oregon.gov/HealthyEnvironments/FoodSafety/Pages/variance.aspx>. The following are some (not all) other sections of the Food Code applicable to charcuterie:

- Sources, Specification, and Original Containers and Records, Chapter 2
- Destruction of Organisms of Public Health Concern, Chapter 3
- Limitations of Growth of Organisms of Public Health Concern, Chapter 3
- Compliance and Enforcement, Chapter 8

pathogens and food safety risks related to a variety of charcuterie products. She also explained different interventions that can be used to prevent growth of these pathogens and food borne illness.

After a delicious buffet lunch, provided by EVOO owners Bob and Lenore Neroni and several chefs who attended the workshop, participants were then treated to a charcuterie demonstration from two regional experts, Eli Cairo and Tyler Gaston of Olympic Provisions.

Before co-founding Olympic Provisions as chief salumist, Eli spent years training with charcuterie masters around Europe. Olympic Provisions, based in Portland, does all its production under USDA inspection – the highest level of regulatory compliance for meat products.

Eli began the demonstration with a pig's head and showed how to carve out the jowls to make guanciale, or cured pork jowl. After explaining the full process, he moved on to coppa, the spicy cured front quarter of the pig. Coppa requires a 60 day hang at room temperature – definitely outside Food Code temperature requirements – so a variance would be required.


Eli highlighted the importance of recognizing good fat versus bad fat: "Eighty five percent of all salami producers use belly fat and leg fat, because it's easy to cure and holds together, but it's too soft and gooey. Instead, we only use

back fat, which is hard and stays cured. And it's buttery." He also went over how to make dry cured chorizo, as well as several other pork products.

After years of experience with charcuterie, Eli has a healthy respect for the dangers. He repeatedly warned participants to be very careful making these products unless they could actually do all the required testing and tracking along the way.

"A restaurant kitchen can be really rushed, crazy, and stressful," he said, "and some things shouldn't be made in that situation. Make meatloaf, make paté. But as for curing, fermenting, and smoking meats... unless you have really good control and knowledge, you should steer clear. It's a lot of science, a lot of sanitation, and it's really easy to make people sick."

His warnings did nothing to dampen excitement, however, and the workshop was clearly a big success. In the days that followed, local farmers reported an immediate rise in demand for pig heads, as local chefs branched out into new charcuterie terrain.

Workshop presentations (except the demo) and a list of food safety references are available as pdfs; contact Lauren Gwin at lauren.gwin@oregonstate.edu. If you want to make or sell these products, in either a restaurant or retail setting, and are unsure if they require a variance, contact your county health department. 

Food Safety for Fresh Market Growers: Manure Management and Irrigation Water

By: Nick Andrews, Small Farms Program, Oregon State University

Many farms will be required to go through some sort of Good Agricultural Practices (GAP) certification process in order to satisfy buyer demands or because they will be required to under the new Food Safety Modernization Act. Recent outbreaks of food borne illness that have been traced to relatively small scale farms show that no fresh market growers are immune to ensure microbial food safety concerns, regardless of whether GAP certification is required.

Modern epidemiological methods make it more likely that the sources of food-borne illness outbreaks can be revealed, and the findings of these investigations contribute to the increasing attention paid to food safety on farms. The growing number of immunocompromised people in the U.S. including the elderly, transplant recipients, HIV and cancer patients and others being treated with immunosuppressant drugs increases the risk of contracting foodborne illness. The Center for Science in the Public Interest identified 684 outbreaks involving 26,735 cases of illness from contaminated produce from 1998-2007.

Good manure and irrigation water management are important for ensuring food safety. New research findings confirm some of the practices already being implemented on farms following the National Organic Program (NOP) standards. However, the NOP standards are not comprehensive food safety guidelines, and new research is beginning to show where additional precautions may be warranted. A recent Washington State University GAPs workshop in Portland highlighted some of this research, and the USDA Agricultural Research Service (USDA/ARS) in Beltsville, MD has been investigating the food safety of organic vegetables since 2006. This article identifies some common practices that promote food safety and some of the research that supports their use.

Pre-harvest intervals for raw manure may reduce pathogen populations, but potentially harmful levels can persist on some crops for several months.

Recommendations regarding application of raw manures are currently being assessed by the FDA due

to new pathogen survival data from research in agricultural environments. Current NOP standards require that raw manure be incorporated at least 120 days before harvest of crops that come into contact with the soil surface or soil particles, and 90 days for crops that don't have that

contact. Current FDA recommendations for raw manure include incorporation of raw manure into the soil prior to planting and maximizing the time between manure application and harvest as much as possible.

Recent research from the University of Georgia, USDA/ARS and Clemson University studied the survival of *E. coli* O157:H7 on carrots and onions. They inoculated various composts with very high levels of *E. coli* O157:H7 before seeding. After about 2 weeks there was a 99% reduction in *E. coli* O157:H7 found in the soil. However, after an initial steep decline, low levels persisted in the soil for up to 196 days. *E. coli* O157:H7 was detected for 168 days on carrots (well beyond the 120 day recommendations) and 74 days on onions.

In a different study researchers in Wisconsin used lower levels of generic *E. coli* as an indicator of fecal contamination and monitored the soil and carrots, lettuce and radishes. In the soil they also observed a rapid initial decline followed by persistent survival of smaller numbers of generic *E. coli* from 90 to more than 167 days after application. They found that root crops were at higher risk of contamination than the lettuce. Increasing the fertilization to planting interval (ranging from 13-90 days depending on crop) reduced the likelihood of root crop contamination in loamy



Berries: Food safety on the farm is especially important for crops are typically eaten raw and may or may not be washed.

Photo by Lynn Ketchum, EESC.

sand soils, but not in silty clay loam soils that were more likely to stick to the edible roots. The pre-harvest interval was less important than the fertilization to planting interval in this study. The researchers strongly advised Wisconsin organic vegetable growers to use consider only using composted manure or non-manure derived fertilizers during the production season, especially in the relatively short season crops they studied.

The 90 and 120 day pre-harvest intervals appear to reduce the population of fecal coliforms in the soil, but they may not prevent crop contamination in some situations. When growing high risk crops such as leafy greens, melons, tomatoes, root vegetables and berries, risks can be reduced by using composted or processed manure or non-manure derived fertilizers. Manure application records can help to make sure crops are not harvested within the pre-harvest intervals.

Composting reduces the risk from human pathogens.

The NOP standards and NOSB guidelines prescribe time and temperature requirements for composting and manure processing standards that reduce pathogen populations. Researchers at Washington State University tested fecal coliform and generic *E. coli* levels, as well as the presence of *E. coli* O157:H7 and *Salmonella* levels during turned windrow composting of broiler litter and aerated static pile composting of mixed feedstocks. Results indicated that response of fecal coliforms and generic *E. coli* is complex and differs between aerated static and turned pile methods. Indicator organisms showed a more consistent reduction in the turned windrow system than the aerated static pile system.



Composting manure can dramatically reduce populations of human pathogens.
Photo by Nick Andrews

Very recent research from the USDA/ARS in Beltsville, MD monitored pathogen populations in minimally managed cow manure compost piles that were simply insulated with a layer of straw to improve the thermophilic profiles during the composting process compared to manure-only piles. The piles were not moved, turned or aerated. Generic *E. coli* and *Salmonella* were undetectable after 7 days and *Listeria* was undetectable after 14 days of composting, but the pathogens survived well after 28 days in the manure-only piles. This demonstrates that even very simple composting methods can reduce pathogen loads compared to application of raw manure. Remember that any manure-derived compost not meeting the NOP time-temperature requirements must meet applicable 90-120 day pre-harvest intervals.

Composting reduces pathogen populations when time and temperature relationships are sufficient. Adherence to the time and temperature requirements should be used as a method of pathogen reduction. In addition cross contamination from the composting and feedstock storage areas should be avoided to protect produce. The composting areas should be located a minimum distance from production areas so that water runoff, rodents and high winds are less likely to cause contamination. Farmworkers should also be trained so that they don't carry raw manure onto crops on their clothing, tools or equipment.

Irrigation water may contaminate some crops depending on the water source and irrigation method.

Open surface water generally has a higher risk of pathogens than well water or municipal water. Upstream and other nearby land uses should be included in assessment of the level of risk from livestock. Are livestock fenced out of streams? Does sediment and runoff from manure get into the water? Can irrigation water get contaminated during floods or heavy rain? Irrigation methods also influence the level of risk. On many crops overhead irrigation is a greater risk than drip irrigation where the irrigation water may not come into contact with edible portion of the crop.

You can monitor irrigation water by testing for indicator organisms such as generic *E. coli* and fecal coliform to assist in determining whether your irrigation water poses a risk to food safety. Municipal water is regularly tested, and if you belong to an irrigation district, they

may have water tests that can supplement your own results.

Acceptable levels of indicator organisms in irrigation water for different commodities have not yet been established, although the Leafy Greens Marketing Agreement (LGMA) is currently used by many leafy greens producers. The LGMA recommendation for irrigation water that contacts foliage is a rolling average of below 126 MPN or CFU/100 ml for 5 samples, and less than 235 MPN or CFU/100ml generic *E. coli* in any one sample. Their rolling average standard for drip irrigation is the same, but no individual sample can exceed 576 MPN or CFU/100ml. These standards were adapted from EPA recreational water safety criteria and haven't been verified for crop irrigation. Different standards may be used by other GAP programs and for other crops. Researchers in California found that most of the *E. coli* O157:H7 from spiked irrigation water died within a few days, but some survived for up to a month. About 5% of the lettuce plants tested positive after 28 days, and 0.5% tested positive after 35 days.

If irrigation water is contaminated, some sort of treatment may be required. Some producers treat irrigation water with liquid or gas chlorine (Cl), which can be injected without filtration. Ozone or UV treatments are possible, but are usually cost prohibitive. USDA/ARS researchers have recently been investigating an alternative using modified sand filters that are sometimes used to treat drinking water in the developing world. A layer of zero valent iron filings (ZVI) is added to the sand filter to treat contaminated water. Researchers are finding ZVI sand filters to be much more effective than sand filters in removing *E. coli* O157 from irrigation water, and significantly lowering the level of *E. coli* on overhead irrigated spinach. If these results are consistent when other bacterial pathogens (*Salmonella*, *Listeria* spp.) are inactivated by ZVI, then this treatment could mitigate bacterial contamination of fresh produce.

However, additional work will be needed to scale the method up for commercial irrigation and ensure that the appearance of the final produce isn't affected by the ZVI-treated water. This work may lead to an alternative to Cl if water treatment is needed.

Practices needed to enhance food safety depend in large part on the type of crop being produced, farming



Drip irrigation can enhance food safety if irrigation water quality is a concern. Photo by Lynn Ketchum.

methods and the environment around the farm. Crops whose edible portion comes into contact with soil and irrigation water and that are often eaten raw are probably at the greatest risk of contamination. Over time, new research and the implementation of the Food Safety Modernization Act may help to clarify GAPs for individual crops. Until then, attention to manure pre-harvest intervals, composting and manure processing, and irrigation water quality will promote the safety of your produce. 🌿

Thanks to Andy Bary, Karen Killinger and Craig Cogger from Washington State University Extension, and to Manan Sharma and David Ingham (USDA/ARS) for the information they contributed to this article.

Additional Resources:

ODA Good Agricultural Practices and Good Handling Practices: http://www.oregon.gov/ODA/ADMD/gap_ghp.shtml

ODA Voluntary GAP Certification Program: http://www.oregon.gov/ODA/CID/ghp_gap.shtml

Cornell University Produce Safety Alliance: <http://producesafetyalliance.cornell.edu/psa.html>

WSU Food Safety workshops: <http://foodsafety.wsu.edu/ag/index.html>

FDA Food Safety Modernization Act: <http://www.fda.gov/food/foodsafety/fsma/default.htm>

FDA Guidance for Industry: Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables: <http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/ProduceandPlanProducts/ucm064574.htm>

USDA/ARS Project: Microbial Ecology and Safety of Fresh On-Farm Organically Grown Produce: http://www.ars.usda.gov/research/projects/projects.htm?accn_no=410446

Leafy Greens Marketing Agreement: <http://www.caleafygreens.ca.gov/food-safety-practices/downloads>

Small Farms Program and the New Generation of Farmers

By: Garry Stephenson, Melissa Fery, and Amy Garrett, Small Farms Program, Oregon State University

Recently, journalists have noticed the interest by young people in farming as a career. The New York Times featured Oregon's young farmers in an article in 2011. National Public Radio recently investigated the phenomenon pointing out "... there's a new surge of youthful vigor into American agriculture."

Over nearly two decades, the OSU Extension Small Farms Program has witnessed and supported the growth of small farms in Oregon. This growth is being driven by several processes:

- As baby boom farmers reach retirement age we will witness an important transfer of the nation's farmland. Although much of this transfer will occur in multi-generation farms, there will still be a demand for new farmers to fill the overall need.
- The interest by consumers in local and regional agriculture is well established and continuing to grow. It is creating new and viable farm business opportunities compatible with small farms.
- And, as pointed out above, many young people are interested in farming as a career—a true sign of hope.



Generation Organic Farmers hand out samples and play "Wheel of Farming" for prizes at Oregon State University. Photo by Garry Stephenson



100 farmers attend the screening of the Greenhorns documentary. Photo by Amy Garrett

The strength of these processes together creates opportunities for economic development and diversity in agriculture. The Small Farms Program is involved in a variety of activities promoting and developing new farmers. For instance, the beginning farmer workshop series *Growing Farms: Successful Whole Farm Management* has been offered since 2007 at various sites in Oregon (see below). But our work is more than education. Highlighted here are two events from 2011 promoting the *community* of young farmers.

The *Generation Organic Tour* represents the next generation of Organic Valley farmers, a cooperative of dairy and meat producers. The OSU Small Farms Program and the OSU Organic Growers Club sponsored the "Gen O" visit to Oregon State University at the beginning of the 2011 fall term. Interacting with college students (and handing out hundreds of samples of string cheese and milk), Generation Organic puts a young face on farming and offers their perspectives about the challenges and opportunities facing young farmers.

The Small Farms Program along with multiple local food producers co-sponsored a screening of the

Greenhorns documentary film at the Mary's River Grange Hall. The evening included a young farmer mixer and meal with about one hundred people attending. The Greenhorns is a grassroots non-profit organization made up of young farmers and many collaborators whose mission is to recruit, promote and support the new generation of young farmers in this ample and able 21st century America. This event allowed local farmers and food artisans to network, talk farm, and enjoy local food and drinks together in addition to viewing the film.

Upcoming Opportunity for Beginning Farmers

Growing Farms is a seven part course designed to provide beginning specialty crop and livestock farmers with the tools and knowledge to manage both the biological and financial risks of farming. Participants will assess their farm enterprise and gain the ability to develop a whole farm plan. This program targets farmers in their first 5 years of their farm business.

This program also offers opportunities for new farmers to share ideas, network with each other and learn from experienced farmers on field trips to local farms.

Many of the people who attend Growing Farms come with a desire to learn more about starting a farm business or adding a new enterprise to their current business.

Retired veterinarian Robert Bradford took the Growing Farms workshops in 2009 to set goals, clarify his values and measure risks to determine what his niche market plans might be. Now the Bradford Family Farm in Rogue River is the first Oregon Department of Agriculture-licensed chicken and rabbit processing facility in southern Oregon. The license allows the farm to sell the meat at markets, restaurants and grocery stores.


"We also are growing a couple acres of wheat," Bradford said. "We plan to bring the wheat to farmers' markets in the spring to grind on site as it's purchased."

One young farmer, Gary Bernet, used his degree in marketing and what he learned in the Growing

Farms workshop to revive his family's farm with an agri-tourism corn maze and pumpkin patch.

"Growing Farms gave me a better grasp of the whole farming picture," Bernet said. "It's easy to focus on the parts you want to see, but the course forced me to look at all aspects of a farm business, not just growing a crop."

The next workshop series will be from 5 to 9 p.m. for six Wednesdays in 2012, from March 7 to April 11, in Junction City. Costs are \$275 for individuals and \$450 for a farm team of two.

On-line registration is now available at <http://smallfarms.oregonstate.edu/growing-farms-workshop-series> or by calling Melissa Fery or Amy Garrett at (541) 766-6750. 



Growing Farms

Successful Whole Farm Management Workshop Series

The OSU Oregon Small Farms team is collaborating with partners to offer Growing Farms: Successful Whole Farm Management workshop series in the Southern Willamette Valley in 2012.

Location: Junction City, Oregon
Dates: Wednesdays, March 7, 14, 21, 28 and April 4, 11
Time: 5:00 to 9:00 p.m.
Plus a full day Saturday field trip
Cost: \$275 for an individual or \$450 for 2 members of farm team
Contact: 541-766-6750

This six week course is designed to provide beginning specialty crop and livestock farmers with the tools and knowledge to manage both the biological and financial risks of farming. Participants will assess their farm enterprise and gain the ability to develop a whole farm plan. This program targets farmers in their first 5 years of their farm business.

The workshops address these six broad topics:

- Dream It:** Strategic Planning
- Do It:** Farm Operations
- Grow It:** Production
- Sell It:** Marketing Strategies
- Manage It:** Farm Finance
- Keep It:** Managing Risk



Oregon DEQ Adopts New Rules to Allow Expanded Use of Graywater

By: Nick Andrews, Small Farms Program, Oregon State University


Reuse of graywater reduces demand on other sources including potable water, surface water and ground water. The Department of Environmental Quality recently adopted new rules for a new statewide program for permitting graywater use and disposal systems. These rules allow for some use of graywater in irrigation systems.

Graywater includes bath, bathroom sink, kitchen sink and laundry wastewater, but not garbage waste or wastewater contaminated by soiled diapers. Graywater can contain organic matter, suspended solids and potentially pathogenic organisms, so approved uses are restricted. When appropriately collected and handled graywater can be reused for flushing toilets and urinals as well as irrigating certain trees and plants.

Oregon's rules recognize three different types of graywater. Type 1 is graywater that is untreated or has passed through a physical process to remove solids, fats, oils and grease. Type 1 graywater is the lowest quality and may be used only for subsurface irrigation. Type 2 graywater is treated by a chemical or biological process to reduce total suspended solids and organic matter concentrations. Because this type of graywater is stabilized through treatment, it may be used for drip irrigation and in landscape ponds. Type 3 graywater is treated to type 2 standards and disinfected to reduce bacteria and other potential pathogens. Because of its high level of treatment, type 3 graywater is suitable for additional uses, such as sprinkler irrigation and dust control.

Anyone planning to reuse graywater must first get a DEQ permit. Three tiers of permits are available depending on the type and amount of graywater generated. Tiers 1 and 2 are general permits. Tier 1 is for single family residences and duplexes that generate less than 300 gallons per day of type 1 graywater for use as subsurface irrigation of landscape plants or compost. Tier 2 is available for any structure that generates less than 1200 gallons of type 1 or type 2 graywater per day. Tier 3 is an individual permit for

any system not eligible under a tier 1 or 2 general permit. It is more expensive and requires additional information.

DEQ will begin accepting applications for graywater reuse and disposal systems in the spring of 2012. Additional information is available through their website: <http://www.deq.state.or.us/wq/reuse/graywater.htm>. (*adapted from DEQ website*) 

Farm Program Atlas Allows Glimpse of Federal Farm Programs

The USDA Economic Research Service has released the *Farm Program Atlas* an online tool that provides access to an array of public data on Federal farm programs. It allows users to visually explore a core component of U.S. agricultural policy. Users can choose from an array of maps displaying county-level data for nearly 100 variables. Each map may be viewed for the entire country or users can use a zoom tool to focus on a single region, State, or county. When viewing a program map, users may also click on a single county to view a table of data on all the variables associated with the program for that particular county. With these tools, users can:

- View maps showing levels of participation and benefits from key farm programs
- View maps comparing participation and benefits from selected programs
- View all data for any county on a selected farm program
- Print a version of the map or save the image in a graphics-file format for use in other documents or presentations
- Download a spreadsheet containing all the data for a selected county or for all U.S. counties included in the Atlas.

To have a look, go to: <http://www.ers.usda.gov/Data/FarmProgramAtlas/>. The Atlas currently displays data for program year 2009, the latest year for which data are complete for all programs included in the Atlas. It will be updated as full program data become available for subsequent years.

Author of *The Dirty Life* is Keynote for 2012 Oregon Small Farms Conference

Kristin Kimball, author of the *Dirty Life, On Farming, Food and Love*, will kick off the 2012 Oregon Small Farms Conference and lead several conference sessions. Kristin grew up in central New York graduated from Harvard, then moved to New York City, where she worked in teaching and writing. In



Photograph by Deborah Fiengold

2002, she says, "I interviewed a wingnut farmer named Mark, and took more than a professional interest in both him and his vocation." They founded Essex Farm together in 2004 – the world's first full-diet CSA, as far as they know – and have "been professionally dirty ever since." Kristin and her husband Mark have two daughters.

Below is an overview of the conference, held in Corvallis, including the keynote and the three sessions Kristin will lead.

For more information about the Oregon Small Farms Conference and to register go to:
<http://smallfarms.oregonstate.edu/2012SFC>

CONFERENCE SCHEDULE

8:00 am Registration and Refreshments
9:30 am Morning Session

Keynote: 500 Acres of Food

Kristin and Mark Kimball run a full-diet, free-choice, year-round, draft horse powered CSA from their northern New York Essex Farm. Kristin will discuss how their unique farm model has evolved over eight seasons, the advantages and disadvantages of scaling up, and the importance of hanging on to a clear vision in the face of rapid change. Her book, *The Dirty Life*, chronicles their farm's chaotic startup year.

Kristin Kimball, Essex Farm and author of *The Dirty Life: A Memoir of Farming, Food & Love*.

10:30 am to 11:00 am - Break

Concurrent Sessions

11:00 am to 12:20 pm

Multi-Species, Multi-Marketing Channels I

This double session is for those with established meat marketing operations who are ready to step up to a higher level of production and marketing. The first session is more general; the second session is specific nuts and bolts. The tools presented in these sessions, including pricing systems and inventory management, are highly integrated. To maximize your learning, plan to attend both sessions. *David Evans, Marin Sun Farms and Lauren Gwin, Oregon State University*

Birds, Bees, and Pickles

Oregon's small farm friendly legislation from the 2011 session includes changes that affect farmers processing their own produce into jams, jellies, pickles, salsas and other products in their home kitchens to be sold at farmers' markets and other farm direct venues. The 2011 legislative session also included changes for poultry and honey. Sharon Thornberry of the Oregon Food Bank and Rebecca Landis, long-time farmers' market manager and president of the Oregon Farmers' Markets Association will present details of the new legislation. *Sharon Thornberry, Oregon Food Bank and Rebecca Landis, Corvallis-Albany Farmers' Market*

Funding Innovation in Food and Farms

Learn about funding innovative food and farm projects in your community or on your farm. Listen to funders, fellow growers, and organizations as they discuss how to apply for and develop successful funded projects. *Kim Thomas, Meyer Memorial Trust; Katie Pearmine, Oregon Department of Agriculture; Jill Kuehler, Friends of Zenger Farm*

Winter Farming Part 1: Production Basics

The relatively mild winter climate in western Oregon is ideal for growing many types of produce. In this session, you will learn from experienced producers about how to extend your growing season into the winter months. Topics to be covered include weather considerations, varietal selection, hoop houses, weed management, irrigation, and labor. *Tom Denison, Denison Farms; Maud Powell, Oregon State University, and other area growers*

Rainwater Harvesting for the Farm

Well or spring going dry? No water rights? In a groundwater restriction or critical area? The rising costs of water and electricity, and the current limitations of traditional water right acquisition make collecting rainwater from roofs and other impervious surfaces more attractive. Rainwater harvesting is a fine alternative to drilling a well. Proper rainwater harvesting does not require a water right. Evaluate the costs and benefits of rainwater harvesting for agricultural purposes, and the pros and cons of various systems. *Clair Klock, Senior Resource Conservationist, Clackamas Soil and Water Conservation District and American Rainwater Catchment Systems Association board member.*

Continuing the Conversation with Kristin Kimball

Oregon's Women's Farmer Networks invite you join an informal conversation with keynote speaker Kristin Kimball about women and farming. This is an opportunity to network with other farmers from throughout Oregon. *Kristin Kimball, Essex Farm and author of The Dirty Life: A Memoir of Farming, Food & Love.*

Farm Business Plan 101

Participants will leave this session understanding the "how and why" of farm business plans and will be capable of later developing their own comprehensive plan using the free online software, AgPlan. AgPlan is designed to be used by all sizes of farms, value-added ag, and other rural enterprises. *Kent Fleming, Agricultural and Resource Economics, Oregon State University*

12:20 pm to 1:30 pm - Lunch

1:30 pm to 2:50 pm

Multi-Species, Multi-Marketing Channels II

This double session is for those with established meat marketing operations who are ready to step up to a higher level of production and marketing. The first session is more general; the second session is specific nuts and bolts. The tools presented in these sessions, including pricing systems and inventory management, are highly integrated. To maximize your learning, plan to attend the first session if you plan to attend this one. *David Evans, Marin Sun Farms and Lauren Gwin, Oregon State University*

Winter Farming Part 2: Marketing your Products

Opportunities for marketing abound for the intrepid farmer as local procurement dips in all segments of the winter. In part 2 of this series, learn about channels to market your winter produce. Panelists will cover how to run a winter CSA program and provide tips for selling to institutions, wholesale & retail markets. *Rogue Valley Farm to School; Bill Genne, First Alternative Cooperative; Tracy Harding, OSU*

Flash Mob at Your Market? Special Events to Keep Your Market Hopping

Special events are an opportunity to entertain and educate while attracting new customers and media attention. Hear from managers who are doing successful special events and find out what has and has not worked for them. *Oregon Farmers' Market Association*

The Essex Farm Full Diet, Year-Round CSA

A full diet CSA is a dramatically different and exciting model. Essex Farm in New York offers a full diet, year round CSA that strives to make the grocery store obsolete for its members. The 500 acre farm produces beef, pork, chicken, eggs, dairy, 50 different vegetables, herbs, fruit, grains and flours, dry beans, lard, and maple syrup, plus bonus items like cut flowers, breakfast cereal, sauerkraut, kimchi, and soap. *Kristin Kimball, Essex Farm and author of The Dirty Life: A Memoir of Farming, Food & Love.*

The New Face of Farming

Today, many trends are emerging in Oregon agriculture; as these models gain traction, it is important that Oregon's land use policy supports them. During the fall of 2011, 1000 Friends of Oregon launched an initiative to gather feedback from farmers and ranchers about ways that Oregon's land use program could be adapted to enable agricultural producers' greater economic viability. Listen as 1000 Friends of Oregon share feedback gathered at these sessions, and their advocacy plans for policy reform during Oregon's 2012 legislative session and beyond. *Ben Gordon, 1000 Friends of Oregon.*

Show Me the Money: Traditional and Creative Resources for Farmer Financing

An overview of current resources for funding your farming operation, including federal and regional savings and loan programs, examples of creative partnerships, tools for discussing the "F" word (farm) with banks, and updates on regional and state groups researching and tackling the issue of farmer financing in Oregon. *Michele Knaus, Friends of Family Farmers*

Farm to Fork Events

Expand the marketing capacity of your farm through community networking and farm-to-table events. Join Farm to Fork's director, Matthew Domingo as he explains how farm dinner experiences, their logistics, and permitting work. Chris Roehm of Square Peg Farm will share his experience, from the farmer's perspective. *Matthew Domingo, Farm to Fork and Chris Roehm, Square Peg Farm*

2:50 pm to 3:10 pm - Break

3:10 pm to 4:30 pm

Farmers as Writers

Farming and writing are both creative acts. Get writing with Kristin Kimball during this interactive session that will include discussion, exercises, and writing. *Kristin Kimball, Essex Farm and author of The Dirty Life: A Memoir of Farming, Food & Love.*

Increase SNAP Match at Your Market

Increase federal SNAP dollars being spent at your market through innovative match programs that draw EBT customers. Anna Curtin of Portland Farmers Market and Gina Bell, former manager of Forest Grove Farmers Market will discuss their successful SNAP Match programs. *Oregon Farmers Market Association*

Integrating Permaculture Principles on Diversified Small Farms

Permaculture design offers many tools for farmers that can maximize long-term productivity, biodiversity, and viability. Learn from Don Tipping of Seven Seeds Farm and Andrew Millison of Beaver State Permaculture how permaculture design principles can be applied on your new or existing farm. *Don Tipping, Seven Seeds Farm and Andrew Millison, Beaver State Permaculture*

Grafting Vegetables to Reduce Soil-Borne Problems and Improve Vigor and Yield

Grafted vegetables are increasingly popular with organic greenhouse growers and farmers, who appreciate their higher yields, longer harvest period, and minimal need for disease controls. Hear how soil-borne diseases like fusarium and verticillium wilts can be managed with grafting. This session will cover the practice and benefits of grafting, techniques, the healing process, and grafted tomato production under high tunnels. *Alice Doyle, Log House Plants; Carol Miles, Washington State University; and Gathering Together Farm*

Business Planning and Lenderspeak

Tired of making business decisions seat-of-the-pants? Learn how to generate the type of farm data that lenders want to see, with free tools to help communicate with lenders. Using real case studies from Oregon small farms, learn how to use these free interactive tools (AgTools™, AgProfit™, AgLease™, & AgFinance™), to help you make smart business decisions and provide the information you need to have a more successful conversation with your lender. See how the information provided helps plan and manage risk more effectively. *Clark Seavert, Rebecca Sullivan, and Tyler West; all of Agricultural and Resource Economics, Oregon State University*

Selling to Schools and Hospitals

Listen and learn as Oregon Department of Agriculture's Michelle Ratcliffe, and Oregon Department of Education's Heidi Dupuis present an overview of new Oregon legislation, HB 2800, and programs that connect Oregon farmers with schools and health care facilities. *A panel of institutional buyers and farmers successfully selling into schools and health care facilities will discuss what works and how to approach this marketing channel.*

Oregon's 1000 Bird Exemption

In 2011, the state legislature passed a new law allowing small-scale poultry producers to slaughter and sell up to 1000 poultry on their farm, direct to individuals for home use, without building a state licensed processing facility. There are rules: come learn what they are. *Lauren Gwin, Oregon State University and Will Fargo, Oregon Department of Agriculture*

For more information about the Oregon Small Farms Conference and to register go to:

<http://smallfarms.oregonstate.edu/2012SFC>

POULTRY PROCESSING WORKSHOP FOR OREGON'S NEW 1000 BIRD EXEMPTION

Want to learn about the new 1000 bird/year processing exemption? Come learn the rules at a special, hands-on workshop on Sunday, February 26, 2012, the day after the OSU Small Farm Conference.

Participants (limited to 25) will learn the new rules, how to comply, and basic safe and sanitary practices for on-farm, open-air poultry processing. Each participant will take a chicken through the processing steps – and can take it home for dinner.

A little background: in the 2011 legislative session, Oregon's state legislators passed a law that creates a new direct-market opportunity for small poultry producers. The law, HB2872, allows a farmer to slaughter up to 1000 poultry per year that she raises herself (from eggs or chicks less than a week old) on her farm, to sell direct to household consumers, without meeting all of the building and sanitation requirements of a state-licensed poultry processing facility.

Consumers must come to the farm to buy the poultry, which must be sold fresh, within 48 hours of slaughter. (To sell at farmers' markets, poultry must still be processed in a state-licensed facility.)

The workshop is on Sunday, February 26, from 8:30 to 1:30. The cost is \$100 per person and registration is limited to 25 people. You must sign up in advance: <https://secure.oregonstate.edu/smallfarms-events/register/5>. Contact linda.brewer@oregonstate.edu for more information.

The Small Farms Program Loses a Friend

Tim Franklin of Yale Creek Ranch in the Applegate Valley of Southern Oregon, was tragically killed in a car accident on Sunday, October 30th.

Tim was the consummate farmer and rancher. His love for the land, animals, rivers and forest was implicit in all of his actions and he worked tirelessly to manage Yale Creek ranch. Yet he never spoke about his passion for farming in grandiose or idealistic terms; instead tending towards his characteristic self-effacing humor and humility. He also brought a level of intellect to farming by staying abreast of the latest journal articles and books on sustainable agriculture. He would stay up late or rise early to make time for his love of reading. He rarely wanted to leave the valley to go on vacation, much preferring the daily rhythm and hard work of the ranch. Like most good farmers, Tim was a true generalist- able to repair irrigation ditches, take care of many species of animals at the same time, design complex pasture management rotations integrating seed and flower crops, fix basic machinery and meanwhile market his products. His children, Hannah and Quinn were included in most aspects of running the ranch, from taking care of the animals to participating in haying each summer.

Through blood, sweat and toil, and with the help of his wife Beth and others, built Yale Creek Ranch into a successful farm business. He provided organic, grass-fed meat to hundreds of families in the Rogue and Applegate valleys. He also grew organic heirloom seeds. He was a great lover of diversity, which meant that he added an average of one species a year to the farm, a little like Old MacDonald. Each new species represented another piece in the rotational grazing puzzle and a new system to learn. For Tim, the benefits of diversity outweighed the extra trouble and burden on himself. Two years ago, Tim started the first meat CSA in Southern Oregon. In February 2010, Tim was asked to host a class taught by Joel Salatin, an outspoken and nationally acclaimed sustainable rancher. Salatin has written numerous books on rotational grazing and small farm profitability and is a highly sought after speaker and teacher around the country. Salatin spent the day at Yale Creek Ranch with Tim as co-instructor- using the systems Tim had in place to illustrate his points. Salatin complemented Tim on his design and management of the ranch and Tim was immensely gratified to host Salatin.

Tim's role in the farming community moved well beyond the bounds of the ranch, however. He was truly a pillar in the farming community. He was a member of the local agricultural cooperative, the Siskiyou Sustainable Cooperative, and generously hosted their annual farm day this past May. He also loved teaching and was passionate about helping to train new farmers. Six years ago, he assembled a group of organizers to form a farmer incubator training program in Southern Oregon. After years of meeting and planning, the group launched an incubator program at the Extension Center this spring, thanks in large part to Tim's initial vision. Similarly, Tim and Beth rescued an all but dead non-profit started in the Little Applegate in 2003 by filing paperwork and drafting a new board in the 11th hour. The non-profit is now Rogue Farm Corps, which trains about 30 new farm interns on 10 local farms each year. Tim sat on the OSU Extension Small Farms advisory committee and always agreed to numerous requests for him to teach extension classes. He was considering joining the extension faculty in January. He had recently begun working closely with Rogue Valley Farm to School to educate the youngest generation of farmers. This past summer he realized a decade long dream of hosting a camp at the ranch.

The loss to the farming community is enormous. His commitment and willingness to collaborate was something many people relied upon. He was considered to be an unfailing ally and resource among his farmer-counterparts. And because of his mild, friendly and unassuming manner and lack of ego or need to draw attention to himself, it is only in his absence that we will truly feel his far-reaching influence.

An account has been set up to help Tim's children Hannah (10) and Quinn (8) at the Sterling Bank in Jacksonville. Please consider making a donation.



Calendar

January

23 - Organic Land Care Accreditation

A five-day training for professionals focusing on organic landscape practices including soil health, plant selection, organic weed management, marketing organic land care, stormwater management, arbor care, sustainable resources and more. Clackamas Community College, Clairmont Hall, Room C-118, 19600 Molalla Avenue, Oregon City, OR. 8:30 AM - 5:00 PM. For more information contact Teresa Matteson at 541-753-7208 or tmatteson@bentonswcd.org **\$550**

February

25 - Small Farms Conference

Keynote: 500 Acres of Food, Kristin Kimball, author of *The Dirty Life*. See page 12 for more details. LaSells Stewart Center, Corvallis, OR. 9:00 AM - 5:00 PM. For more information visit <http://smallfarms.oregonstate.edu/SFC2012> or contact Chrissy Lucas at 541-766-3556 or chrissy.lucas@oregonstate.edu **\$45 each or 2 for \$80 before Feb 15th, must register together**

26 - Poultry Processing for Oregon's New 1000 Bird Exemption

Participants will learn the new rules, how to comply, and basic

safe and sanitary practices for on-farm, open-air poultry processing. Each participant will take a chicken through the processing steps – and can take it home for dinner. Corvallis, OR. 8:30 AM - 1:30 PM. You must register in advance: <https://secure.oregonstate.edu/smallfarms-events/register/5>. Contact linda.brewer@oregonstate.edu for more information. **\$100**

March

7 - Growing Farms: Successful Whole Farm Management Workshop Series

This six-part course is designed to provide beginning specialty crop and livestock farmers with the tools and knowledge to manage both the biological and financial risks of farming. Participants will assess their farm enterprise and gain the ability to develop a whole farm plan. This program targets farmers in their first 5 years of their farm business. 5:00 PM - 9:00 PM. Junction City, OR. For more information contact 541-766-6750. **\$275 single or \$450 farm team of two.**

Visit <http://smallfarms.oregonstate.edu> for more upcoming events!

Want to add your event to our calendar then please submit your information at <http://calendar.oregonstate.edu/advanced/list/extension-smallfarms/> "Click the Submit an event button." Events have to be approved and will not immediately post. If you have questions please contact Chrissy Lucas at Chrissy.Lucas@oregonstate.edu or 541-766-3556