



Oregon Small Farm News

Oregon State University Small Farms Program

Winter 2015

In This Issue:

2015 OSU Small Farms Conference	2
How Human Values Affect Views on Genetically Engineered Crops	6
Composting: Great Promise that Comes with Challenges, is it a fit for your farm?	9
Tasting Tables in the Gorge: Sourcing Local Produce for Schools	12
Pigs: Home on the Range?	13
Growing Farms: Successful Whole Farm Management Series Offered NOW!	18
NMPAN webinar on International MSUs	19
Rogue Valley Grown: Local to Wholesale in Southern Oregon	20
Hooping it up in Central Oregon	22
Recipe to Market: Creating Your Own Food Business	23
Livestock Producers and Climate Change	24
A Year of Success	25
Calendar	26

OSU Extension Service Small Farms Program

Garry Stephenson
Extension Small Farms Specialist
Corvallis, OR 97331

Lauren Gwin
Extension Food Systems Specialist
Corvallis, OR 97331

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

Melissa Fery
Benton, Linn, & Lane Counties, 4077 SW Research Way, Corvallis, OR 97333
541-766-6750

Amy Garrett
Benton, Linn, & Polk Counties, 4077 SW Research Way, Corvallis, OR 97333
541-766-6750

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

Heather Stoven
Yamhill County, 2050 NE Lafayette Ave,
McMinnville, OR 97128

Toni Stephen
Central Oregon, 3893 SW Airport Way
Redmond, OR 97755
541-548-6088 x 7959

Chrissy Lucas
Small Farms Program Assistant, 4077 SW Research Way, Corvallis, OR 97333
541-766-3556

Heidi Noordijk
Program Assistant, Clackamas & Washington Counties, 15210 NE Miley Rd, Aurora, OR 97002
503-678-1264

Rachel Suits
Program Assistant, Hood River County, 2990 Experiment Station Dr
Hood River, OR 97031
541-386-3343

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Central Oregon Pasture, Winter 2015.
Photo by: Garry Stephenson

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2015 OSU Small Farms Conference

The 2015 Oregon State University Small Farms Conference—Saturday, February 28th—is offering a wide array of educational sessions and social activities. Here are some highlights:

- The weekend kicks off Friday evening with a free screening of the film *Dryland: Cultivating Rural Resilience* (see page 4).
- The Conference program includes four full-day tracks (see page 3):
 - Six Figure Farming for Small Plots—Jean Martin Fortier, Quebec, CAN
 - Farm Profitability—Ellen Polishuk, Virginia, USA
 - Perennial Fruit and Nut Production in a Changing Climate—Rex Dufor and Guy Ames, NCAT; Sustainable Meat—Lorrie Conway, Conway Family Farm; Christine Deck, Deck Family Farm; Matt LaRoux, Cornell Co-op Extension; Jeff Harvey, CEO, Burgerville.

Plus an array of individual sessions on (see page 3): Farmers' market management; research updates on organic farming; forming cooperatives; advanced plant disease management; and much more.

- The conference winds down with Think with a Drink, a reception featuring snacks and local cider, wine, and microbrew tasting from local brewers. The first two tastes are on us.
- The reception is followed by the after party Hootenanny featuring dinner, libations and music sponsored by Friends of Family Farmers and Gorge Grown Food Network (see page 6).
- Monday March 2nd features an on-farm workshop: Food Safety on Small Diversified Farms: One Farm's Experience (see page 26).

As always, the conference provides a lunch sourced from local organic and sustainable farms.

Registration is \$45 per person through February 2nd. Late registration (February 3-16) is \$65. If available, at the door registration will be \$100 per person.



Sponsors for the 2015 OSU Small Farms Conference include:

1. NW Farm Credit Services
2. WSARE Sustainable Agriculture Research and Education
3. OSU Center for Small Farms & Community Food Systems
4. Oregon Farmers' Market Association
5. The OSU Chambers-Eisgruber Fund

Below is an overview of the conference, held in Corvallis on February 28, 2015

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

CONFERENCE SCHEDULE

7:30am Registration and Refreshments

9:00 am Plenary Session

9:30 am to 9:50 am - Break

Concurrent Sessions

Session 1: 9:50 am to 11:00 am

Six Figure Farming for Small Plots: Session I

This workshop offers in-depth instruction on how intensive methods of production can lead to the optimization of a cropping system. Jean-Martin Fortier is the author of the *Market Gardener: A Successful Grower's Handbook for Small-Scale Organic Farming* in which he shares in detail the techniques, tools and appropriate technology that makes his 1.5 acre market garden productive and profitable. Session I will cover farm set up and design for biologically intensive cropping systems.

Sustainable Meat 1: Resilience Strategies for Small-Scale Livestock Production

Where to start and how to adapt? Learn from experienced small-scale livestock producers about choosing the right species, herd size, and production system for your farm, and how to adjust when challenges arise, from rising input costs to drought. An educator with the "Animal Agriculture in a Changing Climate" project will offer resilience strategies for small livestock farms.

Farm Profitability 1: Discovering Where The Profits Are On Your Farm (And Where They Are Not)

This three-part workshop is focused on approaches to understanding farm profitability and ways to use information about profitability to make changes to your farming operation that will improve your bottom-line. The afternoon session will be centered around a hands-on activity that will provide participants with a chance to determine the cost of producing greenhouse starts on their farm and will be limited to 30 participants and requires pre-registration. Pre-registered participants will receive directions on what farm records will be useful to bring to this session. The first session of a three-part workshop is focused on approaches to understanding farm profitability and ways to use information about profitability to make changes to your farming operation that will improve your bottomline.

Climate Change and Perennial Fruit and Nut Production: Investing in Resilience in Uncertain Times

Learn steps growers can take to build resilience into their farming operations through diversification, water stewardship, and soil building, as well as technology, information, and policy. John Stevenson from the Oregon Climate Change Research Institute will share long-term forecasts for Oregon.

Farmers Markets: Marketing with Little Budget and Little Time

No budget for marketing? Confused by all the choices? Learn from the experts: market managers, successful vendors and marketing professionals. Topics may include: incorporating social media into your work routine, coordinating with vendors' marketing, partnering with media, promoting special events and other marketing strategies. This interactive session is tailored for farmers market vendors and managers alike. *Oregon Farmer's Market Association*

Exploring the Small Farm Dream: a Primer for Beginning Farmers

This session introduces prospective farmers to some of the many considerations when starting a small farm business. Instructors will cover how to assess soil quality and understand water rights; conduct initial market research; and consider how lifestyle and financial goals play into enterprise selection. Investigating these topics may produce more questions than answers, but are extremely important to anyone new to farming.

Advanced Plant Disease Management on Organic Vegetable Farms

Organic vegetable specialist, Alex Stone will walk you through practical strategies for disease management using examples from long-term organic farms in the West. Critical diseases on organic vegetable farms common to the Pacific Northwest will be highlighted.

Spanish Workshop 1

This will be the first workshop offered in Spanish covering small farms issues.

11:00 am to 11:20 am - Break

Session 2: 11:20 am to 12:30 or 12:45 pm

Six Figure Farming for Small Plots: Session II

The second session of this three-part workshop covers alternative machinery, minimum tillage techniques and the use of the best hand tools for the market garden.

Sustainable Meat 2: Healthier Animals, Healthier Profits

As the cost of feed, fuel, and fertilizer rises, livestock producers need strategies to keep other costs low if they hope to turn a profit. Judicious planning can help you keep your veterinary costs low and your animals healthier.

Farm Profitability 2: Using Farm Records and Your Farming Know

The second session of a three-part workshop is focused on approaches to understanding farm profitability and ways to use information about profitability to make changes to your farming operation that will improve your bottom-line.

Why Put Your Fruit All in One Basket?

Diversification in the Orchard and Marketplace

Join our grower panel for a discussion on crop selection, variety selection, and market diversification. Varieties for fresh eating and cider making will be highlighted. Panelists will discuss farmers' markets, farm stands, wholesale markets and ciders.

Farmers Markets: New Grant Opportunities for Markets

Learn the basics of when, why and how to apply for federal grants available for farmers markets. Grant writers and markets that have received federal funding will guide market managers through the process. We will look at: Farmers Market Promotion Program, Community Food



Projects, Food Insecurity Nutrition Incentive (FINIP), FMC and MarketLink. Oregon Farmer's Market Association

Impacts of Organic Certification

Many beginning farmers follow organic farming practices but do not pursue certification. Why? Some find certification does not seem integral to marketplace success, while other producers have found certification to be a valued tool for their business, for their customers and for their mission to grow food that is socially and biologically responsible. Through stories from beginning farmers, this session will examine the value and benefits of certification. We will explore common concerns related to certification such as cost, paperwork, perceived erosion of standards, and value in certain markets. Participants will have the opportunity to discuss their certification questions and better understand what certification entails.

How Big Is Our Footprint? Measuring the Economic Impact of Small Farms and Local Food

Local food and small-scale, organic and sustainable farms are a vital and growing part of Oregon's food and farming landscape. What does that mean for the economy, both

local and statewide? Learn from food system expert Becca Jablonski about practical methods to assess the impacts of local food for small farms, supply chain participants, and rural economies. We'll also kick off a project to apply those methods here in Oregon.

Spanish Workshop 2

This will be the second workshop offered in Spanish covering small farms issues.

12:30 pm to 2:00 pm - Lunch

Session 3: 2:05 pm to 3:15 or 4:15 pm pm

Six Figure Farming for Small Plots: Session III

Best practices for weed and pest management. How to develop a systematic approach to crop planning and season extension. Q and A with Jean-Martin

Sustainable Meat 3: Resilience Marketing: Adapting to a Changing Local Meat Marketplace

The local meat marketplace has evolved tremendously in recent years. Learn from two experienced farmers how they are adapting to meet changes in demand. A meat marketing specialist from Cornell University will provide insights on market channel selection and a meat locker project that is expanding the direct market customer base in New York. Finally, hear about regional-scale marketing opportunities, challenges, and expectations from Burgerville's Supply Chain Director. *Oregon Farmer's Market Association*

Farm Profitability 3: Crunching the Numbers to Determine Greenhouse Costs

This session will be centered around a hands-on activity that will provide participants with a chance to determine the cost of producing greenhouse starts on their farm. This session will be limited to 30 participants and requires pre-registration. Pre-registered participants will receive directions on what farm records will be useful to bring to this session.

Integrated Pest and Disease Management in the Orchard

Learn the basics of orchard IPM and how to identify and manage the most common disease and insect pests on tree fruits in Oregon. Emphasis will be on organic management systems. Orchardist Randy Kiyokawa will share his experiences in managing pests and diseases on both organic and conventional orchards.

Farmers Markets: Launching Prescription Food and SNAP Incentive Programs

Support is growing across the nation for community nutrition programs such as Prescription Food (Rx) and SNAP-based incentives. Stay informed on program trends, funding sources, and what organizations require from programs they fund. Panelists may include professionals from the healthcare industry, farmers markets, and program funders.

Cooperative Farming Endeavors

Tired of being a Jack- or Jill-of-All-Trades? Come learn how farming communities around Oregon are collaborating to increase efficiency and cut costs with projects ranging from equipment and distribution sharing to marketing cooperatives.

FRED Talks: Food and Farming Research Extension and Development

Research and Extension innovators from the Pacific Northwest will explain the big ideas and overarching themes that drive their work. This series of short vignettes will be in the style of online TED-talks. They will stir your curiosity and inspire your creativity. Topics for 2015 include vegetable research and breeding, berry research, crops and climate, and livestock and climate change. *Len Coop, OSU; Jim Myers, OSU; Alex Stone, OSU; Bernadine Strik, OSU; Liz Whitefield, WSU*

Spanish Workshop 3

This will be the third workshop offered in Spanish covering small farms issues with a specific focus to be announced soon.

Think with a Drink - Session: 3:15 pm to 5:00 pm

For more information and to register go to:

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

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How Human Values Affect Views on Genetically Engineered Crops¹

By Garry Stephenson, Director, OSU Center for Small Farms & Community Food Systems

Introduction

Why haven't assurances by the U.S. Food and Drug Administration, the U.S. Department of Agriculture, and scientific organizations convinced everyone to accept genetically engineered crops in agriculture and food?

How do people see the same situation in different ways?

The answer is: people are judging the creation and use of genetically engineered crops based on their *values*.

What are values and how do they affect us?

Values affect how we see things. Our values provide a vision of how things work, how things should be, and what the future should look like. Values indicate what is important to us in life and guide our judgment of actions, policies, people, and events (Schwartz 2012). Values act as a lens through which we define what is real (Smith and Gilden 2000).

Our values assess things as good or bad, pleasant or unpleasant, true or false, virtues or vices (Williams 2008), justified or illegitimate, worth doing or avoiding (Schwartz 2012), desirable or undesirable, right or wrong, appropriate or inappropriate (Smith and Gilden 2000). Everyone holds numerous values. A specific value may be important to one person but not important to another. Sometimes differences in values are hotly debated. Agriculture is not free from this and disputes about policies and practices in agricultural research are often about values (Hollander, 1986).

Values serve as standards for how people will act in most circumstances (Williams 2008). "People's actions—what they say, what they write, what they purchase, where they live, how they vote, and how they interact with others reflects their values." (Smith and Gilden 2000: 7)

Cultures, individuals, and groups all have values. Cultures differ in their values and because of that,

values vary tremendously throughout the world. Individuals have values that are derived from their culture and personal experience. Everyone has a system of value priorities that characterizes them as individuals (Schwartz 2012). Groups of individuals form "communities of interest" such as religious groups, clubs, civic organizations, and professional societies. These communities of interest, also called "interest groups," have specific reasons for being and share common interests and values (Smith and Gilden 2000). We join these groups based on their alignment with our values.

For a given issue, there is a continuum of values. Value positions form along the continuum and distinguish the contrasting values people hold (Smith and Gilden 2000). A values continuum for genetically engineered crops might consider technological versus traditional approaches to plant breeding and food production. The values of individuals, non-governmental organizations, scientific societies, corporations, and other interest groups fall along this continuum. For any issue—especially one as controversial as genetic engineering—positions are divergent and can be antagonistic.

How do our values affect our perception of genetically engineered crops?

Values affect how people act, but their effect is rarely conscious. Values enter our awareness when one is confronted with something that has implications for the values one embraces (Schwartz 2012).

The issue of genetically engineered crops has become more than a debate over contrasting positions. The issue is political, and positions are often polarized. We have experienced similar polarization in environmental conflicts over salmon and old growth timber and in social conflicts over abortion rights and gay marriage. As Stone (2010: 386) notes, "Conflicts over GM [genetically modified] crops have been fierce because there is so much at stake: ecologically, economically, and politically." Whether one views

genetically engineered crops as representing, at one extreme, a bright future, or at the other, the avarice of corporations, is based on the values of the individuals and groups involved in the issue. As long as there are those who feel that only their values have merit, the conflict will continue (Smith and Gilden 2000).

Often, people want to change the values of those who oppose them, and one of the most common ways to change values is through education. “We assume if people have the right facts, then they will support what we believe the facts show. However, education will not work unless it addresses the underlying value concerns that people have” (Smith and Gilden 2000: 37). For instance, a common view based on the values of supporters of genetically engineered crops in industry and academia is that 1) they are safe and 2) the growing need for food requires continuous improvement of plants and animals (Stone 2010). However, others have value concerns that are not addressed by that view, such as:


- Corporate control over agriculture (Lewontin 2000)
- Patenting genes and restricting access to the genome (Stone 2010)
- Advance of the consolidation of wealth and power (Stone 2010)
- The biodiversity available to farmers controlled by seed companies (Marsden 2006)
- Desire for a natural agricultural future (Marsden 2006)
- The religious morality of creating or patenting new life forms (Warner 2000 and 2001)
- The threat to the virtue and values of agricultural communities (Berry 1977 in Burkhardt 2001a)

Indeed, examining genetically engineered crops through a human values lens reveals the debate is not strictly scientific. The focus for some people has been on consequences—weighing benefits versus risks; the focus for others has been questions of intrinsic right and wrong (Scoville 2001). And, there are other ethical perspectives, including *self-determination*, *transparency*, *morality*, and *nature* (Burkhardt 2001a).

The issue of genetically engineered crops is really four separate issues that are generally closely linked:

1. The ethics of genetic engineering (whether it is right or wrong, good or bad)
2. The products commercialized using the technology and associated risks and unintended consequences (whether or not these crops are effective in meeting their goals or will or will not cause environmental, health, or other problems)
3. Labeling food products with genetically engineered ingredients (whether consumers will choose to purchase or reject food from genetically engineered crops, based on the consumer’s right-to-know versus confusion regarding genetically engineered ingredients).
4. The control by corporations of seed property rights through patents and licenses (what type of seed, the cost, and even whether some seed is available).

When examined as four separate issues, the values of individuals may or may not align perfectly with what we think of as “pro” or “anti” perspectives; or they may tightly align themselves with one perspective based on how strong an individual’s values are about one of the issues.

The tone of the debate surrounding genetically engineered crops has been fierce, reflecting what Rollin (1995) refers to as “Moral Sumo” and “Moral Judo.” Moral Sumo is a combative style of argument prevalent nowadays. Its strategy is to overwhelm one’s opponent with an arsenal of facts and logic and prove the opponent to be wrong. Moral Sumo may win some academic arguments but may not affect any real change. Moral Judo, on the other hand, is an exercise in finesse. Its goal is not to prove the opponent wrong but instead to lead him/her to where there can be agreement. This is more likely to result in discourse that leads somewhere (Burkhardt, 2001b). Understanding that everyone—consumers, scientists, and advocates of all positions—have values that affect how they view genetically engineered crops is a step toward a more sensible discussion. 

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¹ In the spring of 2014, the Dean of OSU's College of Agricultural Sciences charged a faculty committee to review and summarize key considerations related to genetically engineered (GE) organisms. The committee drafted five white papers representing a variety of points of view:

1. Defining GE Organisms in Agriculture
2. How Human Values Affect Views on GE Crops
3. Food Safety and Regulations for GE Organisms in Agriculture
4. Assessing the Net Social Benefit of GE Organisms in Agriculture
5. Implications of Gene Flow and Natural Selection for GE Crops

These papers are accessible at: <http://agbiotech.oregonstate.edu/>



Fruit Tree Pruning Workshops

with OSU Extension agent, Ross Penhallegon

Ross has more than 20 years of orchard management experience—come learn from the best!

THURSDAY, JANUARY 22 FROM 1—3 P.M.

LEWIS BROWN FARM, 33447 PEORIA ROAD, CORVALLIS

TUESDAY, FEBRUARY 17 FROM 1—3 P.M.

GRANDPAS FARM STAND, 36483 HWY 226, ALBANY

Name _____

Phone _____

E-mail _____

Check the class(es) you will be attending:

____ January 22 @ Lewis Brown Farm

____ February 17 @ Grandpas Farm Stand

Mail payment to PRUNING WORKSHOP
PO Box 765, Albany, OR 97321

Classes will be held rain or shine! There will be an opportunity for **hands-on pruning** of pear trees after the Lewis Brown workshop, and possibly fruit trees after the Grandpas workshop—so bring your pruners!

Pre-registration is required. Cost is \$20.00 per class. Please make check payable to OSU Linn County Extension. To register please fill out and mail the form to the left or call 541-967-3871.

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Composting: Great Promise That Comes With Challenges, is it a fit for your farm?

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

Compost is an excellent soil amendment that can quickly improve degraded soil. The composting process is also an excellent pest prevention strategy that can reduce weed seeds, plant and human pathogens, and other pests in raw materials. By many, compost is considered a fundamental component of organic and ecological agriculture. But composting requires quite a lot of effort, and a significant financial investment if done on a larger scale. It is well worth practicing on a small scale before undertaking larger scale composting. If you are considering composting on your small farm, these are some questions you should consider.



Figure 1. ACRES participants evaluate compost decomposition during the second class.
Photo by Nick Andrews

Can I use this material raw, without composting?

It is usually cheaper and more efficient to apply a raw material to your field, rather than go to the trouble of composting. If you could apply your material raw, ask yourself if the following attributes of composting will improve the raw amendment you have in mind:

- Composting can reduce the particle size of chunky materials, making it easier to apply evenly with manure and fertilizer spreaders.
- Composting can prevent high carbon materials like straw or wood shavings from immobilizing nitrogen when applied to the soil.
- Composting can reduce pests in raw material like weeds, plant pathogens, human pathogens, and insect pests.
- Composting reduces the volume of most raw materials by about half, making it easier to transport.
- Composting can reduce the amount of mineral nitrogen (i.e. ammonia and nitrate-nitrogen) in

materials like poultry manure, and convert it to organic nitrogen (i.e. proteins and amino acids) that are much less available to plants. This can be a positive or negative attribute.

Can I just let it decompose slowly rather than intensively managing a compost pile?

Slow, passive decomposition is sometimes adequate, but it doesn't usually provide all of the benefits of well managed composting. Slower decomposition can reduce particle size and produce a material that is relatively easy to apply. However, human and plant pathogens, weed seeds and propagules (i.e. rhizomes) and other pests may survive in a pile of decomposing organic material that doesn't heat up enough (see below). Neglected piles of decomposing organic waste are also often left uncovered, which can leave them exposed to weed seeds and nutrient leaching from rain. Composting is essentially a natural process that can be quite simple to manage. Relatively simple changes to your packhouse waste or manure pile could help you produce a product you can apply to your fields

with confidence. If you want to add organic matter to your soil, composting can prevent you from spreading a pest problem around your farm, or introducing a new pest problem to your farm.

I have a lot of one material, how do I compost it?

When you build a good compost pile, you are creating habitat for the microbes that will digest the raw material and convert it into a useful soil amendment. The most important observable factors are C/N ratio, moisture content and particle size. Large piles of one material may or may not create a good compost pile. Consider which materials you should bring on to your farm to improve the C/N ratio and moisture content of the materials you have readily available. Remember that even if an imported material is free, trucking costs can add up quickly.

Most materials (i.e. most vegetable, meat or crop waste, and many types of yard debris) will break down into smaller particles during the composting process. Larger woody materials (i.e. tree branches) usually require grinding before composting. A flail mower or manure spreader can help to chop up and thoroughly mix materials with larger particles and solid clumps.

Nitrogen feeds the microbes that do the work in a compost pile. Ideal C/N ratios for compost are in the range of 20-40:1. You can test your product for C and N content or look up typical “book values” (see WSU Compost Mix Calculator below) for individual materials. If you are combining materials with different C/N ratios, use the WSU calculator to estimate the C/N ratio of your compost pile.

Compost microbes live in the moisture film on the surface of the organic material being digested. Their ideal moisture content is 40-60%. Typically the heat of a compost pile dries the pile out as the process continues. Unless you are building a pile just before



Figure 2. ACRES participants learn to estimate the volume of large piles by foot.
Photo by Nick Andrews

heavy rain is forecast, try to mix feedstock or add moisture so that initial moisture content is around 50-60%. When you squeeze most materials tightly in your hand you can estimate moisture content. For example, if no drops come out, but it leaves a moist sheen on your hand, the material is probably about 58-63%.

Andy Bary from WSU developed a Compost Mix Calculator that can help you calculate C/N ratio and moisture content for combinations of a wide variety of materials: <http://puyallup.wsu.edu/soilmgmt/CompostMixCalc.html>. It is an easy to use Excel spreadsheet.


What about food safety and pests like weed seeds and plant pathogens?

If your main concern is managing pests such as plant or human pathogens or weed seeds, make sure that your compost pile reaches good thermophilic temperatures (i.e. 131-170°F). Make sure that all material reaches this temperature for at least three days, perhaps a bit longer for some weed seeds. When the core of your pile is hot, material closer to the surface is much cooler. To ensure that all of your material undergoes the composting process for pest reduction, make sure your pile is turned often enough during the initial

thermophilic stage (i.e. first 3-6 weeks) so that all the material reaches 131°F. Aerated static piles require should be insulated with pathogen free material (i.e. finished compost) or mixed often enough to ensure that all the raw material reaches these time and temperature requirements.

To learn more join us at ACRES: Agricultural Composting Resources and Education Series in

April. Our instructors include Dan Sullivan (OSU Soil Scientist), Andy Bary (WSU Soil Scientist), Bob Barrows (Oregon DEQ, Western Region), and Wali Via (Wintergreen Farm).

I described Wali's composting practices in the summer 2013 issue of Oregon Small Farm News: <http://smallfarms.oregonstate.edu/wgfcomposting>. 



Agricultural Composting Resources & Education Series

Friday, April 3 and Friday, April 10, 2015

8:30 am - 5:00 pm

North Willamette Research and Extension Center, Aurora
Registration Fee: \$90

Attend both days. On April 3 with a small team you will build a compost pile using a wide variety of materials, then on April 10 you will evaluate the performance of your pile. You will also learn about compost area siting and design, handling different materials, turned windrows and aerated static piles, composting equipment and on-farm composting, calculating C/N ratios, estimating moisture content and bulk density, environmental protection and composting regulations, compost nutrient content, compost application, and improving soil with compost.

2015 instructors include Dan Sullivan (OSU), Andy Bary (WSU), Bob Barrows (DEQ) and Wali Via (Wintergreen Farm).

For further information and to register visit the ACRES website
<http://smallfarms.oregonstate.edu/ag-compost-workshop>



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Tasting Tables in the Gorge: Sourcing Local Produce for Schools

By: Rachel Suits, Small Farms Program, Oregon State University and Lauren Kraemer, Oregon State University Family & Community Health Extension

School cafeterias around the state and nation feature Tasting Tables as a way to highlight fresh, seasonal fruits or vegetables. In Hood River and Wasco Counties, OSU Extension sources produce for these Tasting Tables from a variety of local farms in hopes of establishing relationships between public institutions and farms, ultimately strengthening the local economy and creating food security in the region. Not only do school children gain access to seasonal foods, but their parents and other community members also have the opportunity to try the same foods

when they are highlighted at local food banks, farmers markets, and low-income housing sites through the Food Hero campaign. Food Hero events throughout the community further strengthen the connection between healthy local food and the farmers that grow it.

This “wrap-around” approach to Tasting Tables was developed by Lauren Kraemer, an educator with OSU Extension’s Family and Community Health Program, as a way to teach her community about seasonal, fresh, and healthy foods. Rachel Suits, who recently joined OSU as a Program Assistant supporting FCH, Master Gardeners, and Small Farms Programs. She helps bridge the gap between local food producers and schools in an effort to increase local food security. During winter and spring production planning time, farmers are asked to “Grow a Row” for the Tasting Table season. The row’s worth of produce is then



Lauren Kraemer at a Food Hero Event
Photo by University Outreach & Engagement.

purchased at fair-market price and served at the schools.

In the future, Lauren and Rachel hope to continue expanding Tasting Tables, food demonstrations and farmer connections to reach additional schools, food banks, low-income housing sites, and grocery stores. Their goal is to strengthen the relationship between farmers and the community, opening new markets for customers and assisting farmers with production planning. *✍*

The OSU Center for Small Farms and Community Food Systems facilitates collaboration between the Extension Small Farms Program and the Extension Family and Community Health (FCH) Program, to enhance our collective work to strengthen local and community food systems. This work in the Columbia River Gorge and in the article “Recipe to Market” on page 23 are great examples of this collaboration.

Pigs: Home on the Range?

By Dr. Susan Kerr, WSU Northwest Regional Livestock and Dairy Extension Specialist

Changing consumer preferences and values are creating opportunities for niche meat producers. One of these opportunities is pasture-based pork production. The purpose of this article is to help potential producers understand the benefits of and concerns about a pasture-based production system so problems can be avoided and success is more likely.

Pigs Are Not Ruminants

Humans and pigs are similar in many ways, not the least of which is our digestive tracts. Pigs and humans are monogastrics, meaning we have one major stomach compartment and rely primarily on enzymes for digestion (Figure 1). This is in contrast to ruminants, which have three pre-stomach chambers devoted to fermentation of feedstuffs and an enzymatic stomach as well. Pigs and humans are omnivores and can eat and digest a wide range of foods. Ruminants are herbivores and can eat and digest plant materials, thanks to the microbes living in their rumen.

Rumen microbes ferment ingested feed into its component parts (amino acids and carbohydrates) and use these components to make more microbes. The host can use these amino acids, carbohydrates, and the microbes themselves as sources of nutrients. Microbes can upgrade the quality of protein in a ruminant's diet to microbial protein as long as sufficient nutritional building block components are available. Consequently, ruminants have no requirement for essential amino acids (EAAs) that must be included in their diet—microbes synthesize all the amino acids needed.

In contrast, both pigs and humans have dietary EAA requirements for optimal health and growth. Humans have nine EAAs: histidine, isoleucine, leucine,

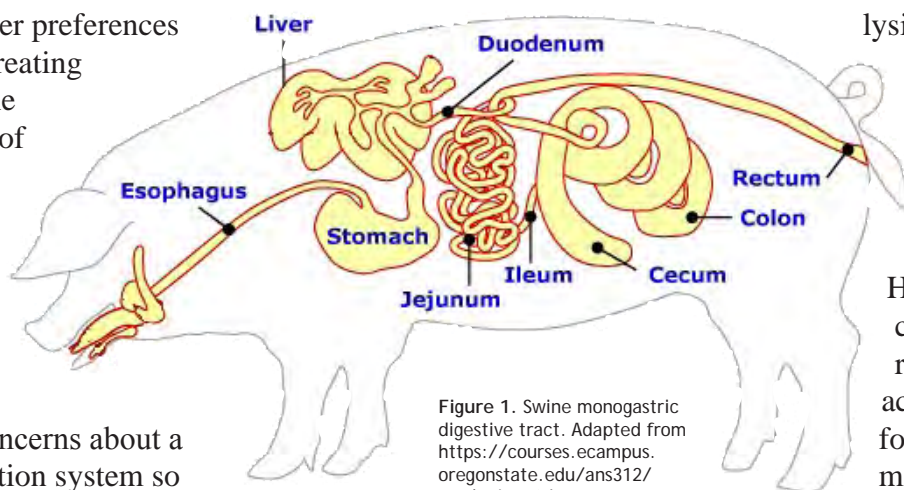


Figure 1. Swine monogastric digestive tract. Adapted from https://courses.ecampus.oregonstate.edu/ans312/ten/swine_1.htm Used with permission

lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Pigs require those nine plus arginine. Humans and pigs can synthesize the remaining amino acids they need for growth and maintenance.

Why provide all this information on anatomy and nutrition as an introduction to discussing pastured pigs? Potential pastured-pig producers must be purposeful in pursuit of pork perfection. Just as you can't make a silk purse out of a sow's ear, you can't make a ruminant out of a monogastric. Unless animals are properly fed and managed, pastured pork production will not be sustainable at any level or from any standpoint (Figure 2).

Why Confinement?

Raising hogs on pasture is nothing new; it was the traditional method of hog production and management for generations.

However, as the human population grew and demand for affordable protein increased, pork and other livestock production operations grew bigger and more centralized to meet this need. Since the 1950s, the U.S. animal agriculture

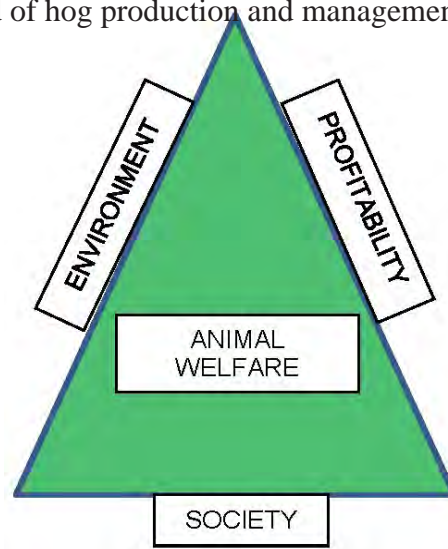


Figure 2: Stylized representation of the three major elements that must be considered for sustainable agriculture endeavors, with the addition of concern for animal welfare as a core component for livestock enterprises.

industry placed increased emphasis on efficiency to decrease costs and increase production. A major management change included bringing feed to animals, in part to reduce their nutritional requirements and feed wastage. Hog production changed to nearly all confinement systems for the following reasons:

- Improved sanitation
- Increased baby pig survival
- Better disease and parasite control
- Faster rates of gain
- Better predator control
- Increased carcass quality assurance
- Better environmental temperature regulation
- More use of technology for labor savings
- Targeted nutrition for various stages of growth
- *Increased efficiency for reduced costs to consumers.*

In 1959, the national average of piglets per litter was 6.5 (6.0 for Oregon and 5.5 for Washington).¹ In 2014, the national average was 10.25 piglets per litter.² These gains in production and efficiency are the result of management changes including increased biosecurity measures, targeted nutrition, controlled environmental temperatures, genetic selection, and reduced piglet mortality from maternal crushing. Increased efficiency in the hog industry over the last 50 years has national pig producers using 78% less land and 41% less water while producing twice as much pork with a 35% smaller carbon footprint. Despite a 39% reduction in the national breeding herd, 29% more hogs are sold now. A specific example of this increased efficiency in the last five decades: 1,000 lbs. of retail pork are now produced by five market animals instead of eight.²

Everything Old is New Again

Despite the advantages of confinement and semi-confinement production mentioned above, there are definite disadvantages to this system and advantages to pasture-based production. As some consumers become increasingly concerned with the quality of life their food had, niche producers are able to produce food animals using methods more in keeping with some consumers' preferences. Consumers envision animals raised outdoors as having a more "natural" and

"happier" life. Pasture-based hog production can meet the needs of this audience as long as specific concerns can be addressed as delineated below.

Basic Components of Animal Welfare

Regardless of production system used, producers are obligated to address the following aspects of animal welfare at all stages of production:

- Provision of shelter, water, and adequate diet
- Attention to health care to prevent illness and treat when necessary
- Prevention of pain and suffering and protection from injury
- Opportunity to engage in normal behavior

Outdoor systems certainly allow pigs to partake in normal behavior more than they can in most indoor systems. Pigs can root, wallow, seek shade or sun, forage for food, interact as they please with each other, breathe fresh air, and explore their surroundings. However, outdoor production can put hogs at more risk of some problems, including sunburn, parasites, predator attack, fence injuries, heat stress, hypothermia, toxicities, and malnutrition. Managers must address each one of these risks to keep pigs safe, healthy, and growing well in outdoor systems.

Effects of Hogs on the Environment

Like all livestock, hogs can create beneficial or detrimental environmental impacts based on how they are managed. Too many livestock on too little land is the #1 mistake made by new and experienced producers alike. This problem and the resultant injury to natural resources can be prevented by creating a Whole Farm Plan before any animals are even purchased. Some sites are better suited to hogs than others and the carrying capacity of various parcels can differ greatly. Successful future producers make their big mistakes on paper during planning stages, not in real life.

With excellent management and pasture rotation, pigs can be used as a tool to improve some landscapes. They can aerate compacted soil through rooting, eliminate some unwanted plants such as blackberries, increase soil activity and seed-to-soil contact through hoof action, and add high-quality nutrients to the soil

through urine and manure. On the other hand, poorly-managed hogs (such as feral hogs and overstocked premises) can destroy streambanks, seriously disrupt soil structure, create problematic wallows, kill desirable trees and plants, create objectionable odors, escape and damage neighbors' property, and contract diseases by eating wildlife carcasses. Indeed, poorly-managed pigs can create barren wastelands in no time. Good fences, adequate food, shelter, plenty of water, sufficient acreage, frequent rotation, and daily oversight can help prevent most of these negative impacts.

Pigs Are Not Ruminants

Getting back to nutrition and gastrointestinal anatomy, keep in mind that pigs are not ruminants. Because they lack a rumen and fiber-digesting microbes, pigs are unable to digest fiber well. *THEY CANNOT SURVIVE ON PLANTS ALONE* (the same goes for poultry). This is a major misconception of some new pig and poultry producers, who think they can leave these animals to their own devices and reap the rewards of a fabulous carcass in a few months. NOT TRUE!

Pasture should be considered a nutritional supplement and playground for monogastric animals, not the main source of their nutrition. Pigs on pasture have a great time rooting for grubs, worms, beetles, mushrooms, mice, roots, bird eggs, and who-knows-what else. However, this is not a balanced diet. Specific crops can be planted for hogs to harvest, including mangles and other root crops. This will still not be a balanced diet. After all the high protein and high energy sources have been eaten, all that is left is high-fiber plants, unless excellent pasture management practices are employed.

Yes, pigs will happily forage on plants, but this is like humans eating a salad: it tastes good but its main effect is to add bulk to the diet and provide the benefits of fiber. Humans eating just salad and pigs eating just forage will lose weight because they are physically full before they have met their nutritional needs and they are unable to digest and use most of the food eaten.

Table 1. Daily dietary crude protein (CP) requirement for pigs as % of diet at various weights and stages. Adapted from National Research Council: *Nutrient Requirements of Swine and other sources*.

Pig weight (lb.) or stage	6.6-11	11-22	22-44	44-110	110-176	176-264	Gestating sow	Lactating sow	Mature boar
% CP requirement	26-28	23.7-26	20.9-22.5	18-18.5	15.5-16	13.2-14	12-13.5	13-19	13-20

DID YOU KNOW?

96% of U.S. hog farms are family owned.

--USDA Economic Research Service, 2011 Agricultural Resource Management Survey, v. 1.

Pigs are able to ferment and digest fiber to some degree thanks to bacterial action in their large intestine and cecum, but this only helps boost energy utilization a bit; any bacterial protein upgrading benefits are lost in feces. In the past, most nutritionists recommended feeding no more than 10% of a pig's diet as forage, because it serves as fill and takes the space of a balanced and more nutrient dense and digestible diet. Current thinking is pigs can digest more fiber than previously believed, but digestibility is very much dependent on plant maturity (the younger the plant, the more digestible). A pig's ability to utilize forage can increase with age and adaptation to the diet. They also digest legumes much better than grasses.

Young growing pigs are extremely efficient at protein synthesis and growth when eating a balanced diet. However, this rapid growth requires high dietary protein levels (see Table 1). Most pasture grasses will have 8 to 11% crude protein on a dry matter basis, which cannot sustain maintenance nutritional needs, let alone high rates of growth. Legumes such as clover and alfalfa have much higher protein content—often 17% or more—but even they cannot meet the protein needs of growing pigs unless additional sources are provided.

Danger, Will Robinson!

What is the main predator of pigs on pasture? Sadly and surprisingly, the answer is dogs (coyotes are #2). In some areas, bears and cougars are threats to even adult pigs; raccoons can attack baby pigs. Predator-proof pig premises with protective perimeter fences.

Sunburn risks can be mitigated by using pigmented breeds and providing access to shade. Sunblock

should NOT be used without consulting your veterinarian because the use of any unapproved medication on food animals is illegal unless under a veterinarian's supervision.

Pigs do not sweat so they can be quite easily affected by excess heat. Shade is essential, as is unlimited cool drinking water and wallowing areas. Keep wallows shaded so the water and mud there is cooler than the environment. If needed, spray pigs periodically with large water droplets and let them dry between treatments. It is best to act pro-actively during times of increasing environmental temperature to prevent heat stress instead of reacting to overheated pigs. Late gestation, lactating, and nearly-finished pigs are at most risk of heat stress.

As mentioned, pastured hogs are excellent at rooting up things to eat, but this skill can sometime be to their detriment. Poisonous plants pigs can consume include elderberry, *Prunus* species (cherry family), rhubarb, pokeweed, Golden Chain tree, lambsquarter, pigweed, fiddleneck (tarweed), iris, and the mustard family (cabbage, turnips, broccoli, mustard) to name a few. Walk your pasture and identify all plants your pigs could access; remove or fence out toxic plants.

Is Pasture the Right Choice?

Pasture access can be an excellent addition to a hog farm's management plan. As mentioned, it can have beneficial effects on animals and the environment. Some pig breeds are more adept at foraging than are modern commercial composite hogs. Breeds more likely to thrive on pasture include heritage (rare) breeds such as Tamworth, Large Black, Mangalitsa, and the very rare Mulefoot. There is a strong market for such breeding stock, so becoming a breeder is another opportunity to consider.



Photo 1. Sows on pasture. Photo courtesy Dr. Jan Busboom

What about piglets on pasture? These little guys are protein-synthesizing factories. Their maintenance requirements will certainly increase on pasture due to increased activity and more variable environmental temperatures. They definitely need nutritional

support in addition to whatever the pasture provides. In general, pasture is not recommended for piglets under 40# due to their very high nutritional needs. Bear in mind that most will need more time to reach butcher weight than those held in confinement. The variable diet can be a source of inconsistent but interesting meat flavors; consumers should be apprised of this. (This should be an easy sell because one of the reasons consumers are turning to pastured pork is for a more flavorful product, with less emphasis on leanness than in the past and more on taste and texture). Provide plenty of shelter and safe zones for piglets to protect them against predators (including raptors) and the elements.

Adult animals can truly benefit from pasture access. It encourages movement and improves feet and leg health (see Photo 1). Air quality and ventilation issues are usually eliminated and respiratory health can improve. The challenge to find something to eat is good mental stimulation for pigs, which are extremely smart animals; they also seem more content than when their nutritional needs are met in a more concentrated form. With supplementation of energy, protein, vitamins and minerals as needed for a balanced diet, it is easy to be supportive of pasture access for adult animals maintaining themselves. Gestating animals will need additional nutrition and should be monitored closely to be sure their needs are being met, but forage is an excellent way to prevent constipation in pregnant sows. Pasture is not widely recommended

for lactating animals due to their higher nutritional needs, but some producers routinely farrow on pasture successfully. These sows can probably not support the 14+ piglet litters raised by some sows in confinement, but the choice of production systems is based on the producer's goals, priorities, and values.

Be careful not to overestimate the amount of forage in a particular pasture. Foraging pigs will waste and destroy a significant amount of the forage. Plan on about 50% of what is standing in the field not being available as feed.

P.S. Pigs Are Not Ruminants

The key to success as a pasture-based pork producer is to know and address the challenges involved. Understand pigs will need to have additional nutrients provided. Realize young pigs will gain more slowly and be older at traditional market weights. Recognize pasture-raised pork can have variable taste and other carcass attributes due to more variables in production. Address threats to pig safety and health while on pasture.

Being pro-active regarding problems, keeping excellent records, attending educational workshops, finding

and learning from experienced mentors, starting with and maintaining healthy animals, and being willing to change practices based on outcomes will help create a successful pasture-based pork enterprise. Consistently surpassing your customers' expectations with wholesome and delicious pork products will help your business thrive. *Z*

Resources and References

¹USDA National Agriculture Statistics Service.

²National Pork Board, 2012.

ATTRA Hog Resources

<https://attra.ncat.org/attra-pub/livestock/livestock.html#hogs>

SARE Profitable Pork Resources

www.sare.org/Learning-Center/Bulletins/Profitable-Pork/Text-Version

Feeding for Niche Swine Production

www.porkgateway.org/FileLibrary/PIGLibrary/Factsheets/a6464v1-0.pdf

Forages for Swine

www.porkgateway.org/FileLibrary/PIGLibrary/Factsheets/07-06-04g_c052006.pdf

Nutrient Requirements of Swine

<http://extension.missouri.edu/p/G2320>

Tractor Safety and Operation for Adults



2015 Dates

- ◆ Tuesday, March 24 - Beginner
- ◆ Tuesday, June 9 - Beginner
- ◆ Tuesday, June 23 - Women only-beginner
- ◆ Wednesday, June 24 - Advanced



Registration Fee: \$50 per person

Location: North Willamette Research and Extension Center 15210 NE Miley Rd, Aurora

The beginner class is intended for new farmers or those looking to buy a new tractor. The advanced class is open to those who have taken the beginner class or have experience with basic tractor safety and operation. The classes will have a mix of classroom and hands-on learning. Registration will open in early February. Please bring a brown bag lunch, water will be provided.

Beginner Topics

- ◆ Tractor Safety
- ◆ Tractor Operation and Driving
- ◆ Basic Maintenance
- ◆ Implement Hook-ups

Advanced Topics

- ◆ Implement Hook-ups
- ◆ Using Implements in Field
- ◆ Trailer Loading
- ◆ Advanced Tractor Driving



For more information visit: <http://smallfarms.oregonstate.edu/adult-tractor-safety-and-operation>



Growing Farms

Successful Whole Farm Management

An online course created by the
Oregon State University Small Farms Program

Oregon State
UNIVERSITY

Growing Farms: Successful Whole Farm Management provides farmers with the tools and knowledge needed to develop and manage a successful farm business. This course is intended for people who are considering starting a farm business, those within their first five years of farming and others who may be considering major changes to their farm business.

The core of the Growing Farms course is a series of six online modules covering a variety of topics related to farm management (see Online Modules). The course was developed by OSU Small Farms Program faculty and other farm management experts, and is presented in an interactive and graphically rich format. Modules include more than four hours of video created specifically for the Growing Farms course, and feature six Oregon farmers who share their experience and insights about farming (see Meet the Farmers). Although the course has an Oregon focus, it is relevant to farmers nationwide.

Turn your dream of owning and operating a small farm or ranch into a reality.

Cost: \$295 per person. Discounts and scholarships may be available, please check with the local coordinators

Designed for those who are considering starting a farm business, those within their first five years of farming and others who may be considering major changes to their farm business.

What you will learn:

- Developing and managing a successful farm business
- Whole-farm planning and resource assessment
- Creating an identity for the farm
- Farm infrastructure and equipment
- Managing farm labor
- Marketing strategies
- Managing the farm ecosystem
- Entrepreneurship
- Family business dynamics
- Risk management

Southern Oregon - Southern Oregon Research and Extension Center, 569 Hanley Rd. Central Point.

Dates: 6-8:30 p.m. on Monday's January 26, February 9, and March 9
Full day, Saturday, February 21

Contact: Maud Powell, (541) 776-7371, maud.powell@oregonstate.edu

North Willamette Valley - North Willamette Valley Research and Extension Center, 15210 NE Miley Rd. Aurora.

Dates: 6-8:30 p.m. on Wednesday's January 21, February 4, March 4
Full day, Saturday, Feb 21

Contact: Heidi Noordijk, (971) 801-0392, Heidi.Noordijk@oregonstate.edu or Nick Andrews, (971) 801-0391, Nick.Andrews@oregonstate.edu

South Willamette Valley - Linn County Extension Office, New Location effective Jan 2015, 33630 McFarland Rd., Tangent.

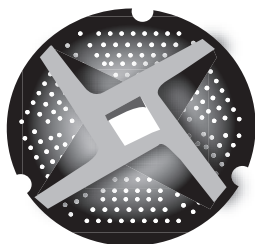
Dates: 6-8:30 p.m. on Thursday's January 22, February 5, March 5
Full day, Saturday, Feb 21

Contact: Melissa Fery, Melissa.Fery@oregonstate.edu (541) 766-3553 or Amy Garrett, (541) 766-3551, amy.garrett@oregonstate.edu

NMPAN webinar on International MSUs

The Niche Meat Processor


Assistance Network is offering a webinar in February focusing on international perspectives on mobile processing.



**NICHE MEAT PROCESSOR
ASSISTANCE NETWORK**

Mobile Slaughter Units: An International Perspective – February 18, 9am – 10am

The first USDA-inspected mobile slaughter unit (MSU) for red meat species began operating in 2002. Since then, MSUs have not only evolved in size and design but have also gone international: Europe, South America, Papua New Guinea, and soon in South Africa.

On this webinar we'll hear about MSUs operating both in the U.S. and overseas: learning how they meet regulatory requirements, handle animals humanely, manage water, assure food safety, and more. We'll discuss MSU design concepts, challenges and future improvements and leave plenty of time for Q&A. Our speakers – Thomas Lyck, Hälsingestintan; Bruce Dunlop, Island Grown Farmer's Co-op; and Mike Callicrate, Ranch Foods Direct – will discuss MSUs operating in the U.S. Sweden, Chile, and Papua New Guinea. 

All NMPAN webinars are free and open to the public. To attend either webinar, go to <https://connect.extension.iastate.edu/nichemeat> a few minutes before start time and log in as a guest.

For more information: email Kathryn Quanbeck, NMPAN Program Manager: kathryn.quanbeck@oregonstate.edu.

For more information about NMPAN visit <http://nichemeatprocessing.org>

Welcome a New Small Farms Team Member



Heather Stoven began her position as the Community Horticulturalist and Small Farms Extension Agent for Yamhill County last April. Her position is housed in McMinnville and she oversees the Master Gardener program, community horticulture and small farms.

Prior to this position, Heather worked at OSU's North Willamette Research and Extension Center with the nursery crops and Christmas tree programs.

She has a Master of Science degree in integrated pest management from UC Davis and her strengths include pest management, plant problem diagnosis, greenhouse growing and nursery crops.

Heather is eager to be in this new position and is looking forward to meeting small farmers to learn of local needs and to provide assistance to the community.

**Heather can be reached at:
heather.stoven@oregonstate.edu**

Rogue Valley Grown: Local to Wholesale in Southern Oregon

By: Lauren Gwin, Associate Director, OSU Center for Small Farms and Community Food Systems with Elise Higley and Wendy Siporen, Thrive

Southern Oregon has a vibrant local food scene, with a wide array of small-scale, organic and sustainable farms selling direct to consumers via farm stands, farmers' markets, and Community Supported Agriculture (CSA) shares. While some sell to local restaurants and through natural food co-ops, those opportunities are somewhat limited.

Some small farms are looking beyond direct markets, exploring new and expanded wholesale marketing and distribution as a way to reach new customers. The Rogue Initiative for a Vital Economy (THRIVE) has teamed up with OSU Small Farms in Southern Oregon to help these farmers figure out if and how wholesale could work for them.

After a year-long community food assessment, THRIVE launched the Rogue Valley Grown project to address market saturation at farmers markets and to satisfy demand for local food where customers are already shopping: grocery stores.

This past summer, Thrive's Elise Higley convinced several local retailers to feature produce from local farms. Elise coordinated with farmers – in some cases, delivering produce herself – and provided in-store displays, media coverage, and cooking demos.

As Elise explains, "For the stores, being part of the pilot project with Rogue Valley Grown means giving locally grown produce first priority when it's available. They are all pretty committed to trying to make this work for both parties. The retailers feel good that they are making a difference in the local food movement."

In early December with the support of a USDA Rural Business Enterprise Grant, the team brought 20 small farmers to the Willamette Valley for a tour of two farms that have been mainstays of the local food movement for decades: Denison Farm and Persephone Farm. Tom Denison, and Elanor O'Brien and Jeff



Denison Farm Tour. Photo by Wendy Siporen

Local Food Marketplace will offer a webinar on **"Getting Started with Production Planning,"** on January 22, at 10am (PST).

Mary Oldham, co-author of Production Planning for Aggregators, and Regional Coordinator for Value Chain Cluster Initiative, will walk through the basics of production planning, how to get started, and how to support producers in the transition.

LFM will also offer a short demonstration of the planning module, followed by a Q&A session with Mary.

For more information:
<http://home.localfoodmarketplace.com/?p=3409>.



Persephone Farm Tour. Photo by Wendy Siporen


Phalen told their stories, showed the Southern Oregon farmers their operations, and answered questions about how to choose the right crops to sell wholesale, smart ways to scale up, cautionary tales about wholesale markets, and scale-appropriate processing equipment. The farms also spent an evening with OSU's Tanya Murray learning about practical ways to track production and marketing costs, to make sure their decisions will lead to profitability.

The southern Oregon farmers were inspired and excited by the tour. "As an owner of a small farm," said Chad Giffin Gates, of Middle Rogue Farm in Grants Pass, "I was inspired to focus on a couple of crops that I do really well for wholesale and then think outside the box on how to best market and distribute them."

While the farmers had had heard plenty on the tour about the challenges of wholesale, they were not deterred and spent the long drive home brainstorming how to collaboratively tackle the wholesale market in the Rogue Valley.

What's next for the project? Elise is already working with local retailers for Rogue Valley Grown's second season, aiming for higher sales volumes and improved efficiency. This season, Thrive will be using a new Local Food Marketplace crop planning module with three grocery stores to estimate purchasing volumes and timing of each crop, allowing farmers to better plan their season and improve consistency of availability.

Thrive is also preparing to launch a wholesale-only online ordering platform using the Local Food Marketplace software that will allow buyers to see all locally available produce in one convenient location.

"Restaurants are really excited about the new ordering option," says Thrive Director Wendy Siporen. "We're looking forward to the software giving us better data about the quantity and timing of sales so we can strategize ways to fill in gaps in local availability." 

Hooping it Up in Central Oregon

By: Toni Stephan, Small Farms Program, Oregon State University

At the September meeting of the Central Oregon Women Farmers Network we learned that one of our members was in the process of raising a hoop house that she and her husband had received a grant for earlier in the year. Construction had not advanced as quickly as was planned due to unexpected health problems for her husband. He had a heart attack shortly after they received the grant and he was not able to do the sustained physical work it took to raise the hoop house. Now in September time was drawing near a close to meet the requirements of the grant and they were not sure they would be able to get the construction completed.


We had some first time attendees at this September meeting who had heard of a program referred to as “WWOLF”, Willing Workers On Local Farms. They explained the program as one where a group of people were contacted about a work party at an area farm which was in need of extra hands for a particular project. A date was set and anybody who was able would come to work as a volunteer on the project for a set period of time. We liked this idea and decided to try it for our friends. So we set a date of September 21 from 10-3 to meet at the Wallaces’ to help move the construction of the hoop house forward. Meri and Jerry were to figure out what they needed us to do and organize the jobs. and supervise the workers on the day of the event.

Photo provided by Toni Stephan



Photo provided by Toni Stephan

It was a clear morning and people started to arrive just before 10 am. Meri and Jerry had decided that the job they needed done was to put up the side and bottom boards that would eventually support the anchor channels to hold the plastic in place. Five members of the Central Oregon Women Farmers Network, a neighbor, and Meri and Jerry got busy right away. It was like an ant hive, people going everywhere: Jerry and Wayne drilled holes, Meri chipped concrete and Lori, Rocky, Jan, Billie, and Toni bolted the boards in place. After a couple of hours we stopped for a little snack of chips, cookies and Yellow Pear and Jasper tomatoes, which had been grown by a couple of the members. Yummm! They were like eating candy: sweet and delicious. Back to work. After the boards were in place we started to attach the anchor channels. Around 2:30 we were pretty much at a standstill and looked around for Meri or Jerry to give us a new task. They were not around. Just then Meri came from around the corner by the house and said that we had worked so fast and hard that Jerry was worn out. We literally ran him ragged the whole day. We decided that we would quit for the day.

We all had a great time helping out our friends. We learned a little about setting up a hoop house and the Wallaces got back on schedule. They said our work advanced them a least a month closer to completion. This is a great example of how our network can work to the benefit of all. 

Recipe to Market: Creating Your Own Food Business

By: Maud Powell, Small Farms Program, Oregon State University

This past fall, OSU Extension Small Farms teamed up with Thrive, a Southern Oregon non-profit dedicated to supporting local businesses, and OSU Family and Community Health to offer a four-part class called Recipe to Market: Creating Your Own Food Business. The class series was designed for farmers, master food preservers and entrepreneurs interested in starting their own businesses based on value-added products.

The first class meeting was held at a local restaurant and provided a venue for potential food business owners to sample local products already on the market. Five successful food entrepreneurs told the stories of their value-added food ventures and answered questions about the challenges and successes they experienced.

During the second class, presenters from OSU's Food Innovation Center in Portland covered labeling, food safety, recipe creation, product testing, self-life, kitchen and licensing requirements, food laws, pricing, marketing strategies and how to locate local resources. During the third class, speakers tackled the issues of business and financial planning, with an emphasis on book keeping, micro-financing options and how to choose the best business structure.

Finally, the fourth class addressed how to successfully market and brand food businesses. Two successful business owners showcased their websites,

packaging and labels, and discussed their experiences with crowd-funding.

Overall, the classes were well-attended and rated highly. Attendees commented on the value of learning from business owners who have been in the trenches and receiving critical information on marketing laws and business planning. *z*

Living On A Few Acres



Saturday, March 14, 2015 8am-5pm

Deschutes County Fair & Expo Center
Middle and South Sister Buildings
Redmond, Oregon

Also Featuring
Trade Show

Registration: <http://extension.oregonstate.edu/deschutes>

Information: toni.stephan@oregonstate.edu; 541-548-6088

2015 Classes include topics on farm start up needs, native plant management on small properties, livestock classes, hay and pasture classes, growing in hoop houses with a winter emphasis, cover crops and composting, meat packing and producers class, parasitology, wine making, food preservation and irrigation and water rights classes.

Register by March 6th

\$45 per person

Late registration: \$60 per person

Oregon State **OSU** Extension
UNIVERSITY Service

Collaborating partners include: Deschutes Soil and Water Conservation District, Jefferson County Soil and Water Conservation District, Natural Resources Conservation Service, Deschutes River Conservancy, Central Oregon Intergovernmental Council, Central Oregon Irrigation District, Deschutes Native Seed Resources, Deschutes County Weed Management and Oregon State University Extension Service.

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Livestock Producers and Climate Change: What Do You Need to Know?

By: Liz Whitefield, Washington State University

The Animal Agriculture and Climate Change extension project (AACC) is a national initiative to develop and teach about animal production practices that are environmentally sound, economically viable, and create resiliency for animal producers and their partners.

The AACC's Western Region, based at Washington State University, is partnering with the OSU Small Farms Program to learn more about the needs of small-scale livestock producers in Oregon.

Please take this short, 15-question survey to tell us what information would be useful to you.

<https://www.surveymonkey.com/s/smallfarmsoregon>

Your responses will help us design effective educational materials that meet your needs.

For information on animal agriculture and climate change and to learn more about AACC, please visit www.animalagclimatechange.org.

Liz Whitefield, Research Associate with the Livestock Nutrient Management Program at WSU, will be a featured speaker at the OSU Small Farms Conference (Feb. 28, in Corvallis) in Sustainable Meat #1: Resilience Strategies for Small-Scale Livestock Production.

SFC HOOTENANNY

JOIN US FOR A ROCKIN' TIME AFTER
THE SMALL FARMS CONFERENCE!

SATURDAY, FEB 28th, 2015
5-11PM, OSU ALUMNI CENTER BALLROOM
**LOCAL FOOD, GOOD BEER, CIDER,
LIVE MUSIC, DANCING 'N MORE**

EVENT BROUGHT TO YOU BY:
FRIENDS OF FAMILY FARMERS' FARMON! PROGRAM, OSU SMALL FARMS
PROGRAM, GORGE GROWN FOOD NETWORK, & CASCADE PACIFIC
RESOURCE CONSERVATION & DEVELOPMENT

\$15
INCLUDES
DINNER, A BEVERAGE &
LIVE ENTERTAINMENT!

TO PURCHASE TICKETS VISIT
TINYURL.COM/SFCHOOTENANNY

A Year of Success

By: Toni Stephan, Small Farms Program, Oregon State University

The Central Oregon Women Farmers Network just completed its first year. The organization began in December of 2013 with 35 people signing an interest list and 17 attending the first meeting which ended up being a snowy, windy and icy drive for those who came. There was a lot of interest from those in attendance about the new network.

2014 was started out with an unofficial meeting of the group. A meeting on Mobile Slaughter Units was organized by another group and we attended this as our function for January. There were 29 people present to listen to information on MSUs, 9 of us were from the COWFN. The other unofficial meeting of the organization took place in March as our annual small acreage conference, Living on a Few Acres, was held. Many network members attended this conference and gained knowledge and made contacts that would help them on their properties and with their business endeavors.

We had regular meetings in February, April, May, July, September and November. In May we had our meeting at Rockton Ranch, home of Toni Stephan, the coordinator and advisor of the COWFN, and Rocky



Photo provided by Toni Stephan

Bessette who works the property on a daily basis. The topic of the meeting was putting in a new hay field and all that goes with that. In July, we went to the home of Annie Andreson, who raises meat goats. We got to see how she set up her operation and learned about breeding and selection for herd success. Dr. Jennifer Cole came and discussed many details about raising meat goats. In September, we had our meeting at the home of Meri and Jerry Wallace. There we learned a bit about herbs and value added products and some of the difficulties and successes associated with that. We toured the farm and saw the hoop house that was under construction (see related article: Hooping it up in Central Oregon).


We had about 75 people come to the various meetings and events that were associated with this new network. We also started a facebook page which we use to announce different events throughout the area. We hope to grow our network even more this year and get larger turnouts to our meetings and events. If you are interested in finding out more about us contact: Toni Stephan, OSU Extension Horticulture and Small Farms Instructor, 541-548-6088 or toni.stephan@oregonstate.edu 



Photo provided by Toni Stephan

Calendar



January

13 - Linn-Benton Livestock & Forages Breakfast Educational Program

Selenium Supplementation Through Fertilization. Pioneer Villa Restaurant, Truck Stop off I-5 at exit 216, 33180 Highway 228, Halsey, OR. 6:30 AM - 8:00 AM. For more information contact Shelby at 541-672-4461 or shelby.filley@oregonstate.edu. *Free*

14 - Lane County Livestock Association Breakfast Educational Program

The Cottage House Restaurant, 1875 Mohawk Blvd, Springfield, OR. 6:30 AM - 8:00 AM. For more information contact Shelby at 541-672-4461 or shelby.filley@oregonstate.edu. *Free*

21 - Growing Farms: Successful Whole Farm Management - North Willamette Valley

See page 18

22 - Growing Farms: Successful Whole Farm Management - Southern Willamette Valley

See page 18

26 - Growing Farms: Successful Whole Farm Management - Southern Oregon

See page 18

29 - Small-Scale & Urban Farming Series: Getting Started with Poultry

For more information, contact the OSU Lane County Extension office at (541)344-5859, or stop by the office at 996 Jefferson Street in Eugene, to pick up an application. **\$25.00**

24 - Small-Scale & Urban Farming Series: Getting Started with Poultry

For more information, contact the OSU Lane County Extension office at (541)344-5859, or stop by the office at 996 Jefferson Street in Eugene, to pick up an application. **\$25.00**

28 - 2015 OSU Oregon Small Farms Conference

See details on page 2
\$45 per person

March

2 - Food Safety on Small, Diversified Farms: One Farm's Experience

Food safety rules and certifications can be daunting for small-scale, diversified farms and it can really help to hear from other farmers in the same boat. Gathering Together Farm, Philomath, OR. 4:00 PM - 5:30 PM. Register by emailing Lauren. Gwin@oregonstate.edu *Free*

<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