

The Land Stewardship Letter

Keeping the Land and People Together



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From the Land to the Lunchroom

Replacing 'Grilled Cheese Pleezers' and 'Taco Scrambles' with fresh, local food promises to make school cafeterias a key part of the education experience.



The "Health Nut Deli" at Hopkins High School features whole grain breads, soups and salads. It has received rave reviews from students. (LSP photos)

By Brian DeVore

It's lunchtime at Hopkins High School. Students pass through the main cafeteria entrance in noisy, pushy waves. Once inside, the line of hungry teenagers breaks into smaller tributaries. Some head for the "Health Nut Deli" for some soup or a sandwich on whole grain bread. Others try the pasta or Cajun Chicken Pizza at the "Tuscano Oven"; check out the stir fry at "Ethnic Adventure" or go for some meat loaf and mash potatoes at "Kremer's Diner"

(named for the school superintendent). Many peruse the "Fields of Green" salad bar, which, true to its name, is dominated not by iceberg lettuce and croutons but leafy greens of a darker hue. Off to the side, basking under warming lamps at the aptly named "Grill", are French fries, chicken fingers and other deep-fried mainstays of fast food. And yes, students are stopping there too.

But on this particular day, anyway, the healthier food seems to be more popular with the jocks, Goths and nerds. A kitchen manager stands like an island in this fast flowing stream of humanity, noting the

food choices being made. A question is put to her: Don't kids always prefer the French fries over the whole grain bread?

"People are making assumptions," is her response, as dozens of high school kids prove her right.

Hopkins, which is a Twin Cities inner ring suburb, is one of a growing group of K-12s nationally that are challenging some long held assumptions about kids, food and cafeterias. They are doing this through "farm to school" programs. Such

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The Land Stewardship Letter is published four times a year by the Land Stewardship Project, a private, nonprofit organization. The mission of the Land Stewardship Project is to foster an ethic of stewardship for farmland, to promote sustainable agriculture and to develop sustainable communities. Members of the Land Stewardship Project receive this newsletter as a benefit. Annual membership dues are \$35.

All inquiries pertaining to the content of the Land Stewardship Letter should be addressed to the editor, Brian DeVore, 4917 Nokomis Ave. S., Minneapolis, MN 55417; phone/fax: 612-729-6294; e-mail: bdevore@landstewardshipproject.org.

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STAFF

Southeastern Minnesota

180 E. Main St., P.O. Box 130, Lewiston, MN 55952; phone: 507-523-3366; fax: 2729; e-mail: lspse@landstewardshipproject.org
Karen Benson, Bobby King, Karen Stettler, Caroline van Schaik

Twin Cities Area

2200 4th St., White Bear Lake, MN 55110; phone: 651-653-0618; fax: 0589; e-mail: lspwbl@landstewardshipproject.org
Louise Arbuckle, George Boody, Brian DeVore, Cathy Eberhart, Lori Golightly, Olivia Holter, Dana Jackson, Ray Kirsch, Ron Rengel, Karly Turner

Western Minnesota

103 W. Nichols, Montevideo, MN 56265; phone: 320-269-2105; fax: 2190; e-mail: lspwest@landstewardshipproject.org
Amy Bacigalupo, Laura Borgendale, Michele Skogrand, Cathy Twohig, Terry VanDerPol

Policy Program

2919 42nd St. E., Minneapolis, MN 55406; phone: 612-722-6377; fax: 6474; e-mail: marks@landstewardshipproject.org
Mike McMahon, Matthew Schmidt, Mark Schultz, Paul Sobocinski, Adam Warthesen, Andria Williams

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Slow food's fast company

By Audrey Arner

The scene is the city of Turin in Italy's industrial north, home of the purported shroud from the crucified body of the Christ, home of Fiat automobiles, in the foothills of the Alps, and with a history of broad-scale community support for laborers. Nearly 5,000 food producers from villages, prairies, seacoasts and gardens around the world gathered in late October for Terra Madre (Mother Earth in Italian): The World Meeting of Food Communities. This was a precedent-setting forum for those who grow, raise, catch, create, distribute and promote food in ways that respect the environment, defend human dignity and protect the health of consumers.

It was not an open meeting. Farmers had to be nominated, to apply and to be accepted by Slow Food International, a global organization rooted in eco-gastronomy, the art of feeding ourselves well while preserving the natural resources that support all our existence. My husband Richard and I had been nominated by the Land Stewardship Project to represent the Pride of the Prairie, our local foods initiative led by LSP.

The idea for Terra Madre was for it to be a starting point of a global search for peasant and farming communities, food producers and local food systems that are rooted in their own and the planet's survival.

On-farm dairy processors from New Prague, Minn., talked with cheesemakers from northern Scandinavia, Ireland and Tibet. Vegetable growers from Spring Valley, Minn., could talk with Peruvian orchardists and Spanish coastal fishermen. There were no officials from the International Monetary Fund or the World Trade Organization demanding that markets should be liberalized, seeds patented or land drenched in chemicals to support the sort of production that multinational corporations love to dominate. It was a conference to inspire the dialogue of a new understanding. Terra Madre was full of good ideas and ferociously inclusive. Whereas most world meetings about agriculture do not include farmers, this gathering was

predominantly firsthand food producers.

There's one thing that all of us humans have in common: we all eat. "Food," as Indian physicist and activist Vandana Shiva noted, "is the currency of life."

What we choose to eat impacts everything from our own body's vitality to the Dead Zone in the Gulf of Mexico. We are realizing that the preservation of family-based farms, rural communities and biological diversity has everything to do with human nutrition, the essence of flavor and the pleasures of the table.

For me, eight major themes emerged from our experience:

✓ **1. We are a sampling of the strong, quiet, irresistible movement that will replace globalization.**

The Roman Empire didn't fall overnight. The Renaissance didn't come to light at dawn one morning. Similarly, while much of the world's agriculture and food policies are destroying farmers and eroding natural resources, in Terra Madre there is a powerful and pervasive force emerging that has positive designs on the future and it is happening everywhere.

✓ **2. Farmers and eaters are co-producers of food.**

We vote with our food dollars for the kind of agriculture we want. The health and diversity of the landscape is generated by what foods people will purchase, enjoy and derive health from.

✓ **3. Appropriate technologies are needed.**

Cider makers, brewers, bakers, butchers have the unique skill sets that add value and that make foods distinctive. We should be investing in small food processors for the sake of local economy as well as improving the offerings on our plates.

✓ **4. Global hunger is everyone's responsibility.**

There was solidarity among "developed nations" farmers and those in the southern hemisphere struggling to feed themselves.

"We must rebuild the dialogue between official science and traditional agricultural skills, and farmers must be directly involved," said Slow Food founder Carlo Petrini.

One of the closing speeches came

Slow Food, see page 3...

from Samuel Muhonyu of Kenya, in which he stressed that it is true that Africa requires food aid from developed nations in the short term: "In the long term all people must be involved in the decision-making process. Food rights are human rights. We must support homegrown initiatives everywhere that address local food security. Ecological and sustainable agriculture is our link to the future."

✓ **5. Schools and homes are companion developers of a fresh approach to eating.**

Every day one in three U.S. kids eats fast food. Fewer than one in five children sits at a family table meal where we learn elements of courtesy, civility, honesty and generosity.

Preparing and sharing meals demonstrates beauty, warranting attention and care. "We need to make school lunch an academic subject, a requirement in every curriculum," said California restaurateur Alice Waters. "Students should participate in the production, preparation and cleaning up. Lunch would become an eco-gastronomic experience, and students would get credit for eating it."

A panel discussion on farm to school programs featured a local food restaurant serving 500 meals/day. They buy food from 75 farmers in their local area. Starting this year, they will be providing breakfast and lunch each day to 1,000 students, with most of the food coming from their local area.

A Scottish school administrator described their "whole school approach to nutrition," which incorporates: new nutrition standards; curriculum development; integrating nutrition into other subjects; a School Nutrition Action Group which includes parents, teachers, kids and cooks; programs to make healthy choices easy and attractive (they consider this a preventive program against obesity and heart disease).

What are our school lunchrooms teaching?

✓ **6. Local food initiatives are on the right track.**

Terra Madre opened an agenda that invited us all to the think and act differently in the pursuit of more profound solidarities. Those of us from North American are at one with those from Brazil or Burkina Faso to reclaim agriculture from the suffocating grip of agribusiness. Food communities want to address our own food needs first (through sustainable production) and then look at supportive systems of distributing

surpluses. Americans want to challenge the agriculture that builds up huge commodity surpluses, but leaves U.S. farmers abjectly poor and its citizens abjectly undernourished.

✓ **7. We are really just learning how to live in this place.**

So many of the people attending the Terra Madre conference had learned over time the type of agriculture best suited to their set of circumstances, the best way to build, the way to eat.

We are just infants, since the European settlement of the great prairies of the Upper Midwest, at really knowing what will be best in the very long term.



Audrey Arner and Richard Handeen
(photo by Dave Minar)

✓ **8. Sustainable tourism is viable.**

As an island overloaded in the summertime with vacationing humans, Crete has made recent changes to assure its capacity to continue to host tourists. They have realized the direct thread through tourism, soil health, local food production, raising children, having a healthy landscape and healthy people.

There has been parallel development of organic agriculture and sustainable tourism. Hotels were buying cherry tomatoes from Holland until local farmers started raising them bio-intensively. Now they can be bought more economically

from neighbors. Some features that reinforce this kind of relationship are that there is technical support for organic farmers, organic waste is collected from the hotels, and they are not investing in high technologies.

They offer traditional cooking courses and vacations. Tourists can help with the honey harvest, grapes, wine, making grain into flour. There is a "mini organic farmers" program for 4 to 5 year-old children. In this way kids get accustomed to growing and eating vegetables. They sow and care for vegetables and have corresponding educational activities. They culture earthworms and learn the proper use of tools and beneficial insects. There is creativity, transplantation, theater and farm visits. At the end of their two-week session, they make a fiesta with their food.

It's more than food

Our closing speaker, Charles, Prince of Wales, summed up nicely what's at stake:

"The food you produce is far more than just food, for it represents an entire culture—the culture of the family farm. It represents the ancient tapestry of rural life; the dedicated animal husbandry, the struggle with the natural elements, the love of landscape, the childhood memories, the knowledge and wisdom learned from parents and grandparents, the intimate understanding of local climate and conditions, and the hopes and fears of succeeding generations. I salute you." □

Audrey Arner, a former LSP organizer, raises beef and crops with her husband Richard Handeen near the western Minnesota community of Montevideo. Other LSP member-farmers who attended the Terra Madre conference were: Chris and Kim Blanchard, Linda and Brian Fredericksen, and Dave and Florence Minar. For more on the Slow Food movement, visit www.slowfoodusa.org or call 718-260-8000.



What's on your mind?

Got an opinion? Comments? Criticisms? We like to print letters, commentaries, essays, poems, photos and illustrations related to issues we cover. We reserve the right to edit for length and clarity.

Contact: Brian DeVore, *Land Stewardship Letter*, 4917 Nokomis Ave. S., Minneapolis, MN 55417; phone: 612-729-6294; e-mail: bdevore@landstewardshipproject.org.



LSL update: Bees & seeds

On March 3, the Minnesota Supreme Court ruled that pesticide-using landowners could be held liable for damages to neighboring beehives. The court ruled in favor of three beekeepers who claimed that when the State of Minnesota and International Paper sprayed pesticides on hybrid poplars they caused annual bee stock losses of 30 to 50 percent. The Court ruled that the landowners sprayed the pesticide Sevin, which is deadly to bees, with knowledge that bee operations were within foraging range of the insects.

Tim Rundquist, one of the attorneys for the beekeepers, wrote in the January/February/March 2003 issue of the *Land Stewardship Letter* that such applications are contrary to label directions for the pesticide and violate both state and federal law. Decimation of bee stocks due to illegal or negligent pesticide application is a nationwide problem, affecting not only honey production but also the crucial pollination function that bees provide to blooming crops. One out of every three mouthfuls of food we eat comes to us in a roundabout way through the services of pollinators, according to the authors of *Forgotten Pollinators*, which was reviewed in the June/July 1997 *LSL*.

Native germplasm finds home

The Dream of Wild Health Network has purchased a farm near Hugo, Minn. Dream of Wild Health collects and preserves traditional Native American heirloom food and medicinal plant seeds. As we reported in the April/May/June 2004 issue of the *LSL*, the nonprofit organization needs a place where it can propagate the more than 400 varieties of corn, squash, beans and medicinals it is storing in freezers. Research at the University of Minnesota indicates that significant health benefits could result from eating foods grown from some of these seeds. For more information on Dream of Wild Health, contact Sally Auger, C/O Peta Wakan Tipi, 459 North Wheeler Street, St. Paul, MN 55104; phone: 651-646-8167. □

To download archived issues of the *Land Stewardship Letter*, visit www.landstewardshipproject.org/news-lsl.html.

Teens at the table

In some households, sitting down to a family meal on a regular basis is as rare as a vine-ripened tomato in April. That's too bad—such a routine may help adolescent girls avoid unhealthy eating behaviors like chronic dieting and binge eating, according to a study published in the November issue of the *Journal of Adolescent Health*.

Researchers at the University of Minnesota's School of Public Health collected data from 4,746 adolescents and compared associations between family

meal patterns and "disordered" eating behaviors. Eighteen percent of the girls who participated in one to two family meals weekly engaged in extreme weight control behaviors. That rate was cut in half when girls ate with their families three to four times each week.

Such research could have major implications for farmers who are direct marketing food to consumers: anecdotal evidence shows that families who sit down to regular meals are more likely to take the time to purchase, prepare and consume unprocessed foods purchased from local producers. For more on the study, "Are family meal patterns associated with disordered eating behaviors among adolescents?," see <http://journals.elsevierhealth.com/periodicals/jah/issues>. □

Myth Buster Box

An ongoing series on age myths & ways of deflating them

→ **Myth:** All certified organic milk comes from cows that spend most of the year grazing on pastures.

→ **Fact:** One of the nation's leading organic dairy companies, Horizon Organic, owns a large-scale certified organic confinement operation in Idaho that houses several thousand cows in one location. Aurora Organic Dairy milks more than 5,000 cows at one confinement operation in Colorado.

Dairies like this are taking advantage of a gaping loophole in organic rules that require access to pasture except under particular circumstances, such as when cows are ill or in a "stage of production" such as birthing. It's the "stage of production" phrase that has blown the hinges off the barn door for factory organic dairies. Some of these operations have interpreted the exemption to include lactating cows—that's the stage when bovines are producing milk. The milk can still be certified organic since the feed the cows are receiving is made from organic crops. But such operations are plagued with some of the same problems that afflict their "conventional" factory farm counterparts—particularly the accumulation of large amounts of manure that must be disposed of. Firms such as Organic Valley, an organic dairy cooperative made up of small and mid-sized producers, require milk to come from cows that have free access to pasture. In addition, an increasing number of individual grazing operations are processing and marketing their products straight to consumers.

Organic dairy farmers and consumer groups have reacted angrily to the industrial organic spin being put on the rules, as was evidenced in late February at the Upper Midwest Organic Farming Conference in La Crosse, Wis. Much of the discussion—during sessions as well as between them—was devoted to critiquing the loophole.

In February, the Cornucopia Institute filed two formal complaints with the USDA's office of Compliance asking it to investigate whether it is legal to confine cows without access to pasture and still label dairy products organic. On March 2, the National Organic Standards Board recommended that the USDA tighten existing rules related to pasture. The recommendations apply to all organic livestock, including chickens and pigs. Dairy cows specifically would be required to graze on pasture at least 120 days a year. The rules must be approved by the USDA and would not take effect for several years. That means the fight to make sure the recommendations are adopted by USDA—as well as enforced by the agency—has just begun.

→ **More information:** For details on the Cornucopia Institute's "Organic Integrity Project," including photos of a Horizon factory dairy farm in Idaho, visit www.cornucopia.org. The Institute's phone number is 608-625-2042. The National Organic Standards Board website is www.ams.usda.gov/nosb.



Study: Water quality could benefit from more grass & hay cover

BioScience paper shows how livestock farms benefit watersheds

Farming systems that rely on perennial plant systems such as grass and hay while incorporating dairy cows and other livestock could significantly improve Minnesota's water quality, according to a new modeling study of two watersheds in the state.

The results of the study (www.landstewardshipproject.org/mba/Multifunc_Jan05_BioSc.pdf) were reported in the January issue of the journal *BioScience*. It found that on hilly land, replacing row crops such as corn and soybeans with grass, hay and diverse crop rotations could significantly reduce sedimentation, pollution runoff and flooding. It also found that through policy changes, benefits could be attained at little additional cost to taxpayers while benefiting farmers financially.

"These results show the positive benefits of getting more dairy cows out on the land eating perennial plants like grass and hay," says George Boody, Executive Director of the Land Stewardship Project and one of the authors of the study. "But farmers need to be given specific incentives and support for making transitions into such systems."

The "Multiple Benefits of Agriculture" analysis was conducted over a three-year period in southeast Minnesota's Wells Creek watershed, and a sub-watershed of the Chippewa River, in western Minnesota. Biologists, economists and rural sociologists from the U.S. Geological Survey, University of Minnesota, Minnesota State University-Mankato, Bemidji State University and Iowa State University conducted the study. LSP coordinated the research; the Minnesota Department of Natural Resources, Minnesota Institute for Sustainable Agriculture and the Institute for Agriculture and Trade Policy also participated in the analysis.

Four scenarios were examined in the watersheds, ranging from continuing current trends of fewer farms raising increasing acres of row crops, to converting a significant number of acres to grass and forage-based farming and utilizing

other perennial systems such as wetlands. Under this last scenario, sediment levels in the waters of Wells Creek and the Chippewa River dropped 84 percent and 49 percent respectively. Nitrogen in the water, which can be a major pollution problem, plummeted by 74 percent in Wells Creek and 62 percent in the Chippewa under that scenario. These environmental benefits occurred even as the number of dairy cattle was increased from 5,427 to 12,212 in Wells Creek, and 271 to 911 in the Chippewa sub-watershed study areas, under the scenarios.

"This study shows a direct correlation between getting more year-round plant cover on the land and improved water quality and fish health in the streams," says Bruce Vondracek, a co-author of the *BioScience* paper and an aquatic biologist at the U.S. Geological Survey's Minnesota Cooperative Fish and Wildlife Research Unit. "It also shows these benefits can be gotten on working farmland—permanently removing livestock and idling acres near streams isn't the only way to improve water quality."

The profitability of farmers in the watersheds rose as the diversity of their farming systems increased, according to the study. In general, pasture operations have lower production costs when compared to row cropping systems, and sales of livestock products can increase income. Under the scenario utilizing the most diverse plant systems, significantly fewer acres were planted to corn and soybeans, so government commodity payments for these row crops dropped. Even though government payments for enrolling farmland in the Conservation Reserve Program increased under this scenario, the overall taxpayer cost was lower because of the decrease in commodity payments.

And the public is willing to pay farmers who protect and enhance the state's water and wildlife habitat, according to the study. Multiple Benefits of Agriculture researchers conducted a

random statewide mail survey in which they asked what people were willing to pay farmers for a 50 percent reduction in soil erosion and a 50 percent increase in wildlife habitat, among other benefits. On average, the 394 respondents said they were willing to pay \$201 annually per household for such positive results.

Boody says transitions into farming systems that incorporate more year-around plant cover and diverse crop rotations are not likely to take place without changes in federal commodity policies that currently penalize Minnesota farmers for not planting corn and soybeans. On the state level, the study showed that providing information on alternative production systems such as managed rotational grazing was key if farmers were to make such transitions. Information gathered by the researchers showed the need for institutions to provide more information on alternative marketing and transitioning to diversified farming systems.

"Although not part of the study, the results support the expansion of successful educational programs like the University of Minnesota's Alternative Swine Program and its farmer-to-farmer hoop groups to include dairy and other livestock," says Boody. □

For charts in pdf format showing the relationship between perennial plant cover and water quality, visit www.landstewardshipproject.org/mba/water_qlty_chrts.pdf.

LSPers named top organic farmers

Land Stewardship Project members Carmen and Sally Fernholz have been given the prestigious Organic Farmer of the Year award by the Midwest Organic and Sustainable Education Services (MOSES), a nonprofit educational organization.

This year's award was presented in February at the Upper Midwest Organic Farming Conference in La Crosse, Wis. Carmen and Sally raise crops and hogs near the western Minnesota community of Madison.

Carmen has participated in a number of research projects with the Minnesota Department of Agriculture, the University of Minnesota Southwest Research and Outreach Center, and the Pennsylvania-based Rodale Institute. He is also a founding member and vice-president of the Organic Farmers Agency for Relationship Marketing (OFARM). □



LSP staff

Lori Golightly is the Land Stewardship Project's new Database Manager. She replaces **David Van Eeckhout**, who resigned his position to devote more time to his Community Supported Agriculture operation.



Lori Golightly

She is pursuing a bachelor's degree in environmental studies (with a focus on policy and law) at the University of Minnesota. Golightly has worked as a human resources administrative assistant and legal assistant. She lives in Crystal, Minn.

Matthew Schmidt has been serving an internship with LSP's Policy Program.



Matthew Schmidt

Schmidt has a bachelor's degree in sociology, rural and environmental change from the University of Montana. He has worked as a wilderness first responder, a certified canoe instructor and an assistant program coordinator for a land trust. Schmidt lives in Minneapolis.

Olivia Holter has been serving an internship with LSP's Farm and City Food Connections Program. During her internship, she helped update the Stewardship Food Network and coordinated planning for the Food and Farm Festival. Holter holds a bachelor's degree in

international studies from the University of Wisconsin-Madison. She has worked for the Wisconsin State Senate and as a wilderness trip leader. Holter lives in White Bear Lake, Minn.



Olivia Holter

Karly Turner has been serving an internship with LSP's Farm and City Food Connections Program. During her internship, she has helped coordinate the 2005 Twin Cities Community Supported Agriculture (CSA) Directory. Turner has a bachelor's degree in women's studies from the University of Minnesota. She works in the financial aid office at the College of St. Catherine in St. Paul, Minn., and has served as a family advocate for the Tubman Family Alliance as well as a rental technician for the Public Housing Agency of St. Paul. Turner lives in St. Paul and plans on serving an internship on a CSA operation this summer. □

Voices of Minnesota Farm Women film has TV broadcast premiere

Voices of Minnesota Farm Women, a film presented by the Land Stewardship Project and featuring several LSP members, had its broadcast premiere April 6 on Pioneer Public Television. It tells the story of Minnesota's heritage and legacy through oral history interviews of contemporary women who are involved in farming and local sustainable food systems. The movie, which was filmed on farms across Minnesota, was recently screened at the Upper Midwest Organic Farming Conference in Wisconsin, where it received an enthusiastic response from attendees.

Produced and directed by documentarian Cynthia Vagnetti, *Voices* features Minnesota farmers Annette and Kay Fernholz of Madison; Paula Marti of Cambria; Robin Moore of Milan; Bev Struxness, also of Milan.; Muriel French of Mantorville; Florence Minar of New

Prague; Jean Peterson of Delano; Linda Noble of Kenyon; and Mary Doerr, also of Kenyon. The women represent a variety of farming enterprises, including dairy, beef, vegetables, flowers and wine grapes. The film also features a segment on LSP's Farm Beginnings™ program.

"I am fascinated and energized by the deep trust and faith women have who make a living cultivating the land," says Vagnetti, who has done a similar film project in Iowa. "It is a powerful form of spirituality that is difficult to articulate, but something I believe those individuals one and two generations detached from the land are seeking to renew."

Immediately following the film, Pioneer Public Television broadcast a roundtable discussion on the future of farming, local food systems and rural communities. Participating were women from western Minnesota involved in agriculture and local food systems. Audrey Arner, a former LSP

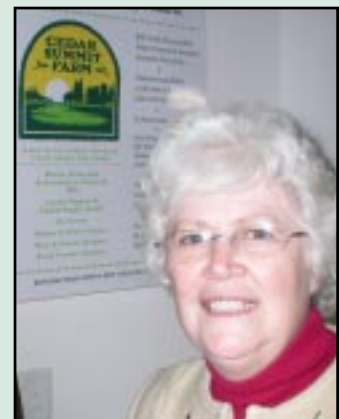
organizer who farms near Montevideo (see page 2), hosted the roundtable.

The one-hour *Voices* film/roundtable program was rebroadcast April 14 and April 17. Pioneer Public Television was also considering airing the film later this spring. Pioneer programming can be viewed on KWCM Channel 10 from Appleton, KSMN Channel 20 from Worthington and UHF Channel 49 from Fergus Falls.

Voices of Minnesota Farm Women is being presented by LSP, and was funded by the Bradshaw-Knight Foundation and the Minnesota Humanities Council.

• • •
"It's not just about selling a piece of meat to make the farm profitable. It's about connections back to the family and the community."

—Linda Noble, quoted in *Voices of Minnesota Farm Women*
 • • •



Florence Minar is one of the farmers featured in Cynthia Vagnetti's film. (LSP photo)

A better value for our farm policy dollar

By Adam Warthesen

On March 7, the Land Stewardship Project led a trip to Washington, D.C., with 13 farmers from Minnesota, Iowa, Illinois and Ohio for three days of intensive meetings. The trip was organized to push

programs and limiting of LDP to historic bases and yields," says Dave Serfling, LSP Federal Farm Policy Committee member and farmer. "These cuts will unfairly hit small to moderate-sized family farmers. We think payment limitations are the way to go and we support LDP protection up to the first 50,000 bushels a farmer grows. This



Farmers came to D.C. in March to push for policy reform. (photo by Adam Warthesen)

for federal farm policy reforms which would help family farmers and support strong rural communities. LSP led a similar trip in 1999 to advocate for conservation provisions such as the Conservation Security Program and other reforms for the 2002 Farm Bill.

During this most recent trip, LSP members were involved in 43 visits, interviews and meetings. They were able to meet with the entire Minnesota delegation as well as Congressional offices from Iowa, Illinois, Ohio, Wisconsin, New York, Georgia and Massachusetts. Farmers on the trip also met with USDA chief economist Keith Collins, several environmental groups and some religious organizations.

As it happened, the trip coincided with the start of the 2006 budget debate. President George W. Bush proposes cutting the budget by restricting farmers' use of loan deficiency payments (LDP) to only historic bases and yields, implementing a 5 percent across-the-board cut on farm programs, and establishing a payment cap.

"We oppose the President's suggested 5 percent across-the-board cuts to farm

would protect 90 percent of the farmers who grow corn and is a better way to go about implementing a payment limitation." (For more on this issue, see Serfling's letter at www.landstewardshipproject.org/opinions/05/opin_050305.htm.)

The recent budgetary action gave farmers the opportunity to directly engage lawmakers on two important issues: commodity program reform through payment limitations, and keeping the Conservation Security Program (CSP) strong by making sure it takes no more hits in the 2006 budget.

Senator Charles Grassley (R-IA) and Senator Byron Dorgan (D-ND) have introduced an approach to commodity reform in a bill called the Rural America Preservation Act of 2005, which would cap commodity program payments at \$250,000 per producer. In late March, LSP and Oxfam America sponsored a series of newspaper and radio advertisements calling for support of such a payment cap (visit www.landstewardshipproject.org/pr/05/newsr_050329.htm to see and hear the ads).

"If cuts are coming to agriculture we

need to cut from the top," says LouAnne Kling, LSP Board member and D.C. trip participant. "I don't know a single family farmer that would be affected by a \$250,000 payment limitation. We could save billions and make sure popular programs like CSP are kept intact"

Trip participants were also able to emphasize the importance of CSP, which is meant to reward actual environmental benefits produced by farming systems like rotational grazing and resource-conserving crop rotations. Properly funded—at \$2 to \$3 billion per year—and implemented, CSP has the potential to make a big difference for family farms and the environment. By making payments that are competitive with commodity subsidies, it can help farmers change the landscape in the Midwest from row crop overproduction to sound crop rotations including hay, pasture and small grains. This would be to the benefit of family farms, rural communities, soil and water resources and wildlife. □

Adam Warthesen is an organizer with LSP's Policy Program. He can be reached at adamw@landstewardshipproject.org or 612-722-6377.

New CSP sign-up

The 2005 Conservation Security Program sign-up began March 28 and runs through May 27. This sign-up includes the 202 watersheds announced by the USDA last November as well as the 18 watersheds from the first sign-up in 2004. Six watersheds in Minnesota are available for sign-up this year: Blue Earth, Red Lake, Sauk, Redeye, Redwood and Root. A small portion of the Upper Wapsipinicon watershed of Iowa also falls into southeastern Minnesota. For details about the sign-up, visit www.mn.nrcs.usda.gov/programs/csp/csp.html. Some helpful hints are also available on LSP's CSP web page (www.landstewardshipproject.org/programs_csp.html), where we've recently added two new fact sheets: "Tips for Enrolling in the Conservation Security Program" and "Payment Estimates for 3 Types of Midwestern Farms." Paper copies of these and other fact sheets can be obtained by calling LSP's Policy Program office at 612-722-6377.

LSP calls for legislation to meet the '96% test'

Farmer groups, allies and key legislators on Jan. 10 announced support for Minnesota legislation aimed at helping beginning dairy farmers, devoting more resources to innovative livestock production and defending the powers of local government. The groups, which gathered for a capitol press conference, also called for legislative leaders to make sure that state policies to promote livestock in Minnesota pass the "96 percent test."

"Ninety-six percent of dairy farmers in Minnesota are under 200 cows. We need to address the needs of these producers," said Doug Peterson, President of Minnesota Farmers Union. "Our proposals pass this 96 percent test and all legislative proposals for dairy farmers should as well."

The groups' legislative initiatives were drawn from recommendations created by the Citizen Task Force on Livestock Farmers and Rural Communities. The Citizen Task Force is a collaboration of the Land Stewardship Project, Minnesota Farmers Union, National Farmers Organization of Minnesota and the Sustainable Farming Association of Minnesota. The recommendations are at www.landstewardshipproject.org/pdf/citiz_task_report.pdf and www.sfa-mn.org/documents/citizentaskforce.pdf.

As the legislative session headed for a

planned May adjournment, five proposed measures supported by the Citizen Task Force were alive:

1) Creating a Beginning Dairy Farmer Incentive Payments program (Senate File 0296 and House File 1403).

It would provide payments of \$1 per hundredweight of milk production to beginning dairy farmers up to \$10,000 a year for five years.

2) Dairy investment tax credit (Senate File 516 and House File 719).

This provides tax credits for improvements made to dairy operations with a limit of a \$75,000 credit on a \$1 million improvement. The House version

includes tax credits for investment in pastures and on-farm processing.

3) \$200,000 in funding for the Minnesota Institute for Sustainable Agriculture (MISA) information exchange program (Senate File 1764 and House File 1653). Much of the information MISA provides has proven invaluable to farmers who have difficulty obtaining it from other sources.

4) \$400,000 in funding for MISA's Alternative Swine Task force, expanding the program to dairy and other livestock (Senate File 662 and House File 796). The Alternative Swine Task force is a farmer-directed program that has proven very effective at helping producers who want to adopt sustainable production systems. It could serve as a model for other types of livestock farming innovations.

5) \$400,000 in funding for the Minnesota Department of Agriculture's Sustainable Ag Grants and Demonstration Program (Senate File 1761 and House File 1791). This program allows farmers to do research into alternatives and facilitates farmer-to-farmer education.

"This sends the right message to young people wanting to dairy farm," said Dave Minar, an LSP member who dairy farms with his wife Florence near New Prague, Minn. "It says that we believe in you. We know that over the long run these farmers are going to put much more back into the community." □

You can help

The Minnesota Legislature is scheduled to adjourn in late May. Contacting lawmakers now is critical if the local siting legislation is to be stopped. In addition, bills have been introduced that would help family farmers and rural communities. For the latest on how you can help promote positive legislation, check LSP's Action Alerts section at www.landstewardshipproject.org, or contact Bobby King at 507-523-3366 (bking@landstewardshipproject.org).

Attorney General: Local control key to healthy communities

If rural Minnesota is to have a vibrant middle class and the kind of economic development that offers a future for its young people, strong local government is critical, state Attorney General Mike Hatch told a crowd of over 200 people March 22 at a Land Stewardship Project meeting in Stewartville, Minn.

"It is impossible to expect that a comprehensive view of a community can be developed on a state level," Hatch told the group of farmers, township officials and other rural residents who attended the meeting. "The removal of local control, and the concentration of control at the state level, will increase the frustration people feel."

LSP organized the meeting in response to proposals from Gov. Tim Pawlenty's Livestock Task Force to weaken township

and county local control of large feedlots. The Governor's Task Force was dominated by agribusiness groups; it had no representatives from environmental groups and excluded many of the state's family farm groups. The Governor's Task Force has claimed that local government is a major impediment to the livestock industry in the state. In March, legislation that undermines township and county local control of large feedlots was introduced in the Minnesota House (House File 1732) and Senate (Senate File 1629) as a result of the proposals.

However, the Governor's Task Force did not come up with one concrete example of townships abusing their right to control where and how development takes place, said LSP organizer Bobby King. Local governments have used their planning and zoning powers to listen to

local citizens and create common sense ordinances that work for farmers and rural residents, he said.

Evan Schmeling, a Dodge County farmer who has been working with his neighbors to fight a 2,000-cow dairy being proposed for his community by a New Jersey investor, said strong local government was a key tool for people to get together and discuss how they wanted their community to look in the future.

"The people in Dodge County that have been standing up for their rights are just average citizens who care about our environment because we live there," he said. "When more people get involved, the decisions are going to be better."

Hatch said a better model for livestock

Local Control, see page 9...

development in rural Minnesota is the set of proposals moving through the Legislature developed by the Citizen Task Force on Livestock Farmers and Rural Communities (see story on page 8).

Legislative proposals that the Citizen Task Force supports include a \$1 per hundredweight of milk production payment to beginning dairy farmers, a dairy investment tax credit, and funding for sustainable agriculture programs at the University of Minnesota and the Minnesota Department of Agriculture.

Roger Benrud, a Goodhue County farmer who during the past five years has built his dairy herd from 15 to 80 cows using low cost methods such as managed rotational grazing, said just a small public investment could go a long ways toward helping beginning producers.

“Starting small and building up a herd over time was a good option for me,” said Benrud, who farms with his wife Michelle. “These proposals will help others who want to do that.” □



More than 200 township officials, farmers and other rural residents attended the local democracy meeting March 22 in Stewartville, Minn. (LSP photo)

Farmers call for end of checkoff funding for CAFO ‘safe harbor’ program

By Mike McMahon

The Campaign for Family Farms filed a petition in early March with the USDA urging that Secretary Mike Johanns immediately halt the use of mandatory checkoff funds to pay for the Environmental Protection Agency’s Safe Harbor Agreement with large-scale concentrated animal feeding operations (CAFOs). The Land Stewardship Project is a founding member of the Campaign for Family Farms.

The Environmental Protection Agency’s (EPA) “Safe Harbor” agreement would grant factory farms that sign up for an air quality study immunity from air pollution violations for up to seven years. The National Pork Board (NPB) has committed \$6 million of mandatory checkoff funds over two years to help pay for the immunity program.

The Safe Harbor Agreement is riddled with problems, including:

→ Only 28 factory farms will submit monitoring data for the study, yet potentially thousands of industrial livestock operations will receive air pollution immunity status for up to seven

years. Of those factory farms, only five factory hog farms will be monitored.

→ Factory farm corporations and commodity groups like the National Pork Producers Council will control all major aspects of the “study,” including the monitoring, equipment, funding and oversight.

→ State agencies and citizens may be prevented from applying federally enforceable state laws, including Clean Air Act provisions to polluting factory farms.

The Safe Harbor Agreement and the decision of the National Pork Board to support it by spending \$6 million collected from hog farmers angered independent livestock producers.

The checkoff money committed by the National Pork Board will be used to pay the enrollment fees of factory farms that participate in the so-called study. However, at this writing the U.S. Supreme Court was expected to issue its decision this spring on the constitutionality of mandatory commodity checkoffs. The Court’s decision could terminate the unpopular programs within 30 days of the Supreme Court ruling, so the National Pork Board should not be entering into

two-year commitments to fund the Safe Harbor Agreement, say Campaign members. In recent years federal and appellate courts have ruled that the mandatory pork and beef checkoff programs are unconstitutional.

Besides LSP, CFF members groups include Iowa Citizens for Community Improvement, Missouri Rural Crisis Center, Citizen’s Action Coalition of Indiana and the Illinois Stewardship Alliance. Farmers’ Legal Action Group represents CFF and the individual hog farmers in the checkoff lawsuit. □

Mike McMahon is an LSP Policy organizer. He can be reached at 612-722-6377 or mcmahon@landstewardshipproject.org.

Help stop the ‘Safe Harbor’ agreement

For information on how to help stop the “Safe Harbor” agreement for factory farms, see www.landstewardshipproject.org/alerts/05/newsr_050203.htm, or contact LSP’s Policy Program at 612-722-6377 or mcmahon@landstewardshipproject.org.



2005 Stewardship Food Network

The following eight pages list Land Stewardship Project members who produce food for direct marketing to consumers. The methods these farmers use to produce food vary, and we have chosen not to describe them here in-depth. Sustainable farming practices represented in this list include certified organic, Food Alliance Midwest certified, production methods that do not use antibiotics and hormones, humanely raised and slaughtered, production methods that do not use genetically modified organisms (GMOs), pasture-based, integrated pest management to reduce pesticide use, deep-bedded straw livestock housing and conservation tillage.

We encourage you to contact the farmers personally to find out specifics about which production methods they are utilizing.

We have listed the farms according to location: *Central MN*; *Northeast MN*; *Northwest MN*; *South Central MN*;

nationwide who are direct marketing sustainably produced foods, visit www.localharvest.org.

When contacting the farmers, consider asking these questions in trying to determine if their production methods fit your needs and desires:

- ✓ Are the animals raised on well-managed pastures or deep-bedded straw (hogs) at least part of the time?

- ✓ How are antibiotics and hormones used in animal production? Why are they used?

- ✓ Are vegetables, fruits and grains produced using chemical pesticides? If so, are integrated pest management techniques used to reduce reliance on chemicals as much as possible?

- ✓ Are conservation tillage techniques such as minimum till, no till and ridge till used?

- ✓ Are diverse rotations that involve small grains, forages and perennial grasses used?

via managed intensive grazing systems that rotate livestock through numerous paddocks, spreading manure in a biologically sound manner.

- **Little or no use of antibiotics:**

Antibiotics and hormones are not used on a daily basis to increase production performance in animals.

- **Certified by:** Some of the farms listed here have been inspected and certified by one of several third-party agencies. These agencies document what production methods are (and are not) utilized on the farms. As a consumer, you can ask for a certifying agency's standards. □

Food & Farm Fest April 30-May 1

The 2005 Community Food and Farm Festival will be Saturday, April 30, and Sunday, May 1, 10 a.m. to 5 p.m., at the Minnesota State Fair Grounds, Grandstand Building, 1265 Snelling Avenue North, St. Paul. There is no admission charge. For more information, visit www.landstewardshipproject.org/foodfarm-main.html#links, or call Olivia Holter at 651-653-0618.

This event will give consumers an opportunity to meet local farmers who are direct-marketing earth-friendly products. This year, the Community Food and Farm Fest will be held in conjunction with a special "Dine Fresh Dine Local" Food Court.

This event is being held as part of the Living Green Expo, a family event that explores fun, food, earth friendliness and future trends through workshops, exhibits and demonstrations. Log onto www.livinggreen.org or call either 651-215-0218 or 651-215-0204 for more information on the Living Green Expo.

The Community Food & Farm Festival is co-sponsored by the Land Stewardship Project and the Minnesota Department of Agriculture's Minnesota Grown program. □

Do you want to be listed in the Network?

If you are a Land Stewardship Project member (from any state, not just Minnesota) and are direct marketing food to consumers, we would like to include you in the Stewardship Food Network list. We'd also like to hear from LSP members who are retailing or processing food produced by other LSP members. For information on being included in the list, contact Cathy Eberhart at 651-653-0618 or cathy@landstewardshipproject.org.

Southeast MN; Southwest MN; Twin Cities Metro Area; Southwest WI; Western WI; Southeast WI; North Central WI; Southeast SD; North Central Iowa; Nebraska. The majority of these farms sell their products in their immediate area via on-the-farm sales or farmers' markets. However, as we have indicated with an "Also services" category, some farms do market outside their region. These farms may deliver to a different community, participate in a regional farmers' market, or use mail services to deliver products.

If you are looking for farmers

A few handy definitions:

- **Community Supported Agriculture (CSA):** This is a system where consumers buy a "subscription" in a farm before the growing season begins. In return, they receive a weekly delivery of fresh produce throughout the growing season.

- **Integrated pest management (IPM):** An approach to managing pests that combines biological, cultural, physical and chemical means to reduce environmental risks.

- **Grass-based livestock production:** A large part of an animal's nutritional needs are met through grass, in particular

Farms

—North Central Iowa—

☐ One Step At A Time Gardens

Jan Libbey & Tim Landgraf
Jan Libbey & Tim Landgraf
1465 120th St.
Kanawha, IA 50447-8060
Phone: 641-495-6367
E-mail: libland@frontiernet.net

- Products: *Community Supported Agriculture produce operation, market garden, pastured poultry raised without feed antibiotics*

—Central MN—

☐ Eller Family Farm

Barbara Eller & Paul Baribeau
12722 350th St.
Onamia, MN 56359
Phone: 320-532-4946
E-mail: ellerb@mlecmn.net
Website: www.ellerfarm.com

- Products: *Grass fed beef, day-range poultry, pastured pork, eggs & wildcrafts; all livestock raised without feed antibiotics*

☐ Hoopers' Christmas Tree Ranch

John Hooper
15813 Christmas Tree Rd.
Cold Spring, MN 56320-9644
Phone: 320-685-4489
E-mail: yak-man@yak-man.com
Website: www.yak-man.com

- Products: *Sustainably raised yak meat grass-fed & raised without feed antibiotics*
- ◆ Certified by: *USDA*

☐ Krauel Angus Ranch

Tom Krauel
25715 55th Ave.
Ogilvie, MN 56358
Phone: 320-272-6533
E-mail: tkrauel@krauel.net

- Products: *Grass-fed Angus beef, raised without feed antibiotics.*

X Also Services: *Central Minnesota*

☐ Webster Farm Organics

Nett Hart & Tamarack
PO Box 53
Foreston, MN 56330-0053
Phone: 320-983-2289

- Products: *Community Supported Agriculture vegetable operation, Salad Days*

- X Also services: *Twin Cities*
- ◆ Certified by: *O-FVO; IFOAM*

☐ Whole Farm Co-op

33 2nd St. South
Long Prairie, MN 56347
Phone: 320-732-3023
E-mail: whlefarm@earthlink.net
Website: www.wholefarmcoop.com

- Products: *Meat, produce, dairy products, eggs, coffee, maple syrup & wild rice*

X Also services: *Alexandria, Brainerd, Cambridge, Duluth, St. Cloud, Twin Cities, Wadena*

- ✓ Volunteers/Interns? *Yes*

—Northeast MN—

☐ Finkes Berry Farm

Diane & Doug Finke
2331 County Road 4
Carlton, MN 55718-8147
Phone: 218-384-4432
E-mail: finkesbf@hotmail.com

- Products: *Strawberries, pick-your-own*

- ✓ Volunteers/Interns? *Yes*

☐ Food Farm

John & Jane Fisher-Merritt
2612 County Road 1
Wrenshall, MN 55797-8718
Phone: 218-384-3356

- Products: *Vegetables, Community Supported Agriculture produce operation; chicken, turkey, eggs; poultry, except laying hens, raised on grass; butchering chickens, turkeys & laying hens raised without feed antibiotics*

◆ Certified by: *O-MOSA*

- ✓ Volunteers/Interns? *Yes*

☐ Ken's Lean Beef

Ken & Ina Peterson
43138 110th Ave.
Tamarack, MN 55787-4633
Phone: 218-768-4116

- Products: *Grass fed beef 1/4s, 1/2s & USDA cuts*

- ✓ Volunteers/Interns? *Yes*

☐ La Finca CSA

Charlie & Tzeitel Kersey
PO Box 93
Bruno, MN 55712
E-mail: lafinca@earthlink.net

- Products: *Community Supported Agriculture produce operation*

- ✓ Volunteers/Interns? *Yes*

☐ Shary's Berries

Shary Zoff
1651 Two Harbors Rd.
Two Harbors, MN 55616-8013
Phone: 218-834-5221

- Products: *Raspberries, PYO or pre-picked blueberries, basil & lettuce*

◆ Certified by: *O-OCIA*

—Northwest MN—

☐ Lakes & Valley CSA

Anne & Dewane Morgan
11059 County 14
Park Rapids, MN 56470
Phone: 218-732-1093; 800-950-4409
Fax: 218-732-2007

E-mail: sgmorgan@wcta.net
Website: www.secretgarden
gourmet.com/midheavenfarms

- Products: *Community Supported Agriculture produce operation; chicken, beef, turkey, honey, eggs; beef & poultry raised on grass without feed antibiotics; biodynamic practices, training & outreach*

- ✓ Volunteers/Interns? *Yes*

☐ Northern Light Farm

Paul Conklin & Rebecca Marty
2048 Agate Lane NW
Solway, MN 56678-4212
Phone: 218-467-3584
E-mail: martonklyn@alumni.duke.edu

- Products: *Community Supported Agriculture produce operation; extracted honey, comb honey, bee pollen, beeswax, brown & green free range eggs, pastured broiler chickens, Highland beef*

- ✓ Volunteers/Interns? *Yes*

—South Central MN—

☐ Don & Rhonda Hermanson

44893 County Road 15
Nicollet, MN 56074-4245
Phone: 507-246-5335
E-mail: drhermy@prairie.lakes.com

- Products: *Produce & poultry*
- X Also services: *Gaylord & LeSueur Farmers' Markets*

Farms

—South Central MN—

□ Hilltop Acres

Katy & Dave Wortel
1411 Pohl Rd.
Mankato, MN 56001-5751
Phone: 507-345-4494
E-mail: enviros@hickorynet.net

► Products: *Tomatoes, pumpkins & other fall decorative items*

—Southeast MN—

□ Bramble Hill

Diane Crane & Bets Reedy
21727 Randall Dr.
Houston, MN 55943-8131
Phone: 507-864-7585
E-mail: bramble@acegroup.cc

► Products: *Lamb*

□ Dancing Winds Farmstay & Wellness Retreat

Mary Doerr
6863 Co #12 Blvd.
Kenyon, MN 55946
Phone: 507-789-6606
E-mail: dancingwinds@lakes.com
Website: dancingwinds.com

► Products: *USDA inspected grass fed chevon (goat meat) & farm stay retreat; energetic healing & therapeutic massage (certified massage therapist)*

□ Dreamacres/Tillers Int'l/Flourish Camp

Eva Barr & Todd Juzwiak
RR-1 Box 1243
Wykoff, MN 55990-9772
Phone: 507-352-4255
E-mail: evalibarr@hotmail.com
Website: www.wmich.edu/tillers/

► Products: *Community Supported Agriculture Produce operation; Farming/rural skills workshops (Tillers International), Arts and Agriculture Summer Camp (Flourish)*

✕ Also services: *Spring Valley, Rochester, Albert Lea*

✓ Volunteers/Interns? *Yes*

□ Earth Be Glad Farm

Mike, Jennifer & Johanna Rupprecht
18828 Cty. Rd. 20
Lewiston, MN 55952-9622

Phone: 507-523-2564

► Products: *Grass-fed beef; chicken, pork, turkey, eggs, popcorn, flowers; all livestock raised without feed antibiotics*

✕ Also services: *Twin Cities*

◆ Certified by: *O-MOSA*

□ Earthen Path Organic Farm

Steven & Susan Schwen
RR-1, Box 52BB
Lake City, MN 55041-9312
Phone: 507-753-2080
E-mail: fullcirc@clear.lakes.com
Website: oakcentergeneralstore.com

► Products: *Vegetables, herbs, berries, fruit, organic & pasture-raised chickens, turkey, ducks, geese, eggs, lamb, buffalo, beef, pork & elk; all livestock grass-fed & raised without feed antibiotics*

✓ Volunteers/Interns? *Yes*

□ Farm on Wheels/Cozy Meadows

Mike & Linda Noble
53288 110th Ave.
Kenyon, MN 55946-4330
Phone: 507-789-6679
E-mail: farm.on.wheels@juno.com
Website: www.cannon.net/~farmonwh

► Products: *Heirloom breeds of: beef, pork, eggs, chicken, turkey, goose, duck, lard; free range grass-fed; no antibiotics, hormones, meat bi-products, GMOs, chemical pesticides or irradiation used*

◆ Certified by: *O-Oregon Tilth*

✕ Also services: *Farmers' markets in Northfield & St. Paul, & the Just Food Store*

□ Larry & Leslea Gooden

11897 640th Ave.
Emmons, MN 56029-4065
Phone: 507-297-5156
E-mail: ldgooden@smig.net
► Products: *Pork raised without feed antibiotics*

□ Hershey Acres

Arlene Hershey
13300 Green Acres
St. Charles, MN 55972
Phone: 507-932-3285
► Products: *Eggs, chicken, turkey, beef, ducks, specialty meats; all livestock are grass-fed & raised without feed antibiotics*

□ Hidden Stream Farm

Lisa & Eric Klein
RR-1 Box 15
Elgin, MN 55932-9703
Phone: 507-876-2304
E-mail: hiddenstreamfarm@hiddenstreamfarm.com
Website: www.hiddenstreamfarm.com

► Products: *Chicken, pork, beef; all livestock are raised without feed antibiotics; grass-fed beef & chicken; pork sometimes*

◆ Certified by: *Food Alliance Midwest*

□ Hill & Vale Farms

Joe & Bonnie Austin
RR-1 Box 152
Wykoff, MN 55990-9750
Phone: 507-352-4441
E-mail: jobon@hmtel.com

► Products: *Lamb, beef & goat; all livestock grass-fed, grass-finished & raised without feed antibiotics*

✕ Also services: *Available at natural food stores; also delivery to Twin Cities, MN, IA, WI, ND, SD (mail order), IL, MI, MO, KY, KS, NE, OH, KS (1-2 day ground)*

□ Hoch Orchard & Gardens

Harry & Jackie Hoch
RR-2, Box 114
La Crescent, MN 55947-9530
Phone: 507-643-6329
E-mail: hoch1@acegroup.cc
Website: www.hochorchard.com

► Products: *Berries, plums, apricots, apples & cider*

◆ Certified by: *Food Alliance Midwest*

✓ Volunteers/Interns? *Yes*

□ Lively Stock Farm

Dave & Diane Serfling
RR-2, Box 176
Preston, MN 55965-9553
Phone: 507-765-2797
E-mail: dsdserf@yahoo.com
► Products: *Pork, lamb, beef & chicken; all raised without feed antibiotics*

□ Nature's Little Farms

Larry & Diane Leonhardt
100 Hwy 42
Kellogg, MN 55945-9605
Phone: 507-767-4435
► Products: *Chicken, beef, white & heritage turkey, bison, duck, pork, eggs, vegetables, & fruit; all livestock except pork are grass-fed;*

pork is raised according to Niman Ranch standards; livestock raised without feed antibiotics; fruits & vegetables raised without pesticides

✓ Volunteers/Interns? *Yes*

☐ **Ours For A Short Time**

Peggy Thomas & Larry Gates
RR-1, Box 42
Kellogg, MN 55945-9714
Phone: 507-767-3202

➤ Products: *Grass-fed lamb raised without feed antibiotics; tanned hides, wool, wool woven rugs, hand-harvested wild rice, produce.*

☐ **PastureLand Cheese**

56330 State Highway 57
Dodge Center, MN 55927-8077
Phone: 507-635-5619
E-mail: dcfrench@aol.com

➤ Products: *Grass-based cheese & butter*

☐ **Rock Spring Farm**

Chris & Kim Blanchard
3765 Highlandville Rd.
Spring Grove, MN 55974-1230
Phone: 563-735-5613
E-mail: realfood@RSFarm.com
Website: www.RSFarm.com

➤ Products: *Community Supported Agriculture produce operation*

☐ **Root Prairie Galloways**

Brad & Leslea Hodgson
RR-1, Box 139
Fountain, MN 55935-9750
Phone: 507-867-4004
E-mail: hodgsonranch@aol.com

➤ Products: *All natural grass finished beef, free range chicken, hay & some produce; beef & chicken grass fed & raised without feed antibiotics*

☐ **Simple Harvest Farm**

Theresa, Kathy & Nick Zeman
11539 E. 200th St.
Kenyon, MN 55946-2028
Phone: 507-789-6375
E-mail: zeman@cannon.net

➤ Products: *Community Supported Agriculture produce operation; eggs, broilers, beef, pork, lamb, goat, meat rabbits, ducks, Icelandic wool, goat milk soap & a farm retreat; all grass-fed & raised without feed antibiotics*

✓ Volunteers/Interns? *Yes*

☐ **Sommers Family Farm**

Roger & Delores Sommers
4848 Kenyon Blvd.
Fairbault, MN 55021
Phone: 507-334-7324

E-mail: info@sommersfamilyfarm.com
Website: www.sommersfamilyfarm.com

➤ Products: *Strawberries, sweet corn, pumpkins, squash, & other veggies; beef & pork are raised without feed antibiotics*

✓ Volunteers/Interns? *Yes*

☐ **Southeast Food Network**

15211 14th St. NE
Dover, MN 55929
E-mail: todd@localfoodnetwork.org
Website: www.localfoodnetwork.org

➤ Products: *Foods from nearly 40 regional producers, with products ranging from dairy & vegetables to meats & honey*

☐ **Sunfresh Foods**

Paul & Karen Schmidt
RR-2, Box 155
Preston, MN 55965-9545
Phone: 507-765-4782

➤ Products: *Grass-fed beef raised without feed antibiotics; pork raised without feed antibiotics, organic corn, soybeans, small grains, garlic, soy-wax candles; pork is offered once a year in December*

◆ Certified by: *ICS*

☐ **Valley Angus Farm**

Dan & Cara Miller
Route 1, Box 241
Spring Valley, MN 55975-1029
Phone: 507-346-2261
E-mail: dmiller@deskmedia.com
Website: www.mgt.org

➤ Products: *Grass-fed beef & chicken, both raised without feed antibiotics.*

☐ **Valley Creek Community Farm**

Gene & Rose Ann Steenhoek
15150 Giefer Ave.
Northfield, MN 55057-4606
Phone: 507-645-6414

E-mail: genesteenhoe@hotmail.com
➤ Products: *Community Supported Agriculture produce operation*

☐ **Whitewater Gardens**

Sandy & Lonny Dietz

17485 Calaco Hill Rd.
Altura, MN 55910-9752
Phone: 507-932-5225
E-mail: londietz@aol.com

➤ Products: *Community Supported Agriculture produce operation*

✓ Volunteers/Interns? *Yes*

☐ **Wiebusch's Valley View Family Farm**

Jerry & Kim Wiebusch
RR-3, Box 86
Lake City, MN 55041-9480
Phone: 507-753-2754

➤ Products: *Grass-fed dairy & beef, all raised without feed antibiotics*

◆ Certified by: *Oregon Tilth*

☐ **Wolf Hill Farm**

C. van Schaik & C. Iremonger
40002 Wolf Hill Dr.
La Crescent, MN 55947-4317
Phone: 507-643-6395
E-mail: www.wolfhill@acegroup.cc

➤ Products: *Grass-fed lamb raised without antibiotics*

☐ **Yokiel Farm**

Leona & Gary Yokiel
58653 190th St.
Wells, MN 56097-6710
Phone: 507-553-3008

➤ Products: *Grass-fed beef raised without feed antibiotics; corn, oats, alfalfa*

◆ Certified by: *O-COI*

—*Southwest MN*—

☐ **Double D Natural Meats**

Donald & Bev Struxness
14015 Highway 40 NW
Milan, MN 56262-2412
Phone: 320-734-4877
E-mail: dbstruxness@fedteldirect.net
➤ Products: *Grass-fed beef*

☐ **Dry Weather Creek Farm**

Mark & Wendy Lange
8095 40th St. NW
Milan, MN 56262-3003
Phone: 320-269-9617
E-mail: dwcreek@fedteldirect.net
➤ Products: *Goat meat, stone-ground wheat products, flax, cornmeal, oatmeal & Omega-3 eggs; all livestock raised without feed antibiotics*

◆ Certified by: *MOSA*

✓ Volunteers/Interns? *Yes*

Farms

—Southwest MN—

□ EarthRise Farm

Kay & Annette Fernholz
2580 250th St. Apt. A
Madison, MN 56256
Phone: 320-752-4700
E-mail: erfarm@hotmail.com

- Products: *Community Supported Agriculture produce operation; surplus produce may be purchased; Omega-3 eggs, vegetables & fruits offered at our local Madison Farmers' Market and part of the Pride of the Prairie Market Basket; chickens free-ranged & raised without feed antibiotics*

□ Edgewood Farm

Carl Schwermann
40511 581st Ave.
New Ulm, MN 56073
Phone: 507-359-4567

- Products: *Naturally raised without feed antibiotics beef & pork*

□ Holmes City Berries

Cory & Lars Liepold
PO Box 66
Heron Lake, MN 56137
Phone: 507-793-2270

- Products: *Strawberries—pick-your-own & pre-picked direct from farm*
- ◆ Certified by: *Food Alliance Midwest*

□ Honey & Herbs

Marcia Neely
155 60th St. NW
Benson, MN 56215-1050
Phone: 320-843-3363
E-mail: marciagarden@yahoo.com

- Products: *Apples, honey, garlic, medicinal & culinary herbs*

□ Life Design Organics

Dale & Betty Noordmans
39041 County Road 2
Hancock, MN 56244-1215
Phone: 320-392-5925
E-mail: organicfood30@hotmail.com
Website: www.ruralsolutions.com/
lifedesignorganics/

- Products: *Whole wheat pancake mixes, flaked or rolled oatmeal, rye, corn, organic beef, free-range chicken & turkey, organic garden vegetables, fresh dried tomato, basil*

& garlic, catering; livestock raised without feed antibiotics

- ◆ Certified by: *O-OCIA*

□ Moonstone Organics

Audrey Arner & Richard Handeen
9060 40th St. SW
Montevideo, MN 56265-3136
Phone: 320-269-8971
E-mail: aarner@maxminn.com
Website: www.prairiefare.com/
moonstone

- Products: *Grass-fed (finish on grass and hay) beef raised without feed antibiotics, PastureLand cheese & butter, honey; "Farmstay" overnight lodging*
- ✕ Also services: *St. Paul & western Twin Cities suburbs*
- ◆ Certified by: *Food Alliance Midwest*
- ✓ Volunteers/Interns? *Yes*

□ Morning Has Broken Farm

Larry & Carolyn Olson
2931 480th St.
Granite Falls, MN 56241-1601
Phone: 320-564-2571
E-mail: mhbfarmolson@
mymailstation.com
Website: www.prairiefare.com

- Products: *Grass-fed beef, chicken (seasonal pastured), eggs, lamb all raised without feed antibiotics.*
- ✕ Also services: *All of Minnesota*

□ Murphy's Organic Farm

Craig & Joanie Murphy
51487 320th St.
Morris, MN 56267-4313
Phone: 320-392-5176
E-mail: cjemurph@fedteldirect.net
Website: www.prairiefare.com

- Products: *Grass-fed beef raised without feed antibiotics; golden flax*
- ✕ Also services: *All of Minnesota*
- ◆ Certified by: *O.C.I.A. International*

□ Pastures A' Plenty

Jim & Lee Ann VanDerPol
4075 110th Ave. NE
Josh & Cindy VanDerPol
4077 110th Ave. NE
Kerkhoven, MN 56252-9650
Phone: 320-367-2061
E-mail: vanderpol@prairiefare.com
Website: www.prairiefare.com

- Products: *Pork, chicken, eggs, beef*
- ✕ Also services: *All of Minnesota*
- ◆ Certified by: *Food Alliance Midwest*

□ Prairie Lane Farm

Kent & Jane Goplen
1670 270th Ave.
Canby, MN 56220-3311
Phone: 507-223-7910

- Products: *Beef*

□ Prairies Past

Allen & Lisa Smith
406 U.S. Hwy. 75
Pipestone, MN 56164
Phone: 507-825-3845

- Products: *Vegetables, melons, herbs, dried flowers & grass-fed pork raised without antibiotics*
- ✕ Also services: *Pipestone Farmers' Market*

□ Prairie Pride Farm of MN

Roger & Dawn Hubmer
59597 185th St.
Mankato, MN 56001-8472
Phone: 507-245-3117
E-mail: rdhubmer@prairiepridefarm.com
Website: www.prairiepridefarm.com

- Products: *Berkshire pork, grass-based Omega-3 chicken & turkey; all without feed antibiotics; "Award Winning" BBQ Catering service.*
- ✕ Also services: *St. Paul Farmers' Markets, Prior Lake, Burnsville, Lakeville, Mankato, Apple Valley, St. Peter Food Co-op & online ordering*

□ Prairie Wind Farms

Gerard & Mary Radermacher
1219 340th St.
Bellingham, MN 56212-2051
Phone: 320-568-2310

- Products: *Beef, lamb, ducks, chickens, ground beef & organic wool*

□ Rare by Nature

Brian & Kari Vassar
53686 County Road 1
Winthrop, MN 55396
Phone: 507-647-3586
E-mail: info@rarebynature.com

- Products: *Community Supported Agriculture produce operation; custom grown vegetables, specialty/gourmet vegetables & herbs, garden design & installation services, grass-fed Icelandic Sheep & free range chickens, all raised without feed antibiotics*

❑ **Red Tail Valley Beef**

Terry VanDerPol
235 7th Ave.
Granite Falls, MN 56241-1423
Phone: 320-564-1877
E-mail: redtailvalleybeef@yahoo.com

➤ Products: *Grass-fed beef raised without feed antibiotics*

✕ Also services: *Minneapolis*

❑ **Romsdahl's Butterfield Family Farm**

Brian & Deb Romsdahl
40747 640th Lane
Butterfield, MN 56120-9630
Phone: 507-956-2804
E-mail: debandbrian@juno.com

➤ Products: *Beef*

❑ **Ron's Veggies**

Ron Hanson
86750 150th St.
Sacred Heart, MN 56285-1252
Phone: 320-765-2379

➤ Products: *Vegetables, cactus plants*

—*Twin Cities Metro Area*—

❑ **Ames Farm**

Brian Fredericksen
11325 County Road 20
Watertown, MN 55388
Phone: 952-955-3348
E-mail: info@amesfarm.com
Website: amesfarm.com

➤ Products: *Raw varietal honey and bee pollen, 20 varieties of apples & pears; no antibiotics fed to honey bees*

✕ Also services: *Fruit & raw honey sold at Minneapolis Farmers' Markets on Lyndale Ave. & Nicollet Mall; raw honey and bee pollen sold at Twin Cities natural food co-ops and Kowalski's Markets*

❑ **Anderson Farm**

Randy & Lynn Anderson
N6501 Manore Ln.
Arkansas, WI 54721-8603
Phone: 715-285-5226
E-mail: andersonfarm@nelson-tel.net
Website: www.andersonfarm.us

➤ Products: *Organic grass-fed beef, chickens, pork; all raised without feed antibiotics*

✕ Also services: *Western Wisconsin*

✓ Volunteers/Interns? *Yes*

❑ **Axdahl Farms**

Brian & Leslie Axdahl
17120 116th St. N.
Stillwater, MN 55082-8911
Phone: 651-439-3134
E-mail: bnaxdahl@att.net
Website: www.axdahlfarms.com

➤ Products: *Sweet corn, green beans, tomatoes, cucumbers, zucchini, peppers, pumpkins, squash, bedding plants & hanging baskets*

◆ Certified by: *Food Alliance Midwest*

✓ Volunteers/Interns? *Yes*

❑ **Bad Axe Farmer's Alliance**

E5221 Sag City Rd.
Viroqua, WI 54665
Phone: 608-675-3225
E-mail: rootsdown@mwt.net

➤ Products: *Community Supported Agriculture produce operation*

❑ **Badger Ridge Garden**

Ruth Viste
N2041 430th St.
Maiden Rock, WI 54750-8221
E-mail: rviste@redwing.net

➤ Products: *Community Supported Agriculture produce operation*

❑ **BC Gardens**

Kathy Botten & Ruth Capp
20355 408th Ave.
Belgrade, MN 56312-9584
Phone: 320-254-8820
E-mail: bcgardens@willmar.com

➤ Products: *Community Supported Agriculture produce operation*

◆ Certified by: *Global Organic Alliance*

✓ Volunteers/Interns? *Yes*

❑ **Big Woods Farm**

David & Laurie Hougen-Eitzman
10752 Nerstrand Blvd.
Nerstrand, MN 55053-2715
Phone: 507-334-3335
E-mail: bigwoodsfarm@ll.net

➤ Products: *Community Supported Agriculture produce operation*

✕ Service Area: *Rice County*

❑ **Blue Roof Organics**

Sean & Annie Albiston
14611 Manning Trail N.
Stillwater, MN 55082
Phone: 651-430-1307
E-mail: sean@blurooforganics.com
Website: www.blurooforganics.com

➤ Products: *Garlic, dry beans, herbs & produce*

✓ Volunteers/Interns? *Yes*

❑ **Cedar Summit Farm**

Dave & Florence Minar
25816 Drexel Ave.
New Prague, MN 56071-8834
Phone: 952-758-6886
E-mail: daveandflo@cedarsummit.com
Website: www.cedarsummit.com

➤ Products: *Chicken, pork, grass-fed beef, turkey, assorted cheeses, milk, chocolate milk, yogurt, ice cream, cream; livestock raised without feed antibiotics*

◆ Certified by: *Food Alliance Midwest & MOSA*

❑ **Common Harvest Farm**

Dan Guenther & Margaret Pennings
212 280th St.
Osceola, WI 54020-4113
Phone: 715-294-2831

➤ Products: *Community Supported Agriculture produce farm*

✓ Volunteers/Interns? *Yes*

❑ **Ez Acres Farm**

Jon & Lisa Zweber
25420 Natchez Ave.
Elko, MN 55020-9562
Phone: 952-461-3428
E-mail: zweber@integraonline.com

➤ Products: *Grass-fed beef, chickens, pork; all raised without feed antibiotics*

❑ **Footjoy Farm**

Chad Forsberg
7100 Co. Rd. 110 Ext. A
Mound, MN 55364
Phone: 952-472-5693
E-mail: footjoyfarm@yahoo.com

➤ Products: *Vegetables, grass-fed dairy goats & chickens; livestock raised without feed antibiotics*

✓ Volunteers/Interns? *Yes*

❑ **Foxtail Farm**

Paul & Chris Burkhouse
25270 Saint Croix Trl.
Shafer, MN 55074-9609
Phone: 651-257-9162
E-mail: burkh017@tc.umn.edu

➤ Products: *Community Supported Agriculture produce operation*

Farms

—Twin Cities Metro Area—

☐ Fresh Earth Farms

Chris & Susan James
6455 Oakgreen Ave. S.
Hastings, MN 55033
Phone: 651-436-2778
E-mail: freshearthfarms@earthlink.net
Website: www.freshearthfarms.com
➤ Products: **Community Supported
Agriculture produce operation**
✓ Volunteers/Interns? *Yes*

☐ Gale Woods Farm

Tim Reese
7210 County Road 110 West
Minnetrista, MN 55364
Phone: 763-694-2001
E-mail: vweber@threeiverspark
district.org
➤ Products: **Community Supported
Agriculture produce operation**

☐ Garden Farme

Jen
7363 175th Ave. NW
Ramsey, MN 55303
Phone: 612-250-3929
E-mail: adam0054@umn.edu
➤ Products: **Community Supported
Agriculture produce operation;
potted tree nursery & native shrubs**
✓ Volunteers/Interns? *Yes*

☐ Gilbertson Farms

Gary & Annette Gilbertson
12791 Oakhill Rd. N.
Scandia, MN 55073-9420
Phone: 651-433-2227
E-mail: gilbertsongilbey@aol.com
Website: www.gilbertsonfarms.com
➤ Products: **Sweet corn, tomatoes,
squash, pumpkins, preserves,
pickles, hanging baskets, bedding &
potted plants**
◆ Certified by: **Food Alliance Midwest**

☐ Hog's Back Farm

David & Melinda Van Eeckhout
680 Hyacinth Ave. E.
St. Paul, MN 55106-1911
Phone: 612-756-0690
E-mail: david@hogsbackfarm.com
Website: www.hogsbackfarm.com
➤ Products: **Community Supported
Agriculture produce operation**

☐ **In The Valley Community Farm**
Kurt Rentschler & Dean Stynsburg
1615 Manning Ave. S.
Afton, MN 55001-9692
Phone: 651-436-4795
E-mail: mail@itvfarm.com
Website: www.itvfarm.com
➤ Products: **Organic turkey & eggs**

☐ May Farm CSA

14220 Ostlund Trail North
Marine on St. Croix - May, MN 55047
Phone: 651-433-3676
Web site: www.mnfoodassociatin.org
➤ Products: **Community Supported
Agriculture produce operation**

☐ Natura Farms

Paul Otten
19060 Manning Trail N.
Marine on Saint Croix, MN 55047
Phone: 651-433-5850
E-mail: pmo@hof.net
Website: www.naturafarms.com
➤ Products: **Blueberries, strawberries,
raspberries, currants, gooseberries,
grapes, apples, melons, vegetables,
& herbs**
X Also services: **Wineries and
processors in the Upper Midwest;
limited wholesale accounts.**
◆ Certified by: **Food Alliance Midwest**
✓ Volunteers/Interns? *Yes*

☐ Nature's Nest

Catherine Rose
5412 Brighton Ave. SE
Montrose, MN 55363-8007
Phone: 763-972-6891
E-mail: naturesnest@soncom.com
➤ Products: **Bed & Breakfast, flowers**

☐ Pahl Farms, Inc.

Gary Pahl
6885 160th St. W.
Apple Valley, MN 55124-6651
Phone: 952-431-4345
E-mail: gary@pahls.com
Website: www.pahls.com
➤ Products: **Sweet corn, green beans,
pumpkins, winter squash, cabbage
& cucumbers**
X Also services: **Upper Midwest**
◆ Certified by: **Food Alliance Midwest**
✓ Volunteers/Interns? *Yes*

☐ Philadelphia Community Farm

Verna Kragnes & Rick Hall
PO Box 668

Osceola, WI 54020-0668
Phone: 715-294-3136
E-mail: pcomfarm@centurytel.net
➤ Products: **Community Supported
Agriculture produce operation,
retreat house, grass-fed lamb raised
without feed antibiotics**
✓ Volunteers/Interns? *Yes*

☐ Pine Tree Apple Orchard

Bill & John Jacobson
450 Apple Orchard Rd.
White Bear Lake, MN 55110-1212
Phone: 651-429-7202
E-mail: johnmjacobson@att.net
Website: www.pinetreeappleorchard.com
➤ Products: **Apples, strawberries**

☐ Riverbend Farm

Greg & Mary Reynolds
5405 Calder Ave. SE
Delano, MN 55328-8014
Phone: 763-972-3295
E-mail: riverbend@usinternet.com
➤ Products: **Wholesale vegetables**
◆ Certified by: **O-MOSA**

☐ Shepherd's Hill Farm/PastureDirect

Cindy & Steve Calvin
10970 Cody Lake Trl.
Montgomery, MN 56069-1984
Phone: 612-729-2553
E-mail: info@pasturedirect.com
Website: www.pasturedirect.com
➤ Products: **Beef raised without feed
antibiotics**

☐ Spring Hill Community Farm

Michael Racette & Patty Wright
545 1 1/2 Ave.
Prairie Farm, WI 54762
Phone: 715-455-1319
E-mail: springhill@chibardun.net
➤ Products: **Community Supported
Agriculture produce operation**

☐ Svihel Farms, Inc.

John Svihel
2935 Hwy. 25 E.
Foley, MN 56329
Phone: 320-968-7365
E-mail: jsvihel@msn.com
➤ Products: **Strawberries, raspberries,
blueberries, sweet corn, green
beans, tomatoes, squash, pumpkins,
other fruits & vegetables**
X Also services: **Benton & Sherburne
Counties**

- ◆ Certified by: *Food Alliance Midwest*
- ✓ Volunteers/Interns? *Yes*

☐ **Whistling Well Farm**

Carol & Charlie Johnson
8973 St. Croix Trail S.
Hastings, MN 55033
Phone: 651-998-0301
E-mail: charlie@whistlingwellfarm.com
Website: www.whistlingwellfarm.com

- Products: *Apples*
- ◆ Certified by: *Food Alliance Midwest*
- ✓ Volunteers/Interns? *Yes*

—**Southwest WI**—

☐ **Don Roberts & Joni Cash**

N11194 730th St.
Wheeler, WI 54772
Phone: 715-658-1074
E-mail: don-ottercreek@chibardun.net

- Products: *Vegetables, herbs, ornamentals*

✕ Also services: *Twin Cities*

- ✓ Volunteers/Interns? *Yes*

☐ **Community Homestead**

Christine Elmquist
501 280th St.
Osceola, WI 54020
Phone: 715-294-3038
E-mail: garden@communityhomestead.org

- Products: *Community Supported Agriculture produce operation*

☐ **Due North Organics**

Wayne & Jerri Cook
N7330 Evergreen Dr.
Rib Lake, WI 54470
Phone: 715-427-0186
E-mail: info@duenorthorganics.com
Website: www.duenorthorganics.com

- Products: *Community Supported Agriculture produce operation which also includes sausage, bacon, maple syrup and fresh ground flour; livestock raised without feed antibiotics*

✕ Also services: *Menomonie, Eau Claire, Wassaw & Stevens Point*

- ◆ Certified by: *CNG*
- ✓ Volunteers/Interns? *Yes*

☐ **Harmony Valley Farm**

Richard DeWilde & Linda Halley
S3442 Wire Hollow Rd.
Viroqua, WI 54665-8078
Phone: 608-483-2143
E-mail: harmony@mwt.net

Website: www.harmonyvalleyfarm.com

- Products: *Community Supported Agriculture produce operation; grass-fed Angus beef raised without feed antibiotics*

✕ Also services: *Chicago, La Crosse, Madison, Twin Cities*

- ◆ Certified by: *MOSA*
- ✓ Volunteers/Interns? *Yes*

—**Nebraska**—

☐ **Bow View Farm**

Curtis & Donna Arens
88664 - 550 Ave.
Crofton, NE 68730-4075
Phone: 402-388-4798
E-mail: bowview@bloomnet.com
Website: www.bowviewfarm.com

- Products: *Pork raised without feed antibiotics, birdseed & bird feeders*

✕ Also services: *Ships anywhere in the U.S.*

—**Southeast SD**—

☐ **Johnson Farms**

Charles & Bette Johnson
45169 243rd St.
Madison, SD 57042-7101
Phone: 605-256-6784
E-mail: c-bjohnson@svtv.com

- Products: *Beef, pork, eggs raised without feed antibiotics*

- ◆ Certified by: *FBO-ICS*

—**Western WI**—

☐ **Martell Eggs & Produce**

Sue & Mike West
N7934 535th St.
Spring Valley, WI 54767-7804
Phone: 715-684-3300
E-mail: swest@baldwin-telecom.net

- Products: *Organic eggs, fruits & vegetables; no antibiotics, access to outdoors, seasonally pastured*

✕ Also services: *Farmers' markets in Wisconsin communities of Baldwin, River Falls & Spring Valley*

—**North Central WI**—

☐ **Igl Farms**

Brian & Tom Igl
W9689 Cherry Rd.
Antigo, WI 54409-8734
Phone: 715-627-7888
E-mail: bigl@gza.net

- Products: *Potatoes, beef, oats, yellow*

field peas

✕ Also services: *Wisconsin, northern Illinois & eastern Minnesota*

- ◆ Certified by: *O-MOSA*

☐ **Maple Hill Farm**

Tom & Connie Cogger
28745 S. Maple Hill Rd.
Washburn, WI 54891
Phone: 715-373-2108
E-mail: maplehillfarm@hotmail.com

- Products: *Pork raised without feed antibiotics, vegetables, honey, handcrafted soap, handmade wool wear (knit, felted & fleeced hats, mittens, slippers & socks)*

- ◆ Certified by: *Food Alliance Midwest*
- ✓ Volunteers/Interns? *No*

Retailers

—**Southeast MN**—

☐ **Blue Heron Coffeehouse**

451 Huff Street
Winona, MN 55987-3276
Phone: 507-452-7020
E-mail: bluheron@hbci.com
Website: www.blueheroncoffeehouse.com

- Products: *Soup, salad, sandwiches, pastries made from scratch using fresh, organically grown local ingredients whenever possible*

☐ **Bluff Country Co-op**

121 W. 2nd St.
Winona, MN 55987-3446
Phone: 507-452-1815
E-mail: bccoop@chartermi.net
Website: www.bluff.coop

- Products: *Natural foods co-op grocery store*
- ✓ Volunteers/Interns? *Yes*

☐ **Lorentz Meats & Deli**

Michael & Rob Lorentz
305 Cannon St. W.
Cannon Falls, MN 55009-1509
Phone: 651-453-9617
E-mail: mikel@lorentzmeats.com
Website: www.lorentzmeats.com

- Products: *Butcher shop & custom meat processing*

☐ **Culinary Seasons**

252 60th Ave. NE
Willmar, MN 56201
Phone: 320-214-1331

- Products: *Caterer using local foods*

Retailers

—Southwest MN—

☐ Java River Cafe

Patrick & Mary Moore
210 S. 1st St.
Montevideo, MN 56265-1413
Phone: 320-269-9042
E-mail: javariver@info-link.net
Website: www.javarivercafe.com

► Products: *Coffee & sandwich shop*

☐ Meat Center of Appleton

David & Alyce Fust
Hwy 7 / 250 W. Snelling
Appleton, MN 56208
Phone: 320-289-2785
E-mail: ainw@maxminn.com

► Products: *Deli, meat center & caterer featuring food from local farmers*

—Twin Cities Metro Area—

☐ Auriga

1930 Hennepin Ave. S.
Minneapolis, MN 55403
Phone: 612-871-0777
E-mail: melinda@scatterbright.com
Website: www.aurigarestaurant.com

► Products: *Restaurant that promotes locally produced food*

☐ Birchwood Cafe

3311 E. 25th St.
Minneapolis, MN 55406
Phone: 612-722-4325
E-mail: tracy@birchwoodcafe.com
Website: www.birchwoodcafe.com

► Products: *Restaurant that promotes locally produced food*

☐ Black Dog Coffee & Wine Bar

308 Prince St.
Saint Paul, MN 55101
Phone: 651-228-9274
E-mail: ssremke@black-hole.com

► Products: *Restaurant that promotes locally produced food.*

☐ Bobino Cafe & Wine Bar

222 Hennepin Ave. E.
Minneapolis, MN 55414
Phone: 612-623-3301
Website: www.bobino.com

► Products: *Restaurant that promotes locally produced food*

☐ Cafe Brenda

300 1st Avenue North
Minneapolis, MN
Phone: 612-342-9230
E-mail: www.cafebrenda.com

► Products: *Restaurant that promotes locally produced food*

☐ Clancey's Meats and Fish

4307 Upton Ave. S.
Minneapolis, MN 55416
Phone: 612-926-0222
E-mail: clanceysmeats@aol.com

► Products: *Butcher shop specializing in fresh, local meats*

☐ French Meadow Bakery & Cafe

2610 Lyndale Avenue South
Minneapolis, MN 55408
Phone: 612-870-7855
Website: www.frenchmeadowbakery.com/café.htm

► Products: *Restaurant that promotes locally produced food, organic ingredients & sustainable seafood*

☐ Heartland

1806 St. Clair Ave.
St. Paul, MN 55105
Phone: 651-699-3536
E-mail: heartland5@qwest.net
Website: www.heartlandrestaurant.com

► Products: *Restaurant that promotes locally produced food*

☐ Linden Hills Co-op

2813 W. 43rd St.
Minneapolis, MN 55410-1537
E-mail: info@lindenhillscoop.com
Website: www.lindenhills.coop

► Products: *Natural foods co-op*

☐ Lucia's Restaurant

Lucia Watson
1432 W. 31st St.
Minneapolis, MN 55408-2605
Website: www.lucias.com

► Products: *Restaurant that promotes locally produced food*

☐ Mayday Cafe

3440 Bloomington Ave. S.
Minneapolis, MN 55407

► Products: *Restaurant that promotes locally produced food*

☐ Restaurant Alma

528 University Ave. SE
Minneapolis, MN 55414-1716
Phone: 612-379-4909
E-mail: info@restaurantalma.com
Website: www.restaurantalma.com

► Products: *Restaurant that promotes locally produced food*

☐ Sapor Cafe & Bar

428 Washington Ave. N.
Minneapolis, MN 55401-1317
Phone: 612-375-1971
E-mail: tsiebenaler@mn.rr.com
Website: www.saporcafe.com

► Products: *Restaurant that promotes locally produced food*

☐ Signature Cafe

130 Warwick St. SE
Minneapolis, MN
Phone: 612-378-0237

► Products: *Restaurant that promotes locally produced food*

☐ St. Martin's Table

2001 Riverside Ave. S.
Minneapolis, MN 55454
Phone: 612-339-3920
Website: www.go2petsuites.com

► Products: *Vegetarian restaurant with local & organic ingredients*

☐ Tanpopo Noodle Shop

308 Prince St.
St. Paul, MN 55101
E-mail: info@tanpopo-noodle.com

► Products: *Restaurant that promotes locally produced food*

☐ Trotter's Cafe and Bakery

232 N. Cleveland Ave.
Saint Paul, MN 55104
Phone: 651-645-8950
Website: www.trotters-stpaul.com

► Products: *Restaurant that promotes locally produced food*

☐ Wedge Co-op

2105 Lyndale Ave. S.
Minneapolis, MN 55405-3027
E-mail: kitty@wedge.coop
Website: www.wedge.coop

► Products: *Natural foods co-op*

◆ Certified by: *O-MOSA / FA Retail Partner*

☐ Zander Cafe

525 Selby Avenue
St. Paul, MN
Phone: 651-222-5224

► Products: *Restaurant that promotes locally produced food*

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LIVE WIRE

Sign up for *LIVE-WIRE* to get regular e-mail updates and news from the Land Stewardship Project. Stay current on information and activities related to land stewardship, local food and grassroots organizing.

To subscribe, call Louise Arbuckle at 651-653-0618 or e-mail lspwbl@landstewardshipproject.org and put in the subject line "Subscribe LIVE-WIRE." ☐

Frances Moore Lappé: Hunger is 'created by scarcity of democracy'

For more than three decades, Frances Moore Lappé has dwelled on a single question: why, in a world awash in crop surpluses are there still starving people? Why is it that in the U.S. alone 35 million people—the equivalent to the entire population of Canada—do not know where their next meal is coming from, while many of the rest of us suffer from obesity?

In search of the answer, the activist and author has traveled the U.S. and visited other countries, interviewing and observing farmers, officials and just regular citizens along the way.

The answer?

"Hunger is not created by scarcity of food. It's created by scarcity of democracy," she told a standing-room-only crowd of 200 who had gathered at Winona State University on Feb. 11. Lappé spoke as a special guest of the Land Stewardship Project's southeast Minnesota office.

Lappé's work on hunger and democracy issues has gained her international recognition: In 1987, she was awarded the Right Livelihood Award, also known as the "Alternative Nobel Prize." She has authored several books, including the classic *Diet for a Small Planet* and her most recent *You Have the Power: Choosing Courage in a Culture of Fear*. She and her daughter Anna Lappé have launched the Small Planet Institute. Lappé also co-founded the Institute for Food and Development Policy (Food First) and the Center for Living Democracy.

During her talk in Winona, Lappé said that no one wakes up in the morning saying they want people to die of starvation. And yet, by allowing market forces to turn everything into a commodity—food, seeds, water, even democracy and life itself—we create a situation where people get reduced to "selfish accumulators." Always striving to accumulate more commodities puts us in a vulnerable position, she said, because we are constantly afraid of losing these goods to someone else. Meanwhile, we are given a "delusion of choice" by food companies when we walk into the supermarket. There may be hundreds of brand names on the shelf, but in reality those choices are controlled by a handful of corporations. And these corporations control what food is raised and how it is processed. The more all that "cheap" food is processed, the less hungry people can afford it. When people do eat these highly

processed items made from such ingredients as high fructose corn syrup, they find it has little nutritional value.

A new map

But there is a glimmer of hope, a chance to redraw the "dominant mental map" that everything is a commodity vulnerable to the uncontrolled forces of the market, said Lappé. Just as our modern food system creates environmental, human and health and economic problems, Lappé said in her travels and research she has observed firsthand something she calls a "revolution in human dignity." Communities in the U.S.



Lappé chatted with LSP members after her talk. "True humility lies in saying it's impossible to say what's possible," she said. (photo by Caroline van Schaik)

and around the world are realizing that their problems are so complex and interrelated that there is no way they can be solved by experts or decision makers far removed from the situation. Solutions must come from within the community, and people have to stop seeing the economy as solely based on the highest return to existing wealth.

Such thinking is seen as diametrically opposed to the market forces that dominate the world, but Lappé said in fact democracy is needed to set healthy boundaries for the marketplace. Without such boundaries, the marketplace will self-destruct through concentration.

"This is not rejecting the market, it's reinjecting it with a values framework to save it from itself," she said.

In this country, the growing Community Supported Agriculture movement, rising number of farmers' markets and the fact that there are now some 400 farm to

school food initiatives is a sign that people here are reinjecting values back into our food system, she said.

One of the best international examples is in Brazil, where the Landless Workers Movement has redistributed almost 17 million acres to people. New farms and communities have sprung up as a result. It has not been an easy struggle—angry landlords actually killed some of the people who were seeking land. But one day Lappé was speaking to some of the farmers who were involved in the movement and learned they were creating Brazil's first organic seed line. She asked them why.

"They said, 'Do you really think we would risk our lives and work this hard and wait in some cases years to get legal title, and then produce something that might harm the customer?'"

It was one of those moments that crystallizes democracy's power, said Lappé.

"When humans no longer feel like cogs in the machine, they think through the ripples they are making. For me it was a powerful feeling of possibility."

More stories like this need to get out to the public in order to counter the steady stream of bad news about the inevitability of a commodity-based future where we have less and less control, said Lappé.

"We need humility, but not in the way we usually think of it, where we let go of our chutzpah or

bravado. What is really not humble is to claim somehow because things are in such a downward spiral we can predict outcome. True humility lies in saying it's impossible to say what's possible." □

See page 26 for the text of the talk Jennifer Rupperecht gave before Lappé's speech. For more on Lappé's work, visit www.smallplanetinstitute.org.

Thanks!

LSP would like to send out a big thanks to its southeast Minnesota steering committee for its diligence and good cheer in working as a team to make the Frances Moore Lappé event possible. Committee members are: Roger Benrud, Loel Gorden, Bonnie Haugen, Jennifer Mark, Joe Morse, Barb Nelson and Vic Ormsby.



Food Alliance: Helping consumers take control

In a world where many people feel increasingly that they don't have a say in their daily lives, consumers are striving for control over "simple" things like food.

"Consumer awareness of and interest in food issues is at an all time high," according to Scott Exo, Executive Director of the Food Alliance, an Oregon-based national nonprofit organization. "There are so many things in life we can't control...but food, and the food we feed our kids at school is something we can control."

Exo was speaking at the fourth annual meeting of the Food Alliance Midwest on Feb. 10 in Bloomington, Minn. Food Alliance Midwest was founded in 2000 by the Land Stewardship Project and Cooperative Development Services. Food Alliance Midwest is a regional affiliate of Exo's organization, and like the Oregon-based group, operates a certification program based on standards that define environmentally and socially responsible agricultural practices.

Jim Ennis, Project Director for Food Alliance Midwest, told the more than 80 farmers and others who attended the Feb. 10 meeting that consumer interest in food raised under such standards does not appear to be a short-term fad. Studies show there is a growing demand for "organic" and "natural" food. The organic retail food industry is growing 20 percent per year, compared to the retail food industry, which averages 2 to 4 percent annual growth. In food service, a \$420 billion industry, sales for natural and organic foods are expected to reach \$2 billion by 2007, an annual growth rate of more than 45 percent.

This demand is showing up in the growth of Food Alliance, both in the Midwest and Pacific Northwest. During the past five years the Food Alliance Midwest has certified over 60 farmers across Minnesota, Wisconsin and the Dakotas.

Fifty-four retail stores and 11 college campuses across the Upper Midwest source Food Alliance certified products. Food Alliance's Oregon program, which was launched in 1993, has certified 225 farmers and ranchers in 16 states. Exo said one of the products they certify is Oregon Country Beef, which is a coop-

erative of 40 family ranches dedicated to raising cattle in harmony with nature, without the use of hormones, antibiotics, genetically modified grain or any animal by-products. Oregon Country sales are growing at a rate of 20 percent per year.

Food Alliance also certifies Shepherd's Grain wheat, which is produced by farmers who use conservation tillage methods. These farmers met with artisan bakers to learn what kind of wheat they needed to produce for premium markets. It worked, according to Exo; these farmers now receive a 15 percent premium for their product.

Oregon Country Beef and Shepherd's Grain are examples of how retailers are starting to recognize the value of sourcing their food from third-party certified producers. For example, early last year Burgerville, a chain of 39 restaurants in the Pacific Northwest, announced it was getting all its beef from Oregon Country. By July 2004, sales for the restaurant chain were up 15 percent. Since sales had been flat for the chain the previous few years, Burgerville executives took notice.

Shepherd's Grain, for its part, is supplying Hot Lips Pizza, a small Portland restaurant chain that highlights the source of its ingredients in its promotional materials.

One of the biggest potential growth areas for an eco-label like Food Alliance is institutional food service. Both schools and corporate campuses serve a lot of meals on-site, and students and employ-

ees are increasingly demanding alternative dining choices, said Ennis.

In the Midwest and the Pacific Northwest, Food Alliance is facing the challenge of supplying the growing demand for third-party certified foods, said Ennis and Exo. That's why there will be an even bigger emphasis on recruiting more producers and getting them certified. Food Alliance is also working with a University of Minnesota economist to determine how valuable third-party certification is in terms of a price premium.

One Food Alliance Certified producer, Charlie Johnson of Whistling Well Farm, told meeting participants that the certification has already become a risk management tool for him and his wife Carol. They raise apples and pumpkins near Hastings, Minn., in an area being inundated by sprawling development. Having an eco-label shows Whistling Well is being a responsible neighbor, sending an important message to new residents in the area that may not know much about agricultural practices.

"We think Food Alliance can help us," said Johnson. "We think it will be harder for them to kick us off the farm if we are being socially responsible." □



Some 80 farmers, extension educators and food service/distribution professionals attended the fourth annual meeting of the Food Alliance Midwest. (LSP photo)

Food Alliance Keeper of the Vision award

Food Alliance Keeper of the Vision awards were handed out to PastureLand and Sodexo USA during the annual meeting in February. PastureLand, a marketing cooperative involving three southeast Minnesota farm families, produces gourmet butter and artisan cheese. Their butter was recently called, "The best domestic butter in America" by chef and author Jeremiah Tower.

Sodexo USA is a leading provider of food and facilities management services, with \$5.5 billion in annual sales and 110,000 employees. For the past few years it has featured foods certified by Food Alliance in the college and university campuses it services throughout the Upper Midwest. □

Olson begins work with Food Alliance

Bob Olson has joined the Food Alliance Midwest as its Business Development Manager. He succeeds Jean Andreasen, who recently left to become the operations manager for PastureLand Cooperative, which is certified by Food Alliance.



Bob Olson

Olson has an undergraduate degree in plant and soil science and a master's degree in agriculture and applied economics. He has over 25 years of agricultural and business development experience,

working with farmers as a staff member with the University of Minnesota Extension Service. He was raised on a Wisconsin dairy farm and lives in Stillwater, Minn.

As the Business Development Manager, Olson is managing market partnerships, supporting Food Alliance certified growers and assisting in the recruitment of new growers and processors. He can be reached at 651-265-3682 or bob@foodalliance.org. □

Muggli serves Food Alliance internship

Clara Muggli has been serving an internship with Food Alliance Midwest.

She has a bachelor's degree in environmental studies from Lawrence University in Appleton, Wis. While at Lawrence, Muggli worked to get sustainable and local foods offered in the cafeteria. As a college student, Muggli was awarded the prestigious Morris K. Udall Scholarship for



Clara Muggli

environmental policy and the Alexander Wiley prize for moral leadership and commitment to a significant cause. She has also worked on organic farms in New Mexico and Minnesota, as well as the Heifer International Ranch in Arkansas.

During her Food Alliance internship, Muggli is interviewing and writing profiles of certified farmers. □

Another good reason for certification

There's some good news emerging out of the Pacific Northwest if you are a Food Alliance certified farmer. In February, Oregon officials with the USDA's Natural Resources Conservation Service (NRCS) announced that they had reviewed the Food Alliance's natural resource certification standards and liked what they saw.

"Food Alliance certified farms and ranches are managed by individuals who are committed to the highest level of conservation stewardship, and are very likely to be eligible for payments under the Conservation Security Program," announced the NRCS in a press release.

The Conservation Security Program (CSP), which was launched last year after many delays, pays farmers for producing positive environment benefits. The program has so far been implemented in a limited number of watersheds and is threatened by funding cuts, but holds great potential for helping right some of the wrongs in current commodity agricultural policy (see page 7 for more on CSP).

Farmers can qualify for CSP payments by showing that they are using practices that help the environment. NRCS officials in Oregon say there is no guarantee that any individual operation will receive CSP payments, but Food Alliance certified farms and ranches have already met many of the program's eligibility requirements. In other words, Food Alliance certification may offer a

Want to be Food Alliance certified?

This is a good time for farmers to sit down and complete a Food Alliance Midwest application. An application takes about an hour to complete, and Food Alliance certification is good for three years. Thus, your investment of an hour pays dividends for years.

To receive an application, contact Food Alliance Midwest Certification Coordinator Ray Kirsch at 651-653-0618 or ray@foodalliance.org.

Applications are also available on the Food Alliance Web site at: www.foodalliance.org.

significant short cut for getting CSP payments.

Jim Ennis, Project Director for Food Alliance Midwest, says he is pursuing discussions with NRCS officials in the Upper Midwest to determine if they can give a similar thumbs up to certified farmers in the region. Stay tuned. □

2005 Twin Cities CSA Directory Available

Twin Cities-area consumers who want to receive fresh, naturally-produced vegetables on a weekly basis during the 2005 growing season should reserve a share in a Community Supported Agriculture farm now.

Community Supported Agriculture, also known as CSA, is an arrangement where people buy shares in a farming operation on an annual basis. In return, the farmers provide a weekly supply of fresh, natural produce throughout the growing season (approximately June to October). Shares are often sold out by early spring. The details of the share arrangements and the prices charged for the shares vary from farm-to-farm. At least two-dozen CSA farms have sprung up in the Twin Cities-western Wisconsin region within the past 15 years, providing consumers a wide variety of choices.

For a free guide describing CSA farms that serve the Twin Cities region, log onto www.landstewardshipproject.org/csa.html. For a paper copy, call the Land Stewardship Project at 651-653-0618, or stop by its downtown White Bear Lake office at 2200 4th Street (second level). □



initiatives vary in scope and make-up, but they basically come down to getting more fresh, local, unprocessed food into the cafeteria, and teaching kids something about good eating habits along the way. Such initiatives, spawned by concerns over rampant child obesity rates in the country, have been launched in more than 400 school districts in 23 states, according to the Community Food Security Coalition. Almost all of that growth has come in less than 10 years.

Getting more fresh foods into schools is good for kids. But it could also be a significant marketing opportunity for local farmers producing food using sustainable production methods.

“How many institutional food meals get served in a day?” Michael Nash, an Iowa vegetable farmer, asks. “I think there’s a real future in this.”

Some major barriers remain before farm to school becomes the norm in K-12 education. But a few Midwestern school districts are making a go of such programs—and undermining a few long-held assumptions along the way.

Assumption #1: Kids won’t eat it

When Joan Lubke was the food service director for the Decorah School District in northeast Iowa, she did taste tests in her lunchrooms. She’d lay out a pan of canned applesauce next to its fresh counterpart to see which went faster.

“The students knew the difference,” says Lubke, who retired in 2004. “When given the choice, they choose fresh.”

School administrators are deathly afraid that kids will reject the food fed them in the cafeteria, choosing to bring their own lunches, or in the case of teenagers, eat off campus. They’re concerned for good reason: the USDA reimburses schools for meals that meet certain government standards. The more meals served, the more money that can mean for a school. Unfortunately, a meal that meets USDA’s standards isn’t always the most nutritious, and there is certainly no guarantee it’s sourced locally.

But Lubke and other food service directors that have tried farm to school programs report that often lunchroom participation goes up when fresh food is introduced. For three years before she retired, Lubke bought fruits and vegetables from a cooperative of 13 farmers called GROWN Locally. She was thrilled with the quality of the product, and so were teachers and parents. Even more

importantly, the kids responded positively to the offerings.

That’s not to say kids are embracing broccoli and always ignoring the peer pressure to reject anything healthy. But simple changes in the dining experience can make a big difference, says Doug Wubben, Project Coordinator for Wisconsin Homegrown Lunch, which is working with several schools in that state. For example, giving kids 30 minutes to eat—instead of the typical 20—can make it a more enjoyable experience.

“We need to figure out a way to create a supportive environment for kids to try new things,” he says. “The lunchroom is not a positive environment for trying new things.”

Assumption #2: Farms aren’t set up to supply institutions

Many a food service director has a “horror” story about a farmer showing up at the kitchen door, hoping to unload a few extra (gasp!) unwashed, uncut, potatoes. Many K-12 schools lack even the basic equipment, storage and training to handle whole foods; they are used to getting products straight from the USDA or a corporate distributor that often only need to be heated up. Lack of a scratch kitchen is a major issue. Often a large centralized kitchen prepares food early in the morning and then ships it out to the schools in containers designed to keep the food either warm or cold. Such a system doesn’t leave much room for flexibility in sourcing and preparing food—one food service director says her staff has not cut carrots in 20 years.

Marion Kalb, Farm to School Program Director for the Community Food Security Coalition, says an increasing number of farmers hoping to sell to schools are realizing they must organize as cooperatives, provide simple, electronic ordering and invoicing, and do at least preliminary processing of the food. In other words, farmers selling to institutions have to take on some of the characteristics of their corporate and government counterparts.

GROWN Locally, the northeast Iowa marketing cooperative, recently built a facility on Michael Nash’s farm to process fruits and vegetables (besides schools, the cooperative also markets to area nursing homes, hospitals and restaurants). Nash says processing their food makes them more attractive to institutions as a source. It also helps better match the growing season with the school year. The cooperative has website ordering, a refrigerated truck and a

professional invoicing system. But they also offer something national food suppliers and the USDA cannot: fresh, local product and the ability to respond quickly to desires and complaints.

“If you can mimic the institutional experience, you can go a long way,” says Nash. “But we feel we can be much more of a local presence than Sysco is.”

Assumption #3: It’s prohibitively expensive

Local food often costs more, that’s a fact—especially since the USDA subsidizes bulk purchases of commodity foods through reimbursements.

The Hopkins School District may have found the most innovative way around the budget issue. Royal Cuisine, as the school’s food service is called, is headed by Bertrand Weber. He was hired in 2003 to revamp the program, which serves between 6,000 and 7,000 meals in 14 different schools (10 in the district, plus four others). A graduate of the Culinary Institute in Switzerland, Weber had worked in the hospitality industry.

In less than two years, he and Michelle Wignall, the director of student dining services at the school, have made several significant changes. Meals are made from scratch whenever possible, and high fat, fried foods are de-emphasized. Organic milk from Organic Valley is served, as well as yogurt from Cedar Summit Farm, a grass based operation out of New Prague, Minn. Weber and Wignall strive constantly to source their food from places like Roots and Fruits, a Food Alliance Midwest-certified (see page 20) distributor that works hard to get products from local farmers. These extra efforts have received accolades from parents, school administrators, students and other school districts. But they cost money.

A fresh chicken breast, as opposed to its breaded patty counterpart, costs 4 cents more. Multiplied by 6,000 meals, that starts to add up. Royal Cuisine charges 15 cents more for the Organic Valley milk and raised the prices of all the meals 20 cents. The Hopkins School District is a mix of affluent and poor families (20 percent of the students receive free or reduced cost lunches because of their family income level; in comparison, a neighboring suburban school district has 3 percent of its kids receiving such lunches), so there is a limit to how high they can raise prices.

But within the past year and a half,

Royal Cuisine has become an umbrella for several money-making enterprises. These services are based on the fact that most school kitchens are used 180-days-a-year from 8 a.m. to 1 p.m. Such an inefficient use of resources sticks in the craw of someone who made a living in the hospitality industry.

“School kitchens are probably the most underutilized kitchens in the country,” says Weber.

It turns out a school district has a lot of events that require catered food—sports banquets, staff functions, etc. In the past the school’s food service would do perhaps \$30,000-\$40,000 in catering business. After Weber came it doubled. Now Royal Cuisine is on track to do over \$400,000 in catering business annually. Also, when it came time for Pepsi to renegotiate its pop machine contract with the schools, Royal Cuisine offered the district a better deal: the district will get more money back and pop will be replaced with alternatives that don’t contain high fructose corn syrup, which is gaining a bad reputation within the health and nutrition communities. Royal Cuisine also operates a coffee shop in a remodeled gym that’s open to the public. Last fall it launched its latest venture: On the Go Café. This is a service that provides takeout food that can be picked up for evening meals five-days-a-week.

“We’ve established ourselves as a partner with the district,” says Weber. “But we haven’t lost sight of our original goal—all of these extra enterprises are there to help make our food service healthier for the kids.”

Assumption #4: The government (always) is a barrier

Because of its dietary guidelines and subsidies for commodities, the USDA can be a major barrier to getting healthier, local food in schools. But in recent years some potentially helpful government programs have emerged.

GROWN Locally used USDA and state of Iowa grant money to help finance its building and to get training on processing techniques. There are federal grants available for schools to build scratch kitchens and train staff on food preparation. The Child Nutrition Act was passed by Congress in 2004. Once in operation, the law would help provide grants to 100 school districts a year for setting up farm to school programs. It’s currently waiting on getting a budget.

Perhaps the oddest source of government help comes from the Department of Defense. After complaints from politicians that the quality of produce was better on military bases than at schools, the Department of Defense began using its massive distribution structure to help get fresh produce to schools. This program is currently operating in 12 states; there is even an element to the program where only produce from within a school’s home state is purchased.

In Elkader, just down the road from Decorah in northeast Iowa, parents, school administrators and farmers recently came together to take advantage of a federal program. Last fall, the small rural school district, which feeds some 600 students daily, got a \$46,000 federal grant to provide free fresh fruits and vegetables to kids as snacks once a day. The grant is part of an initiative authored by Iowa Senator Tom Harkin in the 2002 Farm Bill—it’s now operating in eight states and on three Indian reservations.

During the past several months, the Elkader School has been getting the snacks from traditional distributors. Leslie Schiller, who has a third grader at the school, belongs to Michael Nash’s Community Supported Agriculture operation. She also serves on “Team Nutrition,” a committee made up of parents, school officials and students. She recently recommended that the snacks be provided by GROWN Locally. The school agreed, and starting in the fall the cooperative will be using its processing plant to supply ready-to-eat fresh fruits and vegetables. Jeanne Helgerson, the school’s food service director, says this may serve as a stepping stone toward making more locally produced food a staple of the school’s lunch program.

Says Schiller, “My secret hope is once Jeanne sees GROWN Locally can deliver cut-up apples and stuff like that, then more of that kind of food will find its way into the cafeteria.”

Assumption #5: You can’t change the trajectory

“I had a principal tell me that food and education had nothing to do with each other,” recalls Lubke.

That kind of attitude is part of the reason GROWN Locally is not currently selling to the Decorah School District. When Lubke retired last year, the cooperative lost a key champion in the institution’s kitchen. But Nash sees it as a temporary setback, and says the farmers will just have to build a relationship with the new food service director.

Part of that relationship building may mean working closely with the next generation. Marion Kalb says the most sustainable food to farm programs are the ones that make good food just as much of the classroom as the lunchroom. Wisconsin Homegrown Lunch has farmers come to the classrooms and arranges field trips to the farms themselves.

Royal Cuisine is involved in a University of Minnesota study where students at one elementary school are being “introduced” to whole grains, which are healthier but often shunned by kids in favor of products like white bread. The project consists of three components: the cafeteria, the classroom and community activities, says Len Marquart, an assistant professor in the University’s food science and nutrition department. During the study, kids eating at the cafeteria are being fed foods made up of a blend of whole grains and their refined counterparts, “rather than giving them the hard-core co-op version right away,” says Marquart. The classroom component involves teaching fourth and fifth graders about grain and how to select whole grain snacks. Classroom activities even consist of a “debate” between food characters.

Finally, the research project involves parents and other members of the community by sponsoring a field trip to Mill City, a Minneapolis museum that teaches about the history of flour milling in a fun way. Marquart is gauging the effect of all this by measuring how much plate waste is produced after a whole grains meal. The hope is that this holistic approach to whole grains will succeed where the “eat this because it’s good for you” strategy has failed.

“It kind of serves as a starting point, as a model, for introducing these foods to kids,” says Marquart.

Joan Lubke says giving kids a big picture view of their food is a good idea. She farms 500 acres with her husband John, 300 of it organically. So as food service director, she was able to provide students with background on where their food came from and why it was good for them. She posted nutritional information in the lunchroom, and chatted with kids as they came through the line. Lubke says she found that with just a little information, students were able to make some pretty smart food choices.

“Our kids are not given enough credit.” □

For a list of resources on farm to school programs, including sources of grants, see page 26.

Eric & Lisa Klein Going straight to the consumer

NOTE: This is part of an ongoing series of profiles featuring graduates of the Land Stewardship Project's Farm Beginnings™ program.

When Lisa Klein was studying farm management at the University of Wisconsin-River Falls, she often didn't see eye-to-eye with her professors. Blame it on her upbringing: Lisa's parents, Rosemary and Everett Koenig, are pioneers in a type of agriculture that doesn't have its roots in the laboratories and test plots of academia. In 1972, after 11 years of dairy farming near the southeast Minnesota community of Elgin, the Koenig's dropped chemicals cold turkey. In 1991 they converted much of their operation to grass and started using managed rotational grazing. Such departures from the conventional system of agriculture were extreme, even by the time Lisa graduated from college in 1991. But her run-in with scientific naysayers didn't dampen her enthusiasm for farming, especially if it could be done in a way that helped the soil.

"I kind of dreamed about farming someday," Lisa, 37, recalls. "I didn't tell anybody."

After graduation, she worked for a few years at a laboratory that tested milk and feed. But she made it back to the farm a lot on weekends, helping out with the chores and shepherding a fledging business of direct marketing pasture-raised chicken, pork and beef. Meanwhile, Eric Klein, an agricultural engineering technology student from New Jersey that Lisa had met at River Falls, took a job on a 12,000 acre ranch in South Dakota. They eventually ended up marrying, and settling in Elgin in 1997. Eric, 36, had grown up on a hobby farm, and had caught the farming bug as well.

By then, Everett and Rosemary had pretty much retired from farming, providing a perfect agricultural opening for the young couple. But Eric and Lisa felt they needed some structure to figure out how to actually launch the kind of farming enterprise that would allow them to quit their off-farm jobs. Everett had been one of the farmers who had helped start the Land Stewardship Project's Farm Beginnings™ course in the late 1990s, and he encouraged them to enroll in the program. The course, which provides

hands-on, farmer-to-farmer training in alternative farming systems, among other things, may have seemed redundant to someone like Lisa, who grew up on an operation using such techniques. But Everett's been around long enough to know that there's always something new to be learned. A decade before, the Koenigs were one of 25 farm families who belonged to LSP's Stewardship Farming Program. The initiative was set up to promote on-farm research and farmer-to-farmer education as its relates to alternative methods. In fact, it had more than a passing resemblance to today's Farm Beginnings program.

"I thought by 1986 I knew how to



farm without chemicals," Everett recalls. "But then I got into the Stewardship Farming Program and found out I knew nothing. Through the program I met other farmers and exchanged ideas."

The Kleins liked Farm Beginnings' emphasis on business planning, marketing and enterprise analysis, and in 1998 they enrolled in the course. It proved a worthy successor to the original Stewardship Farming Program. The Kleins say

they got invaluable exposure to the latest information on such techniques as managed intensive grazing. Just as importantly, they were able to network with farmers in the area that were using direct marketing as a way to add value to livestock, making it possible to make a living on a moderate number of acres. That was an eye-opener for Eric especially, whose main farming experience had been on the large ranch in South Dakota.

"It took me awhile to get out of the South Dakota mindset, to adjust my thinking to a smaller scale of farming," he recalls. "The networking's the key."

What they learned from this networking was the Koenig farm is in a prime location when it comes to direct marketing. It lies within a 30-minute drive of Rochester, and is less than two hours from the Twin Cities. After taking Farm Beginnings, the couple began ramping up the farm's direct marketing enterprise. The hog marketing business had started years before when a pork lover was driving by the farm and, seeing pigs on pasture, offered to buy one. The chicken operation began with a modest 200 birds. Today, the Kleins' Hidden Stream Farm annually markets 2,000 pasture-raised chickens, 150 pigs raised on pasture and in deep straw, and some two dozen grass-fed beef cattle. They sell at farmers' markets, via home deliveries, at a couple of area restaurants, on their website (www.hiddenstreamfarm.com) and

Fresh Faces, see page 25...



Lisa and Eric Klein, along with Katy and Ben. (LSP photo)

through the Southeast Minnesota Food Network. They are also raising cattle for a new business called Thousand Hills Beef and sell extra feeder pigs to Niman Ranch, a natural pork company. All of their products are certified by Food Alliance Midwest (see page 20).

The Kleins' direct marketing business keeps them hopping—and two brightly painted trailers on the road during the spring, summer and fall. Their customer base consists of health-conscious consumers.

They also sell chickens to members of Rochester's growing Muslim population who want the birds slaughtered to their religious specifications.

"We meet a lot of people at the market who say, 'We appreciate how you raise your animals,'" says Eric.

"And the taste brings them back," quips Lisa.

Producing that top quality meat is a full-time business in itself. They've converted 60 acres of the

180-acre farm to grass, updated the fencing and watering system and developed deep straw housing for their hogs. Although the farm had been a grazing operation, it hadn't been a fully running enterprise for some time before the Kleins took over. Therefore some upgrades were required, says Eric.

"In one respect, we had a farm set up. But in another respect we had to start from scratch."

As they've fine-tuned their production system, the Kleins have found the network they developed through Farm Beginnings to be a great source of information. And it's paid off: in 2004 they finally felt they had hit their stride with grazing.

"That was the first year in seven years we've really optimized the grazing," says Eric.

And that networking works both ways: The Kleins are on the Farm Beginnings steering

committee, and in recent years they have served as mentors on three separate occasions to people who have graduated from the course. Two of those mentees, Greg and Nancy Rasmussen, launched a beef operation in Missouri last year.

The Kleins like grazing because of its relatively low cost and the fact that it's easier on the land and animals. They also feel it gives them the flexibility to expand their operation slowly as they work steadily toward making the farming enterprise a viable business. Eric and Lisa have quit their in-town jobs, but Eric still does some custom hay work as well as consulting. And with pasture farming the three Klein children—Andy, 5, Ben, 4, and Katy, 2—can be involved with the operation.

"We just feel like it's a safer environment for the kids when we rely on grass rather than heavy machinery," says Lisa. "And hopefully when they walk out in the pasture they also see the fun part of farming, and can start seeing a future for themselves on the land." □



Andy Klein (LSP photo)

Fresh Faces-Fresh Farming

To read other profiles of graduates of the Land Stewardship Project's Farm Beginnings™ program, see the October/November/December 2004 issue of the *Land Stewardship Letter*, or log onto www.landstewardshipproject.org/programs_farmbeginnings.html#profiles.

Farm Beginnings™ approaches the decade mark

Land Stewardship Project's Farm Beginnings™ program is moving forward with plans to set up pilot beginning farmer education programs in Illinois, Missouri and Nebraska.

LSP staffer Karen Stettler has spent the winter in those states conducting trainings with agricultural educators, farmers and other professionals.

Farm Beginnings, which is entering its ninth year and has 40 people enrolled in the current class, provides participants an opportunity to learn firsthand about low-cost, sustainable methods of farming. Farm Beginnings participants take part in a course that teaches goal setting, financial planning, business plan creation, alternative marketing and innovative farming techniques. Established farmers and other professionals present at the seminars, providing a strong foundation of resources and networks for those interested in farming. There are also opportunities to connect

with established farmers through farm visits and one-on-one mentorships.

Farm Beginnings has more than 185 graduates to its credit, 60 percent of whom are farming.

Class work for the 2004-2005 edition of Farm Beginnings wound down in February. This spring and summer, LSP will sponsor a series of on-farm tours for Farm Beginnings participants. Some of those tours will be open to the public; watch future newsletters and LSP's website for information on the field days.

Farm Beginnings classes for 2005-2006 will begin this fall and LSP is accepting applications now. For information on enrolling, contact Cathy Twohig in Montevideo, Minn., at 320-269-2105 or cathyt@landstewardshipproject.org. In Lewiston, Minn., contact Karen Stettler at 507-523-3366 or stettler@landstewardshipproject.org. More information is also available at www.landstewardshipproject.org/

www.landstewardshipproject.org/programs_farmbeginnings.html. □

New beginning farmer resource

Resources for Beginning Farmers: Building a Sustainable Future is a new publication from the Minnesota Institute for Sustainable Agriculture (MISA) and the Land Stewardship Project. It contains resources on:

- Farm vision and goal setting.
- Business planning, management and marketing.
- Farming knowledge and production experience.
- Access to financing and means of production.
- The transition into farming.

A free copy can be downloaded from www.misa.umn.edu. For information on obtaining a paper copy, call MISA at 800-909-6472. □

Farm to school

As the story on page one reports, farm to school programs are becoming increasingly viable. There are many resources available to help parents, teachers, farmers and students get such initiatives started in their own community. Here are a few:

→ **Farm to School Program.** Website: www.foodsecurity.org/farm_to_school.html; phone: 530-756-8518, ext. 32.

→ **National Farm to School Program.** Website: www.farmentoschool.org; phone: 323-341-5095.

→ **Buy Local Food and Farm Toolkit: A Guide for Student Organizers.** Website: www.oxfamamerica.org/pdfs/food_farm_toolkit.pdf; phone: 800-776-9326. □

Ice cream dream

Here's an opportunity for someone wanting to add value to locally produced dairy products. Land Stewardship Project member Melody Livingston has some used commercial ice cream making equipment available for sale. She has an NSF commercial ice cream machine, a dipping

freezer and a blast freezer (to make your own pints). All of the equipment is in excellent condition. Livingston says she will provide instruction on setting up and operating the equipment. The asking price is \$11,000, which is half the original cost. For more information, call Livingston at 952-873-3724. □

LSP Art Gallery seeking entries

The current show featured at LSP's Stewardship Art Gallery (www.landstewardshipproject.org/index-gallery.html) is "Abundant Harvest." Thanks to all who contributed to this show.

We are now accepting entries for our spring 2005 show. The theme is "New Life on the Farm," and the deadline is June 1. Please submit them to Louise Arbuckle at lspwbl@landstewardshipproject.org. If your entry is chosen to appear on our website, you will receive an LSP membership for you or as a gift for someone else.

The entries should celebrate new life on the farm, whether it is plants, animals or humans. We will accept any kind of artwork: sculptures, paintings, illustrations, photos, etc. For photos, candid shots work well, black and white or color is fine. Tell us when and where you took the photo.

Please provide a title for all entries.

Send entries as digitals or scanned files. Do not send originals. If you are using pictures from a digital camera, they will work fine if they are JPEG files. If you are scanning the images yourself from photographs or artwork, it's better to save them in either TIFF or EPS format. When scanning, use a 150 PPI ("pixels per inch") setting.

If you have any questions, e-mail Louise or call her at 651-653-0618. □

Minnesota food

The 2005 *Minnesota Grown Directory* lists more than 600 growers that sell vegetables, fruit, meat, dairy products,



honey and other products direct to consumers. You can search the *Directory* online at www.minnesotagrown.com. Free hard copies of the directory are available by calling the Minnesota Grown Answerline at 1-800-657-3878 or 651-297-8695. □



Membership Update



Co-producing sustainable changes

NOTE: On Feb. 11, activist/author Frances Moore Lappé (see page 19) spoke at a special Land Stewardship Project event in Winona, Minn. At the event, Jennifer Rupprecht, an LSP member who farms in southeast Minnesota with her husband Mike, gave an introductory talk about why membership in this organization is important to her. LSP's Membership Coordinator, Cathy Eberhart, asked Rupprecht's permission to reprint her remarks here.

By Jennifer Rupprecht

We've farmed near Lewiston for 22 years at the head of Rupprecht's Valley, named for Mike's great-great grandfather, who set up his farm and a grain and saw mill there in the 1860s. Great-great Grandpa Wilhelm was forced to give up valley

farming in 1914 after repeated flooding due to poor farming and tillage practices on the ridges. We've made it our goal to farm those same hilltops in a manner which will prevent erosion and actually restore fertile soil so that our descendants and others can enjoy and be sustained by this beautiful place.

Our 275-acre farm is certified organic with about 110 acres of the most sensitive

land in permanent rotationally-managed pasture. The remaining acres are planted in a rotation of crops including hay, small grains, corn and soybeans. If you drive by our farm you'll notice a significantly different look to the landscape. In the snowless months, you will see pastures divided into paddocks so that the cattle can move daily to a lush "salad bar." We believe this carefully managed grazing system provides the least possible negative impact on the environment.

We strive for no soil erosion and we use very little fuel. We do have lots of nesting habitat for grassland birds and wildlife. We increase biodiversity by seeding as many as 15 plant species in the pasture and nature adds her own touch, of

Co-producing, see page 27...

course. Planned grazing actually builds up the soil as grass and roots grow and decay, while animal manure does the fertilizing. This imitates the prairie ecosystem in which the great herds of buffalo existed. We have experimented with native prairie species in some paddocks, and we always leave a paddock or two ungrazed for ground-nesting birds such as bobolinks.

The livestock, which are an essential aspect of our management system, include our herd of 80 beef cows and their calves, 2,000 broiler chickens and 175 turkeys annually, and a flock of about 75 laying hens. We sell our beef, chicken and eggs directly from the farm, in two local food co-ops and at the Winona Farmer's Market. We're part of a food delivery system of the distant past and, we hope, of the future, in which farmers' production is sold directly to the customer—the eater—or the term I have come to prefer—the *co-producer*. Carlo Petrini, founder of the Slow-Food movement in Italy, coined this term “co-producer” as a substitute for “customer”—to encourage us all to *connect* with the source of our food. Regardless of the choices we make in our food buying, we've also given our stamp of approval to how that food was raised, processed and delivered. We're very grateful for the many “co-producers” of Earth-Be-Glad Farm, many of whom I see here tonight.

The Land Stewardship Project has been a constant for us in our farming and in our lives. Think of a handful of pebbles tossed into a lake and the resulting ripples expanding. The intersecting wavelets remind me of my experience with LSP, its people and programs.

My husband Mike and I hit the water as pebbles interested in improving our farming practices back in the 80s. The resources we needed to learn and change were found in the ripples of one of LSP's pebbles, the Sustainable Farming Association. In numerous workshops, discussions and tours we learned the arts of grazing livestock, biological farming, organic gardening and more. The SFA expanded its ripples so well as to become a statewide organization independent of the Land Stewardship Project.

I jumped in as a volunteer pebble in the Lewiston LSP office about 15 years ago, and that led to an intersection with LSP's need for a farmer on its Board of Directors. I must say that was a most rewarding experience—becoming directly involved in a successfully goal-

oriented organization. I say *successfully* goal-oriented, because unlike many organizational entities, there is no hierarchical vacuum in the Land Stewardship Project—LSP brings its members to the very core of its being by involving them in brainstorming and goal-setting

Start seeing ripples

Want to launch your own ripples of change? Join LSP today. If you're already a member and want questions on how to get more involved, we'd love to hear from you. Contact Cathy Eberhart at 651-653-0618 or cathy@landstewardshipproject.org. To join online, visit www.landstewardshipproject.org/index-joinus.html.

for the organization.

Another pebble tossed by Land Stewardship was its offering of training in Holistic Management in the 90s. Holistic Management is a decision-making process by which farmers and others identify a holistic goal encompassing their quality of life wishes, their land resource base and their financial resources. Earth-Be-Glad Farm continues to operate under what we call our “whole

goal” and I wouldn't be surprised if some of our co-producers in the audience are tapped to be part of updating of this goal as we get closer to a day when the farm needs to be passed along to its next caretakers.

One last example with this image of ripples on the water. Much of our personal success can be directly attributed to Land Stewardship's efforts to lead farmers into direct marketing. We again have had the opportunity to network with farmers all over the Midwest, each finding our niches and cultivating our businesses. Fifteen years ago there was no Southeast Minnesota Food Network, no PastureLand Dairy Cooperative, no Featherstone Farm, no Earth-Be-Glad eggs! We all have the Land Stewardship Project to thank to some degree for this guidance and support.

I hope that if you are not already, you will consider becoming a member of LSP, not only to support its outreach financially, but to become involved as “co-producers.” Become not only “co-producers” of the food you consume, but of a future with improved farming practices, a re-vamped food delivery system, sensible farm policy, and a desirable quality of life for our descendants. □

Support LSP in your workplace

The Land Stewardship Project is a proud member of the Minnesota Environmental Fund, which is a coalition of 20 environmental organizations in Minnesota that offer workplace giving as an option in making our communities better places to live.

Together member organizations of the Minnesota Environmental Fund work to

- promote the sustainability of our rural communities and family farms;
- protect Minnesotans from health hazards;
- educate citizens and our youth on conservation efforts;
- preserve wilderness areas, parks, wetlands and wildlife habitat.



You can support LSP in your workplace by giving through the Minnesota Environmental Fund. Options include giving a designated amount through payroll deduction, or a single gift. You may also choose to give to the entire coalition or specify the organization of your choice within the coalition, such as the Land Stewardship Project. If your employer does not provide this opportunity, ask the person in charge of workplace giving to include it. For more information, call 651-653-0618 or e-mail lsfwbl@landstewardshipproject.org.

STEWARDSHIP CALENDAR

→ **APRIL 23—LSP “Day at the Farm” Earth Day Petting Zoo**, 11 a.m.-2 p.m., Winona State University, Winona, Minn.; Contact: LSP, 507-523-3366; lspse@landstewardshipproject.org

→ **APRIL 27—Minnesota Environmental Partnership Annual Meeting, featuring explorer Will Steger**, St. Paul, Minn.; Contact: 651-290-0154; www.mepartnership.org

→ **APRIL 29-30—Market gardener fruit short course with an emphasis on cold-hardy cultivars**, 9 a.m.-5 p.m., Church of the Brethren, Lewiston, Minn.; Contact: Chris Mazur, izzydoeski@yahoo.com; 507-429-4331

→ **APRIL 30-MAY 1—2005 Living Green Festival/Community Food & Farm Festival, featuring 20 farms & Dine Fresh Dine Local food court**, Grandstand, Minnesota State Fair Grounds, St. Paul; Contact: 651-215-0218; www.landstewardshipproject.org/foodfarm-main.html#links

→ **APRIL 30-MAY 3—All Things Organic Conference & Trade Show**, Chicago, Ill.; Contact: www.organicexpo.com; 877-868-5293

→ **MAY 4—Upper Midwest Organic Tree Fruit Growers Network field day**, Gardens of Goodness, Madison, Wis.; Contact: 608-967-2362; www.mosesorganic.org/treefruit/intro.htm

→ **MAY 14—Farming Beginnings Field Day (open to the public)**, Lamb Shoppe, Hutchinson, Minn.; Contact: Laura Borgendale, LSP, 320-269-2105; laurab@landstewardshipproject.org

→ **MAY 14-22—National River Cleanup Week**; Contact: www.nationalrivercleanup.com; 865-558-3595

→ **MAY 15—LSP Garden Tour on pruning, planting, growing & herbs, hosted by Master Gardener Barb Nelson**, Winona, Minn.; Contact: Karen Benson, LSP, 507-523-3366; lspse@landstewardshipproject.org

→ **MAY 21-22—Upper Minnesota River & History Weekend**, Upper Sioux State Park, Granite Falls, Minn.; Contact: CURE, 877-269-2873; www.curemnr.org

→ **MAY 27—Sign-up deadline for Conservation Security Program** (see page 7)

→ **JUNE 1—Deadline for the LSP Stew-**

The 2005 Community Food & Farm Festival will be held April 30 and May 1 at the Minnesota State Fair Grounds in St. Paul. See page 10 for details.

ardship Art Gallery “Abundant Harvest” show (see page 26)

→ **JUNE 9-12—LSP’s George Boody will participate in a panel on multifunctional agriculture at the Joint Annual Meetings of the Agriculture, Food & Human Values Society & the Association for the Study of Food & Society**, Portland, Ore.; Contact: http://food-culture.org/conference.html

→ **JUNE 11—Cedar Summit Dairy open house & tour**, 10 a.m.-3 p.m., New Prague, Minn.; Contact: 952-758-6886; www.cedarsummit.com

→ **JUNE 12-15—North American Agroforestry Conference**, Rochester, Minn.; Contact: Dean Current, 612-624-4299; curre002@umn.edu

→ **JUNE 15—Chippewa County CROP Walk, with the theme, “Life is a Garden,”**

Montevideo, Minn.; Contact Amy Bacigalupo, LSP, 320-269-2105; amyb@landstewardshipproject.org

→ **JUNE 16-18—“Putting Local Food on the Table: Farms & Food Services in Partnership” conference**, Kenyon College, Gambier, Ohio; Contact: 310-822-5410; www.foodsecurity.org

→ **JUNE 21—Upper Midwest Organic Tree Fruit Growers Network field day**, Hoch Orchard, La Crescent, Minn.; Contact: 608-967-2362; www.mosesorganic.org/treefruit/intro.htm

→ **JULY 15—Upper Midwest Organic Tree Fruit Growers Network field day**, Countryside Orchard, Lansing, Iowa; Contact: 608-967-2362; www.mosesorganic.org/treefruit/intro.htm

→ **SEPT. 10—12th Annual Duluth Harvest Festival**, Bayfront Festival Park, Duluth, Minn.; Contact: Jean Sramek, SFA, farming@charter.net; 218-393-3276

→ **SEPT. 12-15—Conference to Reinvigorate Public Breeding of Seeds & Animals for a Healthy 21st Century Agriculture**, Ames, Iowa; Contact: 919-542-6067; www.rafiusa.org

→ **OCT. 11—Dine Fresh Dine Local event at Twin Cities (Minn.) area restaurants**; Contact: LSP, 651-653-0618; lspwbl@landstewardshipproject.org

→ **SEPT. 30-OCT. 2—2nd Annual Meander—Upper Minnesota River Arts Crawl & CURE River Revival**, western Minnesota; Contact: CURE, 877-269-2873; www.curemnr.org

→ **JAN. 9-FEB. 10—“Family Farms: A Tribute” traveling art show**, Northfield, Minn.; Contact: Stephanie Henriksen, 507-645-7086; dkamis@rconnect.com

Check www.landstewardshipproject.org for the latest on upcoming events.



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