

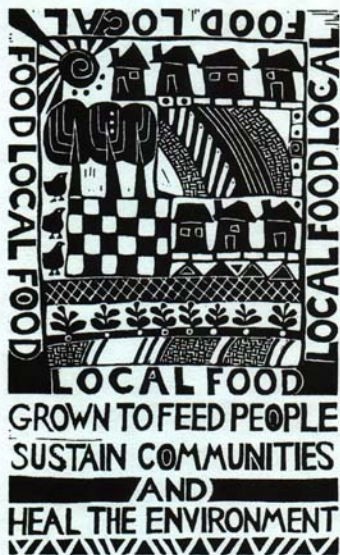
Eating Organically

A Guide to Michigan's
Organic Food Producers
and Related Businesses

1999 Edition

Compiled and Published by
The Michigan Organic Food and Farm
Alliance (MOFFA)
and
Michigan State University Extension
(MSUE)

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Eating Organically

A Guide to Michigan's
Organic Food Producers
and Related Businesses

1999 Edition

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Michigan Organic Food and Farm Alliance
Michigan State University

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Introduction

A word from the editor, Laura B. DeLind

"You are what you eat."

We have each said this and heard it said hundreds of times. Yet for all its familiarity, the reality of the message may be anything but familiar.

As a statement, "you are what you eat," suggests that what we take into our mouths and into our bodies has a great bearing on our physical health and welfare. The elements that comprise our food are drawn from the soil, the air, the water. These same elements become part of our flesh, our blood, our hearts and "the little grey cells" between our ears. They are only on loan to us and will return to the common trust when we're through with them. There is no way around it. As solar creatures we are connected in essential ways to the cycles and substance of the natural world. We share much with the earth and the stars and all that breathes in between. It is at once a humbling and an awesome existence. It is also a most persuasive argument for keeping ourselves and our world in good repair.

This universal connectedness (as expansive as it may be) comes with a deep responsibility. If 'who we are' is a matter of 'what we eat,' then what we eat matters. And there's the rub. How much do we really know about

what we eat? Certainly, there are now nutritional tables and content labels on our processed foods, but the information they provide is technical, unidimensional, and static. It is like saying a human being contains 90% water and leaving it at that; something profound is missing from the analysis. Most food labels tell us nothing about the condition of the soil, or the natural environment in which a food (or animal) was raised. Few, if any labels, say anything about the energy costs, the packaging costs, or the human costs (locally, regionally, globally) incurred in getting a food from the field to our dinner plate. There is no label that discusses the genetic makeup of a food, its ownership and stability. Yet, if we do not know such things, we will know very little, and care very little, about what we eat. In a real sense, when we eat what we do not know, we know less and less about ourselves (biologically and culturally) and less and less about the conditions that frame our future and the future of our great grandchildren.

This knowledge, however, will come not from more labels (though better labels—organic labels in particular—are certainly in order), but from greater personal awareness and direct

involvement. As individuals and community residents, we need to re-establish a relationship to our food and to the people, resources and values associated with its production. As strange as it may initially seem, we will get to know ourselves better and be better able to act on our own behalf, individually and collectively, by knowing and choosing what we eat.

Eating Organically is a cooperative venture between MOFFA and MSU Extension. It is a tool for establishing a deliberate connection between eaters and farmers and their food supply. It is a tool for helping Michigan residents learn more about what they eat and what it means to support a local food system. It guides the eater away from fast food and franchised main streets and toward slow food and the unique qualities and experiences bound up in people and in place. To this end, the directory lists organic growers from across the state as well as agricultural and food-related businesses, professionals and organizations that support local and organic food and farming. It also features many mini-essays written by individuals who have been actively engaged in developing alternative practices and programs. While the ideas presented are not neces-



sarily those of MOFFA or MSU Extension, they do represent a spectrum of perspectives on the value of eating locally, organically and seasonally. We feel that the issues they raise and the philosophies they represent are essential if we are to encourage critical thinking and food system awareness throughout Michigan.

Growers are listed in the directory along with their certification. The term *certified* is used when a farm or processing facility has passed an inspection conducted by one or more certifying organizations.¹ *Certified transitional* means that a farm is still within the three year waiting period prior to full certification. *Certification pending* refers to the fact that the directory went to press prior to final certification. *Not certified* indicates that no formal certification exists, but that the grower claims to follow organic practices.

Every effort has been made to verify the information in this directory. Ultimately, however, eaters must be prepared to ask questions about how their food was grown. Be prepared to ask

growers about their use of chemical sprays, of buffer strips, of growth hormones, of soil amendments, of genetically-modified seed. Ask to see their gardens, orchards, animals and/or certification. If you still have questions phone MOFFA, a regional chapter of OGM, or other certifying organization.

Finally, remember that the information in this directory applies only to the 1999 growing season. We live in an age when small, diversified farmers—organic growers especially—are still in short supply. The farm you buy your vegetables from this year may not be certified next year. It may not grow sweet corn next year. It may not even be a farm next year. Realize, too, that some of the growers who are listed may have already lined up markets for their produce and have nothing to offer the casual caller. Still, they may be able to tell you what stores or vendors handle their produce. Others listed grow large quantities of grains and beans and do not sell in five pound bags, only wholesale and by the truckload. Likewise, not all growers will sell at the farm; others will sell only at the farm; still others will not return phone calls. So be patient and flexible, but don't give up trying to find sources of fresh, organic produce.

The search can be as rewarding as the discovery—a homecoming of sorts.

Building a locally-based food system requires effort. The investment of time and attention makes it possible to ask thoughtful questions, to receive direct answers, to develop trust and to accommodate diverse (and not only human) needs. It affords an opportunity to learn more about the food we eat and feed our families. In this way, we begin to provide ourselves with real food choices and with the ability to act on them in ways that are appropriate for our bodies, our communities, and our environment. We are what we eat.

Eating Organically will be updated and expanded regularly. If you would like to be listed or would like to revise your current listing, please fill out the form at the back of the directory. Mail forms and comments to:

Laura B. DeLind
3257 W. Howell Rd
Mason, MI 48854.

The submission deadline is December 15, 1999.



¹ OGM (Organic Growers of Michigan), CCIA (Organic Crop Improvement Association), FVO (Farm Verified Organic), OGBA (Organic Growers and Buyers Association), OEFA (Ohio Ecological Food and Farming Association), GOA (Global Organic Alliance, Inc.), QAI (Quality Assurance International), ICO (Indiana Certified Organic).

Allegan County



Growers

Abronia Acres

Thomas and Elizabeth Judge
1976 112th Avenue
Otsego, MI 49078
616-694-9669

OGM certification

60 acres

Sales: Direct, Country Way Store of Otsego, People's Food Co-op, Eden Foods

Products: Grain, hay, straw, eggs, poultry, beef

Hours: Call for information.

Bella Vista Farm

John and Nancy Renaldi
2850 63rd Street
Fennville, MI 49408
616-857-7400 phone
616-857-4866 fax

QAI certification

65 acres

Sales: On farm, retail, co-ops, wholesale

Products: On-farm raspberry picking, organic jams, unrefined sugar, organic popcorn.



DeFouw Organic Grains

Les and Gloria De Fouw and family
5722 138th Avenue
Holland, MI 49243
616-751-5813

OCIA certification

200 acres

Sales: On farm, retail, co-ops, contract, wholesale

Products: Hard red wheat (cleaned and bagged), soft white wheat (cleaned and bagged), hullless oats, spelt, vinton soybeans, rye, buckwheat seed

Hours: Mon-Fri; call first.

Pleasant Hill Farm

John Van Voorhees / Joan Donaldson
5859 124th Avenue
Fennville, MI 49408
616-561-2850

OGM certification

55 acres; 40 certified

Sales: On farm, retail, cooperatives, wholesale

Products: Blueberries, fall raspberries

Hours: Mon-Sat, 10-5.

Timberwood Farm

Bill Paarlburg
264 Maplewood Road
Riverside, IL 60546
Farm address: 779 70th Street
South Haven MI 49090
708-447-5166

OGM certification

Products: Vegetables.


Related Businesses

Praxis-New Grange Micro Farm

Pat McKown and Sam DeFazio
2723 116th Avenue
Allegan, MI 49010-9023
616-673-2793 phone / fax
praxis@allegan.net
http://www.praxis-ibc.com

An integrated biological cybernetics enterprise that has developed environmentally sound, sustainable, easily implemented bio-tool kits for pests of agriculture, forestry, medical, veterinary and human living environments, at significant cost containment. The biological strategy eliminates environmental biocides and keeps health and human safety paramount.

Hours: By appointment.

—  —
Growing a day's food for one adult takes about 1,700 gallons of water

(Center for Sustainable Agriculture Systems Newsletter Sept/Oct, 1996)

Alpena County



Related Businesses

Nature's Pantry & Bakery

Camilla Wilke
555 S. Fifth Avenue
Alpena, MI 49707
517-356-4333 / 517-727-3949 fax
cwilke@alpena.com

Wellness consulting and natural
products buying club.

“

Obey the golden rule of
proximity. Produce for your
community or bio-region, and
eat within that area. Buy from
someone you know, and
produce for people you know.
Deal with those you can see and
speak to.

—Brewster Kneen

”

Organic Growers of Michigan (OGM)

The Organic Growers of Michigan (OGM) is a cooperative of growers that was organized in 1973 to enable its members to educate each other and to buy supplies and market produce collectively. OGM is now 26 years old—one of the oldest organic organizations in the country. Today, it is comprised of eight chapters - spread out over the state of Michigan. A State Council, represented by two members from each chapter, decides issues for the entire organization. The State Council establishes certification Standards and Procedures. Although OGM members have traditionally been small market gardeners, today larger growers as well as consumers are coming to believe in OGM's standards and integrity.

The Organic Growers of Michigan have developed a strict set of guidelines for growing and marketing “organically.” They have developed an inspection process and an “OGM seal” which gives consumers some assurance that the food they have selected is organic. Growers certified by OGM will be happy to show you their certificate. Please ask to see it. If you have questions about a grower's certification—call the chapter representative nearest you (see listings on the following page).

Organic growing is a system of agriculture that depends first on soil quality and soil health to produce healthy plants. The Organic Growers of Michigan rely on time tested and proven methods of agriculture that maintain or improve the quality of the soil and the environment. They do not allow any “synthetic” chemicals to be used in the production of food. This means no synthetic fertilizers, pesticides, or synthetic additives, no synthetic hormones or antibiotics are allowed.

Since the enactment of the Organic Food Production Act in 1990, the organic industry has seen an increase in sales of 20% per year. This is one of the few expanding markets for agriculture. As a result, big agricultural businesses now have an interest in “organic.” But they do not want to maintain the standards and growing practices that have been developed by small growers. In 1997, the USDA issued a “proposed rule” to implement the Organic Food Production Act. However, the “rule” did not reflect the standards of organic certification agencies, or of organic consumers. Intense public criticism sent the “rule” back to the drawing board.

Eating food that is grown locally and organically is beneficial in many ways. With local food, it is possible to know who raised it and how it was handled. By supporting a local grower you are also keeping your food dollars in your own community. There is less packaging needed for local food and less fuel is expended for transportation. Vitamins and minerals are higher in fresh fruits and vegetables and local organic growers are more likely to grow varieties that

Continued on next page

Organic Growers of Michigan (OGM) *Continued*

taste better and have more nutritional value. Purchasing locally grown organic fruits, vegetables and meats also means you are helping to protect your local environment from pollution and degradation.

Further information about OGM certification is available from: <http://www.macatawa.org/org/ogm/ogm.html> or the following contact people:

Pat Whetham
OGM Certification Chairperson
11230 W. Mt. Morris Road
Flushing, MI 48433
810-659-8414 phone/fax
pwhetham@aol.com

Craig Kovacic
OGM President and Thumb Chapter
5605 Ewalt Road
Imlay City, MI 48444
810-724-1476 phone/fax
cvkegg@ibm.net

Susan Houghton
OGM Vice-President
16595 SR 120
Bristol, IN 46507
219-848-4204 phone/fax
shoughton@aol.com

Lifeline Chapter
Gene Purdum
3790 Noble Road
Williamston, MI 48895
517-521-4156
purdum@compuserve.com

Third Coast Chapter
Thomas Zennie
7723 Quincy Street
Zeeland, MI 49464
616-875-7811
rimmer@macatawa.org

South West Chapter
Allan Weiland
368 S. Fremont Road
Coldwater, MI 49036
517-238-2786

South East Chapter
Gita Posselt
12595 Whittaker Road
Milan, MI 48160
734-439-8249
or
Rick Katterman
248-669-9354
rkatt@earthlink.net

North West Chapter
Jim Moses
2272 W. Burdickville Road
Maple City, MI 49664
616-228-6497

Mid-Michigan Chapter
Wendell Banks
4838 E. Walton Road
Shepherd, MI 48883
517-773-7934

“

If we do have a food crisis
it will not be caused
by the insufficiency
of nature's productive power,
but by the extravagance of
human desire.

—Masanobu Fukuoka

”



Antrim County



Growers

Wagbo Peace Center

Rick Meisterheim
5745 North M-66
East Jordan, MI 49727
231-536-0333
wagbo@juno.com

Not certified

212 acres

Sales: On farm, retail, farmers markets, co-ops, developing a CSA

Products: Maple syrup, full produce line, honey, eggs, poultry, rabbits, firewood, rough-cut lumber. A non-profit educational center teaching nonviolent conflict resolution and sustainable agriculture. We have a 200-tap maple operation, open for tours mid-March through mid-April, and sell most of our syrup on

site. Our organic (not certified) produce garden and permaculture greenhouse are being developed into a CSA with a target date of 1999. We offer apprenticeships on sustainable farming to at-risk teens during the school year and to other youth during the summer on specific topics related to sustainable farming. We provide a video series annually for producers and consumers to further awareness and support of local Antrim and Charlevoix County food producers. We are developing a sustainable small general farm with a variety of livestock, produce, syrup, honey, small orchard, sustainable forestry products, composting, and use of draft horses for field and forest work.

Hours: Mon-Sat, 9-5; call for information about education and apprenticeships.

the type and size of the farm and the crops involved. The documents submitted with each application vary from farm to farm and organization to organization. These may include soil tests, field histories, labels of products used on farm, and detailed property maps. The inspection, carried out by a trained and qualified person, can take several hours. The inspector will walk the fields, examine storage facilities and review the records kept by the grower. He/she will also provide a written report with certification recommendations to the organization's certification committee. The committee, after carefully reviewing these materials, will make the final decision.

Organic certification can never be a guarantee of absolute purity. The world is no longer a very clean place in which to grow food. Nonetheless, those of us who have chosen to be involved in the process bring to it our greatest skills. We believe that eaters—all persons who choose organic food and fiber for reasons of health and safety—deserve the very best we can provide. We want you to know that we have done our best to assure you that certified farms and farmers follow our standards, protect the soil, sustain the land, and grow food and fiber you can trust.

Organic Certification

In this directory you will find listings for "Certified Organic" growers. But what does that really mean and why is it important? Certification is a process undertaken by a number of organizations, companies, and agencies around the United States and the world to insure that food and fiber labeled "organic" is really grown in accordance with a clear set of production standards. These standards have evolved over many years into workable rules for a type of farming that refuses to forget the health of

eaters, the health of the environment and the health of the soil.

On the surface the process of organic certification is a relatively simple one. A grower, having decided for one reason or another that conventional agriculture is not for him/her stops using chemicals and synthetic fertilizers and seeks out an organization that will inspect and 'certify' his/her farming practices.

In actual practice the process can be quite complicated, depending on



Baraga, Dickinson, Gogebic, Iron, Marquette & Ontonagon Counties



Growers

Dewberry Meadows

Dan Westmass
HC-01 Box 241
Pelkie, MI 49958
906-353-6279
1 acre

Not certified

Sales: Co-op

Products: Assorted vegetables.

Ravenworks Farm

Ken Buckhoff/Robin Bergen
RR1, Box 46
Covington, MI 49919 (Baraga)
906-355-2512

OGM certification

80 acres

Sales: On farm, retail, farmers markets, cooperatives, subscription, restaurants, wholesale, value-added
Products: garlic braids, vegetables, berries

Hours: Call first.



The farmer receives ten cents
for every \$3.98 box of Kellogg
Corn Flakes

(Michigan Farmers Union Newsletter
August 1996)

Michigan Organic Food and Farm Alliance (MOFFA)

MOFFA is a nonprofit organization dedicated to promoting the development of viable food systems that rely on organic methods of food production and that revitalize and sustain local communities in Michigan. Membership is open to the public and presently includes organic growers, food activists, environmentalists and concerned Michigan residents.

MOFFA is engaged in a two-pronged educational campaign. It is working to create more public awareness about the nature of our present corporately-controlled food supply and its environmental and social hazards. At the same time, it is teaching 'eaters' to value and to choose organically-grown food produced in their own locales. MOFFA is a force for generating public awareness about the need for more decentralized food systems—systems that allow for greater participation and choice on the part of all residents.

For additional information on MOFFA's activities and resources, phone Betty Edmunds at 810-632-7952 or write MOFFA, P.O. Box 530, Hartland, MI 48353-0530.

MOFFA Board of Directors

Merrill Clark, Roseland Organic Farm,
27427 M 60, Cassopolis, MI, 49031-
8640, 616-445-8769, Fax: 616-445-
8987, merrillmac@yahoo.com

Laura B. Delind, Graphic Designs,
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48854-9539, 517-676-5385,
Fax: 517-432-2363, delind@msu.edu

Betty L Edmunds, Treasurer, PO Box
530, Hartland, MI, 48353-0530, 810-
632-7952, Fax: 810-632-7620,
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219-848-4204, shoughton@aol.com

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5636, trimarketpromo@worldnet.att.net

Maynard Kaufman, Secretary, 26041
County Road 681, Bangor, MI, 49013-
9443, 616-427-8986, maybar@i2k.com

Carl McIvaine, Michigan Farmers
Union, 4966 S. Broadway, Hastings, MI
49058, 616-945-4775,
CMCIL@voyager.net

Gita Posselt, Goldenrod Farm, 12925
Whittaker Road, Milan, MI, 48160-8819,
734-439-8249

Carol Osborne, 3100 Trunk Lane,
Gaylord, MI 49735, 517-705-7204,
natolga@freeway.net

Pat Whetham, Chair, Whetham
Organic Farm, 11230 W. Mt. Morris
Road, Flushing, MI, 48433-9270,
810-659-8414, pwhetham@aol.com

Barry County



Growers

Nodding Thistle Farm

Jeff and Pat Smith
697 Eaton Road
Nashville, MI 49073
517-852-1593

OGM certification

57 acres

Sales: Farmers markets

Products: Vegetables, wheat, oats,
fresh-cut and dried flowers.

Plowshares Farm

Leo A. King
5400 Wilkins Road
Hastings, MI 49058
616-623-8321 / 616-623-8322

OGM 1999 certification pending
97 acres

Sales: On farm, farmers markets,
wholesale

Products: Asparagus, strawberries,
greens (collard, mustard, turnip),
kohlrabi, rutabaga, turnips, pota-
toes, squash, okra

Hours: Call for information.

R&M Townsend Farm

6627 Barnum Road
Woodland, MI 48897
616-367-4096

OCIA certification

Products: Buckwheat, wheat, spelt,
soybeans, oats, rye.

Related Businesses

Barry County Food Co-op

Dorothea Cooper
980 Cook Road
Hastings, MI 49058
616-945-4330

A member-owned buying club
that meets monthly to divide and
distribute pre-ordered food. New
members welcome; please call for
additional information.



Indoor Composting with Redworms

Especially when winter weather keeps us indoors, a fun way to compost is with redworms. Caring for a worm farm can create a feeling of earth stewardship.

Many kinds of containers are suitable for an indoor worm farm. You can make your own worm farm box from wood, but avoid pressure-treated woods because of the chemicals. Use a piece of plexiglas for the front panel so that you can watch the worms inside. Drill a few holes in the bottom of the box and cover with nylon screening to keep the worms from escaping.

Fill the farm box with bedding—a mix of peat moss, compost, vermiculite and shredded newspaper.

Remember that worms are 75-90% water and that they breathe through

their skin, so the bedding must be kept moist.

Feed the worms by burying food "waste" like finely chopped vegetable scraps, apple cores and coffee grounds in the bedding. Anything you would add to your compost pile may be fed to worms. Avoid those materials you would not use in your compost (e.g., meat, oils).

Worms thrive in moist darkness. Covering the worm farm with a dark fabric (e.g., heavy black felt) lets you see them slip away into their burrows when you let in the light.

For more information or to order worms, read *Worms Eat My Garbage*, by Mary Appelhof, or call Urban Options at 517-337-0422.

Elise Harvey
Urban Options

Benzie County



Related Businesses

Lakeshore Enterprises— Green Screen Products

Penny Iverson, Sales Representative
6051 Frankfort Highway
P.O. Box 238
Benzonia, MI 49616
800-968-9453

Lakeshore Enterprises is a nonprofit organization that provides job training and employment for persons with disabilities. Green Screen wildlife deterrent products are manufactured at Lakeshore Enterprises in Benzonia. They discourage wildlife from browsing on all varieties of vegetation up to the day of harvest. Chemical-free, biodegradable.

Hours: Mon-Fri, 8-4.

“

Our understandable wish to preserve the planet must somehow be reduced to the scale of our competence—that is, to the wish to preserve all of its humble households and neighborhoods.

—Wendell Berry

”



What is Organic Food?

Some say anything that grows in the earth is organic. Others say it's organic if it contains the element carbon. Still others will tell you that organic food is grown without chemicals. Which is right?

The third choice is closest, though it fails to tell the whole story. Organic food is grown according to a specialized system of production which **does not** use synthetic chemical components (such as pesticides) or fertilizers composed of synthetically-produced or chemically enhanced elements, and which **does** take care of the soil and the microscopic life it shelters. Certified organic farms go through a process of inspection according to a set of "organic standards" that assures that the products raised on that farm are as free of harmful contaminants as possible. To become certified organic in Michigan, a farm must have been free of non-approved substances (pesticides and synthetic fertilizers) for at least three years and must be following an appropriate program of soil building and crop rotation.

The whole story of organic farming is, of course, much more complex. If "eaters" of organic food wish to learn more about the subject, they are invited to contact the Organic Growers of Michigan at 810-724-1476 or 810-659-8414 for a copy of their standards, or attend a meeting of the nearest chapter (see page 8 of this directory), or visit a certified organic farm.

Berrien County



Growers

The Herb Barn

Nancy and Glenn Johns
1955 Greenly Avenue
Benton Harbor, MI 49022
616-927-2044 phone
616-927-6999 fax

Not certified

4 acres

Sales: Retail shop, greenhouse,
restaurant

Products: Herbs, tomatoes, peppers,
carrots, onions.

A. Dongville Farm

5016 Niles Road
St. Joseph, MI 49085
616-429-9393

OCIA certification pending

Products: Corn, soybeans,
vegetables.

Willow Springs Farm

David and Diane Larson
8417 Carmody Road
Watervliet, MI 49098
616-463-3323

OGM certification.



Organic Crop Improvement Association (OCIA)

The Organic Crop Improvement Association (OCIA) is an internationally recognized farmer owned and operated certification program. Its several thousand grower members, several hundred corporate members and members-at-large are spread over chapters in the U.S. and nine other countries, representing more than a million acres of production.

OCIA was conceived in response to increased consumer demand for food products grown without the pesticides, herbicides or fungicides normally associated with conventional food production. Food grown under the chemical-based system has come under suspicion as a threat to consumer health, the sustainability of our soil, water supply and ecosystems, and the economic viability of farmers.

The organic food system is an ecologically-based whole food network covering all segments of the food chain from soil to consumer. This integrated system should provide an adequate return to growers for its continued renewal while striving to maintain or improve the health of the earth, food supply, people and animals.

Crop improvement seminars and meetings provide a continuous learning process and better understanding of soil management and the ecosystem. Crop improvement is OCIA's most important responsibility while educating growers on the alternatives to chemical-based and energy-intensive, non-renewable methods. Growers also have a constant responsibility to show their willingness to share and learn.

OCIA members have to abide by consistent standards, regulations, and a code of ethics which ensure that products are grown and handled under uncompromising standards. The OCIA certification program utilizes independent and neutral third party inspection to ensure adherence to standards. An audit trail, through which a product can be traced from the final consumer back to the farm, upholds this guarantee. Asking for OCIA certified products is your best confirmation of authentic organic quality and products grown with concern for our planet.

Robert Fogg
Fogg Organic Farms and Market and OCIA

Branch County



Growers

Al's Vegetables

Allan Weilnau
368 S. Fremont Road
Coldwater, MI 49036
517-238-2786

OGM certification

55 acres

Sales: On farm, roadside stand,
wholesale, retail

Products: Sweet corn, tomatoes,
potatoes, peppers, fresh herbs, mel-
ons, squash, pumpkins, popcorn,
beets, strawberries, pick-your-own
flowers

Hours: Wed-Sun, June through
November, 11 to 6.

Soil Quality and Human Health, How Are They Connected?

I have been plowing fields since the 1960's and wondering how this work relates to people's health. As we approach the year 2000, I hope that we all—farmers and consumers alike—can start to grasp the notion of soil quality and how it relates to our own physical well-being.

Today, the leading problem in U.S. agriculture is soil compaction. This is

one measure of decreasing soil quality. As the bulk density of the soil increases, it becomes increasingly difficult for plant roots to penetrate the soil. Because most farmers use high horsepower tractors, they have been less aware of these compaction problems.

A second problem relates to nitrogen. Nitrogen is the most utilized fertilizer, often applied at 100 pounds or more per acre for wheat or corn. This is pure elemental nitrogen, without the carbon base that animal manures or green manures provide. As a consequence, today's conventional agriculture largely overlooks the nitrogen naturally released from properly working soil organic matter. Even before adding manures, green manures or fertilizers, this can amount to 100 pounds of nitrogen per acre. With the loss of organic matter, the living portion of the soil (i.e., earthworms, bacteria, fungus and other organisms) is unable to function well and consequently cannot feed plants properly.

Organic farmers don't use chemical pesticides. They care for the living portion of the soil, which appears to provide the 'glue' that holds soil together. Management of the living soil enables plants to feed on the minerals that make them healthier, more pest resistant, and more compatible with the health of warm blooded animals (e.g., cows, chickens and people). The healthier the plant the less need for pesticides. The better the soil quality, the higher the plant's mineral content and the better the flavor.

Working with the balance of nature is what organic farming is all about. This balance starts in the soil. Understanding and explaining this intricate balance in scientific terms has been difficult for organic farmers. Recently, however, their practical knowledge has been supported by research and technologies that can measure beneficial soil biology and how it affects plants. This new knowledge comes from many sources.

At Ohio State University, for example, researchers are learning how the application of compost to the soil can control many plant diseases and are patenting a process to apply this technology to orchards—something organic farmers have done for years but could not fully explain. Oregon State University has fine-tuned laboratory processes to measure soil bacteria and fungal organisms and explain how they should be balanced for optimum plant health. Michigan State University has determined that healthy soils should have fewer plant parasitic nematodes and more beneficial nematode families. The measurement of types of nematodes in the soil may become a way of measuring soil quality.

Joe Scrimger
BioSystems and OGM



In 1992, total erosion from U.S.
crop and rangeland equaled
2.1 billion tons.

(1992 National Resources Inventory)

Calhoun County



Growers

Cinzori Family Farms

Don and Anthony Cinzori
10506 'F' Drive
Ceresco, MI 49033
616-979-2760

OGM certification

260 acres

Sales: Wholesale, retail, on farm
Products: Vegetable and herb plants grown to suit; all vegetables in season including garlic, Chinese specialties, greens, potatoes, winter squash, tomatoes, green peppers, hot peppers, zucchini, and all traditional varieties

Hours: Please call first.

Superior Products & Services

Katherine Donvig
21265 M-60
Homer, MI 49245
517-568-4694

OGM 1999 certification pending

250 acres; 180 certified

Sales: Roadside stand

Products: Vegetables, grapes, pears, nuts (black walnuts, hazelnuts, chestnuts), fresh eggs, Christmas trees (Scotch pine, white pine, black spruce, Douglas fir, Lincoln fir), wreaths, grave blankets, barley, oats, soybeans, spelt, wheat

Hours: Summer weekends, 1-4; November 15 to Christmas, 11 to dark daily.

Beneficial Insects

Many people don't realize that the great majority of insects are beneficial. They may pollinate plants, serve as food for other animals or attack other insects. Less than two percent of all insects ever become pests!

Insects may become pests when their natural enemies (predators, parasites and pathogens) fail to regulate them. This can happen when insects are introduced into a region where their natural enemies don't exist, when cultural practices favor an insect over its natural enemies, or when natural enemies are destroyed by pesticides.

There are any number of ways that growers can help to conserve beneficial insects. Cultural practices such as crop rotation and companion planting may reduce pests without harming other insects. Cover crops and flowering plants can provide shelter and food (nectar and pollen) for beneficial insects. Biological controls (i.e., introduced natural enemies) tend to be fairly specific in targeting pest insects, and may offer long term control.

All organic pesticides, from botanicals to homemade sprays, should be evaluated for their impact on beneficial insects. In addition to looking for materials that have low toxicity and break down quickly, choose those that target pests and leave beneficial insects alone. All pesticides should be applied only after monitoring for pests and natural enemies has established that pest levels warrant control.

Jan Ryan
MOFFA



Cass County



Growers

Roseland Organic Farms & Farm Market

John and Merrill Clark; sons
Lincoln and Toby
27427 M-60 West
Cassopolis, MI 49031
616-445-8769 phone
616-445-8987 fax
merrillmac@yahoo.com

Indiana Certified Organic certification pending for 1999

1,800 acres

Sales: On farm, retail, farmers markets, delivery/shipping across U.S.

Products: Frozen Roseland beef; frozen Welsh chicken, turkey, pork; organically raised calves; barley; corn; oats; rye; soybeans; seasonal vegetables; seasonal berries; Roseland cider

Hours: May 15-Christmas, Wed 1-5, Sat, 10-3, Sun, 2-6; call anytime 9-5;

products shipped on Mondays.

Sun Ray Garden

Susan and Raymond Houghton
16595 SR 120
Bristol, IN 46507
SHoughton@aol.com
219-848-4204

OGM 1999 certification pending

4.5 acres + greenhouse

Sales: On farm, retail, roadside stand, wholesale, greenhouse, UPS delivery

Products: Vegetable and herb transplants, edible flowers, snap beans, shell peas, snow peas, greens, carrots, beets, dry beans, fresh herbs, squash, specialty tomatoes, eggplant, peppers

Hours: Mon-Sun, 8-8; call first.

tion. It represents a joint venture between growers and people who want to eat fresh, minimally-processed, chemical-free food. Such a model has existed in Japan and Europe for decades but was brought to the U.S. in 1986. Since that time, it has grown from a few farms on the East coast to many hundreds of farms throughout the U. S. There are now national and regional associations of CSAs¹.

No two CSAs are exactly alike. Each is adapted to the needs of its participating members and the history and resources of its area. Flexibility, clearly, is one of CSAs principal characteristics, but there are others. CSAs are built on shared responsibility and trust. In short, they are built on a new set of relationships between people and their natural environment. Growers agree to raise fresh food for members. Most CSAs raise only fruits and vegetables (often as many as 30-40 different types), but a few also raise animals for meat, milk and eggs. And, while most CSAs provide shareholders with raw or unprocessed foods, a few do some limited processing (pesto, salsa, beer, bread). Members, in turn, purchase shares before the season begins. This provides the funds to pay the grower(s) salary and operate the CSA. A share sufficient to feed a family of four can range in price from \$250-600/season. Membership can also vary from

Community Supported Agriculture

Community Supported Agriculture (CSA) provides an economic and social alternative to our conventional system of food production and distribution. In this latter system, food travels an average of 1,300 miles from field to table, producers and

consumers rarely interact, and neither have control over their food supply. It is a system in which farmers, like inner city populations, may have limited access to fresh food and require government assistance. A CSA, by contrast, is a local institu-

¹ The Biodynamic Farming and Gardening Association maintains a national directory of CSAs. They can be reached at P.O. Box 550, Kimberton, PA 19442 or by phoning 1-800-516-7797; CSA of North America (CSANA) also maintains a national data base. They can be reached at 57 Jug End Rd., Great Barrington, MA 01230 or by phoning 413-528-4374; The Community Farm is a national CSA newsletter edited by Jim Slayter and Jo Meier of Five Springs Farm in Bear Lake, MI, 616-889-3216. See, too, MOFPA's own *The Many Faces of Community Supported Agriculture (CSA): a guide to community supported agriculture in Indiana, Michigan and Ohio*.

a handful of participating households to well over 100 households.

Frequently, members are also required to work a designated number of hours for the CSA (e.g., 2 hours/month), weeding gardens, keeping books, tending bees, harvesting or distributing produce. These tasks, like the CSA budget, the crops grown, and general operating guidelines are agreed upon by the membership at the start of every season. Likewise, everyone shares in the risks (e.g., poor harvests) and

the rewards (e.g., bumper crops and healthy food) each season. Once or twice a week, from late May to late October, produce is harvested and distributed at the farm site or at distribution points within the surrounding community.

CSA members have the opportunity to become familiar with each other and with the natural rhythms and processes involved in growing good food. The wisdom of recycling, the effectiveness of intercropping, of crop rotations, of cover crops, of

crop diversity can be realized firsthand. There is, as a result, a tendency for CSAs to be small in scale (less than 10 acres), labor intensive and organic. This is the case in Michigan. The prevailing philosophy stresses sufficiency rather than continual production expansion. The objective is to create more humanly-scaled, CSA-type enterprises rather than larger farming operations and thereby bring soil, people and good food closer together.

Laura B. DeLind, MOFFA

Community Supported Agriculture (CSA) in Michigan

Community Farm of Ann Arbor

713 Miller Road
Ann Arbor, MI 48103
Contact: Anne Elder and Paul Bantle
734-994-9136

Five Springs Farm

3480 Potter Road
Bear Lake, MI 49614
Contact: Jo Meller and Jim Sluyter
231-889-3216
fsfarm@mufn.org

Growing In Place Community Farm

P.O. Box 374
Mason, MI 48854
Contact: Carol Rall
517-487-6467

Living Earth Community Farm

908 Hayes Road
Marne, MI 49435
Contact: Nancy Jones Keiser
231-677-6176
healthalive@hotmail.com

MTO Farm

13214 Burton Road
Clayton, MI 49235
Contact: Bill and Lynn Balice
517-547-5831

Maple Creek Farm

11841 Speaker Road
Yale, MI 48097
Contact: Danny and Michelle Lutz
810-387-4365
mlutz@maplecreekfarm.com

Meadowlark Farm

59035 French Road
Cedar, MI 49621
Contact: Jenny Tuttle and Jon Watts
231-228-6980
jonjen@traverse.net

Ndibendaagwaz

10277 E. Bingham Road
Traverse City, MI 49684
Contact: Jayne Leatherman-Walker
231-620-4775

Three Roods Farm/

Subscription Garden
4281 Columbiaville Road
Columbiaville, MI 48421
Contact: Gregory Kruszewski
810-793-2511

Wagbo Peace Center

5745 North M-66
East Jordan, MI 49727
Contact: Rick and Tracy Meisterheim
231-536-0333
wagbo@juno.com

Descriptive profiles of many of the CSAs listed can be found in the publication, *The Many Faces of Community Supported Agriculture (CSA): a guide to community supported agriculture in Indiana, Michigan and Ohio*. The 107-page guide was made possible through a grant from the NC-Region SARE program. It is available from MOFFA for \$10.00 (s/h included). For further information, contact Laura B. DeLind at 517-355-7490 or <delind@msu.edu>.



Charlevoix County



Growers

Morning Star Farms

Paul and Debbie Gelderblom
4640 Loeb Road
Charlevoix, MI 49720
231-547-6930

Not certified

20 acres

Sales: U-Pick

Products: Vegetables, fruit, berries,
oats, rye wheat

Hours: Call first.

Does the Price of Food Include All of Its Costs?

Some people are troubled by the fact that the price of organically-raised food is often higher than that of conventionally produced food. In fact the price may be higher, but the cost is a lot less. Many of the costs of food from the global supermarket are not included in the price. We pay these costs in other ways, however, and our descendants will continue to pay for our love of cheap food.

Economists refer to costs which are not included in the price tag as "externalities." As we consider some of the costs which are externalized, we can see that food from the corporate food system is not as cheap as it appears.

Let us begin with environmental costs. The conventional agro-food system is heavily dependent on nonrenewable fossil fuels. Burning fossil fuels contributes to acid rain and to the buildup of greenhouse gases in the atmosphere. Likewise, runoff from farm chemicals pollutes groundwater while extensive irrigation systems deplete aquifers. The costs of environmental damage and destroyed resources will be reflected in higher food prices in the future as productivity declines.

In addition to environmental externalities there are social externalities. Energy-intensive mechanization on farms and in food processing industries displaces workers and increases unemployment. As more food is imported from other countries by transnational food corporations, even more workers lose their jobs both here and abroad. Other externalized costs such as the disintegration of rural communities and the exploitation of Third World workers, while harder to quantify, are equally real. The costs of welfare and food stamps and social unrest are not included in food prices. But we pay for them nonetheless.

Health and health care are yet another set of costs not included in the price of food. Toxic pesticides poison thousands of farm workers annually and pesticide residues on food make many eaters ill. Pesticides are implicated in 20,000 cancer deaths each year, according to the National Academy of Sciences. The estrogenic chemicals

used in pesticides are linked to reproductive and breast cancers. None of these costs are included in the price of food. Food remains cheap while the costs of health care soar.

Finally, there are the costs of food that we all pay as tax incentives and subsidies to large agribusinesses and food corporations whose lobbyists influence legislators. We subsidize transportation, electricity, and private research. We underwrite advertising, the expansion of global markets and war. If we add all these "hidden" costs to the price of supermarket food, we would find that it was far greater than the price of food produced locally using organic methods.

Food produced by organic farmers for local markets avoids many of the unseen costs of the corporate food system. In addition, costs which are unavoidable, such as those caused by plant disease and insect damage, are "internalized," not externalized, by organic producers. Thus, the price of organic food is much closer to its actual cost.

Maynard Kaufman
MOFFA



According to the EPA, nearly 4.5 billion pounds of chemicals are used as pesticides in the U.S. in a typical year.

(Environmental News Network 8-13-98)

Clinton County



Growers

Bill's Green Acres

William J. Vondrasek
6566 Cutter Road
Bath, MI 48808
517-641-6450

Not certified

220 acres; 130 certified

Sales: On farm, wholesale

Products: corn, hay, rye, soybeans, vetch, beef

Hours: Call first.

Giving Tree Farm

Bob & Carolyn Bower, owners
Cathy Leavey, horticulturist
15413 Turner Rd.
Lansing, MI 48906
517-371-2779

<http://www.givingtree.org>

OGM certification

Products: Vegetables.



Seeds and Survival

Beneath the decaying leaves of autumn and snow of winter lies nature's most precious gift. A gift whose wrapping is humble but whose potential is great. Much of the earth's great diversity of plant life, from the largest redwood to the smallest violet, has sprung from a seed.

Many of us, as gardeners, farmers, and casual observers of nature, delight in the power and potential of seeds. We place immense faith in our seeds to nourish our bodies, to keep us warm, and to provide us with shelter. The pleasurable experience of walking through a meadow of wildflowers is a celebration of the vast diversity of the earth's seeds.

And yet, it would be an understatement to say that the state of our seeds and the biodiversity they represent are in great peril. Current studies place the number of plants that become extinct each year at approximately 27,000. In agriculture, the state of seeds is equally alarming. Evidence reveals that agribusiness is using approximately 10 plant varieties to produce 90% of our food supply. We consume only a fraction of the 80,000 food plants known to us. More and more small seed companies are being forced out of business by large corporations whose interest is guided more by economic gain than by any concern for preserving the biodiversity of seeds.

Seeds are now bred, crossed, patented and "perfected." The result of this process is the modern day hybrid. Hybridized seeds promise uniformity, disease and drought resistance, earlier maturing dates, and a host of other commercial selling points. However, they do not promote the seed's greatest virtue—the continuation of life. Because hybrids are first generation crosses between two pure or inbred parent lines, they will not breed true (i.e., reproduce themselves) when planted. For this reason, we must purchase hybrid seed each year.

Fortunately, we can all be directly involved in reversing these current trends. By planting what are known as heritage, heirloom or open pollinated seeds we ensure the continuation of diversity handed down by generations. Many of these seeds have adapted over thousands of years to growing conditions specific to certain areas and offer renewed hope for many areas where hybrid seed is now failing. And finally, they give us all the option to save and share our seeds and replant them, thereby preserving hundreds of years of biodiversity.

John Progar
Goldenrod Farm

Eaton County



Growers

AppleSchram Orchards

Jane Bush
1300 Mt. Hope Highway
Charlotte, MI 48423
517-649-8957
janebush@msn.com

Not certified

Sales: On farm, wholesale

Products: Apples, apple cider, apple butter, apple sauce. On site farm store selling locally produced vegetables, honey, maple syrup, eggs, poultry

Hours: August - November or by appointment.

Davison Farms

Ken Davison
7767 Houston Road
Eaton Rapids, MI 48827
517-663-1282
500 acres

OCIA certification

Products: Adzuki, black turtle, cranberry, kidney, pinto beans; soybeans; spelt; wheat.



A survey of American school-children found that 96% could identify Ronald McDonald. The only fictional character with a higher degree of recognition was Santa Claus.

(MFA Digest, Nov. 1998)

Related Businesses

Harvest Time Natural Foods

Richard Ferris
3565 S. Onondaga Road
Eaton Rapids, MI 48827
517-628-2506/800-628-8736
Seeks high-quality locally-produced foods and other products.
Hours: Mon-Fri, 9:30-4:30.



Direct Marketing as a Way of Farming Life

Randy and I, along with our two youngest children, get up at 2 a.m. each Saturday and drive 80 miles to sell our farm produce at the Oakland County Farmers Market in Royal Oak and Pontiac. We grow certified organic dry beans, grains, vegetables and livestock. We also have a flour mill and a brick oven bakery where we make yeast-free, whole-grain sourdough bread, fresh stone-ground flours, Amy's Muffins, granola and jam.

Our family has a farming heritage that goes back 17 generations, clear back to England and to Germany. After coming to America in the 1870's, our family settled in Michigan, buying a 160-acre farm near what is now downtown Pontiac. Here they raised field crops, livestock and vegetables to sell at area farmers markets. Some of the next generation moved to Kingston and bought the family farm where we now live. They

continued to sell at Detroit-area markets, as did their children after them, until the 1970's. Then the family went into dairy farming.

Randy and I did not find dairy farming to be rewarding enough to do it for the rest of our lives, so we quit. We have now farmed organically for 15 years, first growing grains and beans and selling them through various brokers. In some cases the brokers were selling our products for twice what they paid us. Next we looked at direct marketing, and with our history it didn't take long to find our way back to the farmers markets. As we gained insight into what people wanted, we began growing other field crops and vegetables and started work on the bakery.

Our experiences at the farmers market have been VERY REWARDING. People are just so grateful to be able to buy a fresh, quality, hand-

made product-from someone they know and trust. Many thank us over and over again, and often ask if they can give us a hug. It is very encouraging, especially when we are tired, or sore, or discouraged for one reason or another. (I don't remember anyone wanting to hug us when we were dairy farming.)

Our customers seem more like our friends than just customers. I went to a workshop once and listened to a vegetable farmer talk about her customers. She said that she was walking along one day, and saw a customer walking towards her with a friend. She said that the customer came right up to her and hugged her then introduced her to the friend as "This is Shelly. She's MY FARMER!" That really made an impression on me. We all have our own dentist, doctor, lawyer, etc. that we hire. Why not have our own farmer to grow our food for us?

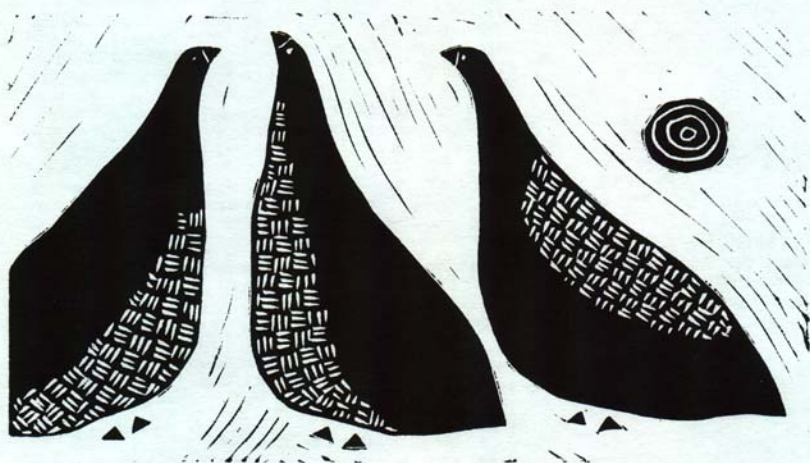
Customer loyalty is essential if you plan to stay in business. One thing that has helped build customer loyalty for us is our ability to fill special orders. When you do a lot of things on a small scale, it gives you a lot of flexibility. We have raised livestock for a customer who is so allergic to corn that she cannot even eat meat from animals raised on corn. We have harvested bags full of wheat stalks to be threshed out by students at a Waldorf school, and bags of open-pollinated corn tassels for someone to make tea with. If you want rabbit manure or buckwheat hulls, we'll bring you a bag if we've got it.

In direct sales, there will be a few customers who won't be pleased no matter what, and you must learn to deal with them even if it means the loss of a sale. This was a hard lesson for me to learn. One of my "customers" made my Saturdays

miserable until I stood up to him. He doesn't buy from us anymore, but it's worth it. Also, just because a customer wants to "dicker", does not mean that you have to accept less for a quality product. Usually, I just politely tell them that I believe the price is fair, and that I'm not interested in selling it for less.

Many people have told us that they could not get up at 2 a.m., or drive so far to sell their products. Some days it is hard, but you can get used to it. We made it to the market all year-round, through rain, sleet, snow and dark of night. And sure enough, at least one customer will come and be so glad to see us that it will keep us smiling all the way home.

Shirley Hampshire, Hampshire Farms
7300 Legg Rd., Kingston, MI 48741
ph/fax: 517-683-3161
hmpshrfm@gte.net



Emmet County



Related Businesses

Grain Train Natural Food Cooperative

Bret Hartman and Carla DeLoria
421 Howard Street
Potoskey, MI 49770
231-347-2381

A member-owned natural foods grocery, bakery and delicatessen. Produce section features organics and helps support several area growers. Bakery/deli makes fresh, whole-grain baked goods and vegetarian meals for dining in or carry out. Carries organic dairy, grocery, herbs and bulk grains as well as vitamin and mineral supplements.

Hours: Mon-Fri, 8-8; Sat 8-5; Sun 11-5.

“

Show me the hamburger stands, neon ticky-tacky strips leading toward every city in America and the shopping malls, and I'll show you devastated rainforests, decaying countryside, a politically dependent population, and toxic waste dumps. It is all of a fabric.

—David W. Orr

”

“Wild Flavors of the Muse...”

“The era of the Wild apple will soon be past; it is a fruit which will probably become extinct in New England.”

Henry David Thoreau, in his 1862 essay *Wild Apples*, recognized that apples in a barrel (i.e., today's commercial varieties) had little in common with the wild apples of the land and he feared “that he who walks over these fields a century hence will not know the pleasure of knocking off wild apples... Ah, poor man ... there are many pleasures which he will not know.”

Thoreau was right. Today, almost a century and a half later, there are few places one can go to brush up against the craggy wild apple tree, to taste the tartness of the fruit or to savor its invigorating snap.

Organic Gardening magazine (January 1995) states that, “more than 1,000 varieties of apples were sold in American markets less than 100 years ago. Today we're lucky to find a dozen different kinds at supermarkets ...” and those that we do find will have been sprayed with pesticides an average of 12 times!

Thoreau noted that people in his day “could afford to stick a tree in out-of-the-way places, along lonely roads and lanes, and at the bottom of dells in the wood.”

“Now that they have grafted trees, and pay a price for them, they collect them into a plat by their houses, and fence them in and the end of it all will be that we shall be compelled to look for our apples in a barrel.”

No, Mr. Thoreau, we now look for our apples in plastic bags or on styrofoam trays with plastic stretched across them to seal in not freshness, but a chemically-crafted tastelessness.

At Roseland Farms near Cassopolis, in Southwest Michigan, apple trees have turned up in a variety of places; along fencerows, huddled in the woods under towering oaks and wild cherries, grasping the bank along the pond, in a rocky outcropping in the middle of a hay field. People who come to the farm ask, “What kind of apples are they? Delicious? Jonathon? Granny Smith?” “No, we call them deer apples.” They were eaten by deer and planted by deer through their droppings and have appeared in more than 200 sites thus far. No doubt they are in places we have yet to discover. And, they care for themselves naturally. No formal orchards here, with neat rows of uniform fruit marching up the hills like toy soldiers calling out to the devouring moths to come where the chomping is easy.

For more information on the history, flavor, cooking and storage qualities of 2,000 varieties grown at the National Apple Collection in Kent, England, read *The Book of Apples* (Trafalgar Square, Box 257, North Pomfret, VT 05053, 800-432-4525). Or grow your own by ordering trees from Classical Fruits, 8831 AL Hwy. 157, Moulton, AL 35650.

Merrill Clark
Roseland Farms and MOFFA

Genesee County



Growers

Buchanan, James M.

11275 Baldwin Road
Gaines, MI 48436-9755

OCIA certification

Products: Adzuki beans, black turtle beans, hay, soybeans.

Giltridge Farms

William Perkins
11177 Miller Road
Swartz Creek, MI 48473-8512
810-635-9769

OCIA certification

Products: Black turtle beans, clover seed, soybeans, spelt, wheat.

Dunklee Family Farm

Donald D. Bettina and family
11202 E. Carpenter Road
Davison, MI 48423
810-653-1641

OGM certification

23 acres

Sales: On farm, farmers markets, retail, cooperatives

Products: Tomatoes, potatoes, cucumbers, carrots, beans, squash, lettuce, peppers, sweet corn, popcorn, peas, peapods, and other vegetables. Specialty crops planted by request. Tours welcome.

Hours: Call first.

Marsh Haven Farms

Rob and John Malcomson
2267 N. Henderson Road
Davison, MI 48423-8169
810-653-4391

OCIA certification

95 acres; 75 certified

Sales: On farm, farmers markets, contracts

Products: Chickens, eggs, hay, soft white wheat, soybeans, oats, clover seed, rye/vetch seed, vegetables

Hours: Tues, Fri, Sat evenings or call.

Mott, David

P.O. Box 271
Clio, MI 48420
810-685 (or 686)-2013

OCIA certification

Products: Soybeans.

Sun Dances Garden

Linda Smith
11430 Duffield Road
Gaines, MI 48436
517-271-9542 phone/fax

OGM certification

5 acres

Sales: Retail, restaurant, on farm

Products: Herb and edible flower sales to restaurants; fresh herbs in season; herbal teas; chili pepper ropes; dried herb gift items; summer weekend garden tours

Hours: June 15-Sept 15, Thurs-Sun, 12-7 or by appointment.



Whetham Organic Farm

Clarke and Pat Whetham
11230 Mt. Morris Road
Flushing, MI 48433
810-659-8414
pwhetham@aol.com

OCIA certification

Sales: Wholesale

Products: Soybeans, spelt

Hours: Call first.

Chaprnka, John

10421 W. Coldwater Road
Flushing, MI 48433-9752
810-659-9329

Not certified

Products: Wheat, Jerusalem artichokes (sunchokes), vegetables in season.

Westwind Farm

Lee Purdy
11489 Reid Road
Swartz Creek, MI 48473
517-271-8486

Not certified

Sales: Retail, wholesale with restrictions

Products: Chicken, turkey, pork—custom meat processing available. Ear corn, oats, wheat, soys, sorghum, molasses, hay, straw.

Luttenbacher, Paul

3299 Pine Street
Clio, MI 48420
810-686-1370

Products: Integrated pest management (IPM) greenhouse stock.

Genesee County Related Businesses See next page.

Related Businesses

Genesee County Organic Gardening Club

Otto and Kathy Kalman
12363 Belsay Road
Clio, MI 48420
810-868-9489

A forum for sharing organic growing methods since the 1950's. Meets monthly April-October for speakers, tours, Q&A. Call for information.

Earth Supply Consulting Services

Brian Rosa
809 Williams Street
Fenton, MI 48430
810-629-8622 phone
810-629-9267 fax

Educational programs for backyard composting, recycling and worm composting. Wholesale and retail sales of compost bins to Midwest municipalities. Catalog sales of composting equipment
Hours: Mon-Fri, 8-5.

Orchid Leaf

Dawn Fleetwood
P.O. Box 72
Flint, MI 48501
810-235-9864

Sales: Farmers markets, wholesale, retail, educator

Products: Master herbalist. Classes in medicinal herbology and organic, whole-food nutrition. Wholesale organic whole food supplements as well as herbal salves, soaps, cough syrups, teas, tinctures. Private practice as herbalist and iridologist.

Healing Within Therapy Center

Janice Parker
8030 Holly Road
Grand Blanc, MI 48442
810-606-0500
beowolf.@ttr.com

Retail nutritional supplements;
organic herbs, tinctures, essences;
holistic therapies; organic pet foods.

A Neglected Issue in the Farmland Preservation Discussion

For most people, the protection or preservation of farmland from the threat of urban sprawl is an issue on a par with motherhood and apple pie. It attracts nearly universal support (except for some real estate developers) and it should, because farmland is a precious resource. But one question has been neglected in this discussion: for whom are we trying to save farmland?

As a background to answering this question we must pause to review what has been happening to family farms. We all know the answer. Family farms are being squeezed out by increasingly larger farms and only some of them are owned by families. Agribusiness corporations often enjoy the advantages of vertical integration. They can accept low farm prices because they can make up the losses in processing or wholesale marketing. Virtually all chicken is produced by large corporations, and while family farms may contract to raise the chickens, the terms are dictated by the corporation and the farmers often suffer losses. A similar process is occurring in the hog production industry where large confinement operations are replacing hog production on family farms. Vegetables and fruits are also produced by large corporate operations, especially in California.

With this context in mind, we can see that the preservation of farmland in large tracts will facilitate the concentration of ownership in fewer hands. We must bear in mind also that in Michigan the vast majority of acres lost to production agriculture as a result of urban sprawl is not paved over but divided into smaller tracts, mainly to provide an acreage for upscale rural residents. It is not likely that many of these will raise food on their land now. But who can tell about the future? In any case, some land on the urban fringe could be used to produce food for those who can not or do not want to raise their own. Twenty acres of intensive vegetable production can provide a livelihood for a grower with local markets.

Before we jump on the bandwagon to save farmland from being divided, let's consider how we can make tracts of modest and affordable size available to family farmers who would like to raise food for local markets. Locally-grown food is surely less demanding of fossil fuel energy than food from the global supermarket, and this will be increasingly important as we work to reduce greenhouse gases. The land use policies we create now will open or close options for the future. Anyway, who wants to depend on Philip Morris and RJR Nabisco, the biggest food corporations, for all their food?

Maynard Kaufman
MOFFA

“

Natural diversity may well be the source of much human creativity and intelligence.

—David W. Orr

”

Grand Traverse County



Growers

Clearbrook Farm

Mike Fiebing
1122 Jefferson
Traverse City, MI 49684
231-947-5057 / 231-947-7366

Not certified

Young chestnut and peach orchard.

Wells Family Farm

Michael and Phyllis Wells
9490 Elk Lake Road
Williamsburg, MI 49090
231-264-9522

Not certified

5 acres

Sales: On farm, roadside stand, subscriptions

Products: Maple syrup, raspberries, strawberries, asparagus, green beans, sweet corn, cucumbers, lettuce, melons, peas, potatoes, pumpkins, squash, tomatoes, eggplant, carrots, cut flowers, basket flowers

Hours: Wed-Mon, 10-5:30. Closed Tues.



Related Businesses

Grand Traverse Conservancy

624 3rd Street
Traverse City, MI 49684-2226
231-929-7911.

Bio-Organics

Christopher James
525 5th Street
Traverse City, MI 49684
231-933-1791

Bio-organic consulting, comprehensive soil testing and recommendations to organic and transitional growers; field services

Hours: Call first.

Oryana Natural Food Co-op

601 Randolph Street
Traverse City, MI 49684-2246
231-947-0191

Natural foods cooperative that supports local organic farmers

Hours: Jan-Apr, Mon-Sat, 9-8; May-Dec, Mon-Sat, 8-8; Sun 12-5.

More than one million acres of agricultural land are covered with 'black top' because of urbanization and highways.

—David Pimentel

“

If you choose to eat mass-produced fast food, you are supporting a network of supply and demand that is destroying local communities and traditional ways of life all over the world—a system that replaces self-sufficiency with dependence. And you are supporting a method of agriculture that is ecologically unsound—that depletes the soil and leaves harmful chemical residues in our food.

But if you decide to eat fresh food in season—and only in season—that is locally grown by farmers who take care of the earth, then you are contributing to the health and stability of local agriculture and local communities. Actions have consequences, and people acting responsibly can make a difference. I believe that how you eat, and how you choose your food, is an act that combines the political—your place in the world of other people—with the most intensely personal—the way you use your mind and your senses, together, for the gratification of your soul. It can change the way we treat each other, and it can change the world.

—Alice Waters

”

Gratiot County



Growers

Anderson Farms

Lowell and Eric Anderson
3531 E. Lincoln Road
St. Louis, MI 48880
517-681-2840

OCIA certification

Acres: 1990; 90 certified

Sales: On farm, co-ops, contract

Products: Barley, soybeans.

River Road Farm

P. Jane and Norman Keon
10732 Riverside Drive
St. Louis, MI 48880
517-681-5908

OGM transitional certification

Products: Vegetables.

Monroe, James L.

11185 N. Luce Road
Alma, MI 48801
517-463-3684

OCIA certification

Products: Soybeans.

Pullman Farms

7410 W. Harrison Road
Alma, MI 48801
517-463-4692

OCIA certification

Products: Corn, soybeans, spelt,
navy beans.

Shaver, Scott and Angie

4667 N. Crosswell Road
Alma, MI 48807
517-463-8545


OGM transitional certification

80 acres

Sales: Farmers markets, roadside
stand, wholesale

Products: Tomatoes, peppers,
sweet corn, cantaloupe,
watermelon, cucumbers,
strawberries, beets, squash,
cabbage, broccoli, cauliflower

Hours: Mon-Sun, 12-6; closed Thurs.

—  —

The only Americans who earn lower wages today than fast-food
workers are migrant farm workers.

(MFA Digest Nov. 1998)

Localizing Food Systems

Until recently, we have been blind to the importance of food in local and regional environments and economies, but the growing sustainability movement is starting to seek genuine, long-term, localized approaches to our food systems. With vision we can do this in a way that will empower families and neighborhoods and make our communities healthier, more self-reliant and more equitable.

Current agriculture (nationally and internationally) needs restructuring. Not only does it impose extremely

high health, social and environmental costs, but it is highly fossil-fuel dependent. In the U.S. it takes roughly 10 calories to deliver one food calorie on our plates. As fossil fuel prices rise, there will be a huge multiplier effect on food prices. We can either wait until things collapse or start building the necessary local and regional food systems now.

Most people are unaware of how dependent their cities are upon distant national and international systems for food or how vulnerable those systems are. Neither are they

aware of the extent and complexity of their local food system much less its potential – the annual value of produce from all U.S. gardens is roughly equal to that of the annual U.S. corn crop, about \$18 billion a year. What's more, agricultural, horticultural and food-related activities constitute between 20 percent and 25 percent of a local economy.

Defining Local Systems

What then is a local food system? The local part starts at the household level and expands to neighborhood,

municipal and regional levels. At each level there are different cycles, issues, problems and possibilities. The food part includes all the various social, symbolic, health, power, access and equity dimensions (imagine all the facets of personal and corporate efforts to provide the hungry and homeless with "real" Thanksgiving dinners). "Systems" include not just the production aspects of food but also issues of processing, distribution, access, use, food recycling and waste. Besides social, economic and environmental issues, each of these points also involves a number of ethical and value questions.

Why localize? Sustainable agriculturalists have called for localization to increase environmental sustainability. Developing local markets reduces dependence upon distant (and often erratic) supply. Localizing food systems and growing more food locally and regionally also opens new opportunities for dealing with problems of hunger, joblessness, urban decay and environmental degradation. Such a vision includes:

- Providing both long-term food security and better health for all local residents by making a variety of safe and nutritious food available to all.
- Creating a cushion of self-reliance against transport strikes, major storms and disasters and rising prices resulting from oligopolies and/or rising fossil fuel prices and their multiplier effects.
- Providing continuing employment of local farmers, horticulturalists and food workers.
- Making households and neighborhoods more self-reliant by making more land, work and employment available throughout the food system.
- Freeing up more local dollars for local development by increasing the energy and resource efficiency

of local food systems, especially by reducing energy costs and putting organic wastes into productive use rather than expensive landfills.

- Creating healthier, more diverse and more pleasant environments by cleaning up air, water and soil systems; creating more green spaces and more diverse rural landscapes; and reducing health costs and pollution clean up costs.
- Reducing dependence on emergency hunger and feeding programs by moving toward hunger prevention programs.

Food Policy Councils

How do we do this? At a personal level we can grow, process and preserve more of our own food. We can buy local food from farmers markets and U-picks. We can join a community supported agriculture organization. As citizens, we can support innovative neighborhood and municipal programs and organizations. One example includes the growing popularity of food policy councils which form to address a given community's food system.

The issues addressed by these citizen advisory boards are critical and need to be investigated by local governments, nonprofits and by the general population. They include:

- Production: promoting household and community gardens; seeking to preserve local farmers and farmland; promoting community supported agriculture.
- Processing: encouraging local food processing plants, as well as household and community canning programs.
- Distribution and access: promoting coops, buying clubs and full use of available government programs; coordinating emergency feeding systems; ensuring availability of inner-city supermarkets; encouraging local farmers markets.

- Use: promoting food safety and handling, and nutritious diets.
- Food recycling: promoting cleaning, food banks, pantries and soup kitchens.
- Waste stream: using creative approaches to waste reduction, recycling and composting in each stage of the system.

Kenneth A. Dahlberg
Western Michigan University and MOFFA

Reprinted with permission:
The Neighborhood Works
(February/March 1994 p. 14)
2125 W. North Ave., Chicago, IL
60647. Phone (312) 278-4800; fax
(312) 278-3840. Subscription rate is
\$30/year. A single copy is \$3.50.



Hillsdale County



Growers

**Rasmussen, George
and Deborah**

10531 Wood Road
North Adams, MI 49262
517-523-3308

OCIA certification pending

Products: Jersey dairy herd, sheep,
goats, ducks, turkeys, chickens.

A Strawbale Greenhouse and Local Self Reliance

As gusts of wind drive sleet against the window glass, tiny lettuce and spinach seedlings reach for light, protected from the cold by 16-inch walls of straw and plaster.

Here at Great Circle Farm, growing produce for market has been a way of life for nearly 20 years. Just last fall, a 20' x 24' strawbale greenhouse was added to our land, allowing us to extend the season and variety of vegetables we offer to our community supported agriculture (CSA) members.

Two workshops in October and many subsequent weeks of work got the building enclosed before the worst of winter weather. There is still much to do but we are extremely pleased with what we have accomplished so far.

Although the actual construction of the building was extremely educational, it feels like the lessons learned go much wider and deeper. The building has begun to represent to us a model of alternative economics, self-sufficiency, community activism, and sustainability.

Most economic relationships in our society consist of an exchange of money for goods and services. We found that other relationships can serve as well or better and may also provide a foundation for relationships which extend beyond the economic.

Many of our building materials were donated and we discovered that the materials discarded from traditional building sites can be adapted for numerous purposes. In fact, adaptation really becomes a strategy for self-sufficiency. We found the ability to work with what you have and who you have available can make the difference between relying on external inputs and using innovation to make it on your own.

Through it may seem that self-sufficiency and community are contradictory concepts, in actuality, they are complementary. In our project,

self-sufficiency meant developing a network of resources. Resources consisted of the materials, the labor, the energy, the ideas, and the time that we and others could invest. Instead of relying on the "false wealth" of new resources (lumber, concrete, windows, drywall, etc.) we used "solar wealth," that infinite source of power, human mind and body, to create.

Finally, however tiny, we have taken one more step toward a model of sustainability. We have lived with and used the products of the earth, acquired a better understanding that nothing "real" is standardized, that flexibility will get us so much farther than rigidity (both literally and figuratively!) We have worked with and in the elements, gained a slightly better knowledge of the lessons that nature has to offer us if we are to become contributors to natural systems rather than disrupters and destroyers.

We are extremely excited about the next step in our project which is to develop a permaculture demonstration site around our strawbale greenhouse. The whole project has had a wonderful cyclical quality in every aspect, from recycling an ancient barn to having women do the majority of building and planning of the greenhouse, to using straw, the dead 'waste' material of wheat as a building material and infant humus layer for future generations of food.

Beth Neff and Zelda Stolz
Great Circle Farm



Houghton County



Growers

Bach Organic Farm

Beck Bach
Rt 1, Box 67B
Atlantic Mine, MI 49905
906-482-6543

Not certified

1 acre
Products: Assorted vegetables, fruits, herbs.

Carter's Organic Farm

Allen Carter
Rt 1, Box 205
Chassell, MI 49916

Not certified

1 acre
Products: Strawberries, assorted vegetables.

Grego Organic Farm

Charles and Linda Grego
Rt. 1, Box 69
Atlantic Mine, MI 49905
906-482-6926

Not certified

160 acres
Sales: On farm, cooperatives
Products: Tomatoes, peppers, cucumbers, dried and fresh flowers
Hours: Mon-Sun, 8-8.

Harris Organic Farm

Chuck Harris
Rt 1, Box 109B
Hancock, MI 49930

Not certified

1 acre
Products: Assorted vegetables.

Hughes Organic Farm

Gary and Patricia Hughes
RR1, Box 162
Calumet, MI 49913
906-337-5185

OGM certification

40 acres
Sales: On farm, U-pick, roadside stand
Products: U-pick strawberries, raspberries, tomatoes, cucumbers, carrots, onions, potatoes, peppers, squash, greens, sweet corn, beans, broccoli, cauliflower, cabbage, beets
Hours: Tues, Thurs, Sat, 11-6.

North Superior Organic Farm

Pam and Mark Satterthwaite
Rt. 1, Box 85
Atlantic Mine, MI 49905
906-482-3033

Not certified

10 acres; 8 certified
Sales: Farmers markets, cooperatives, roadside stand
Products: Lettuce, carrots, onions, garlic, assorted greens (kale, mustard, chard, spinach), summer squash, rutabaga. Attempting to specialize in garlic varieties.
Hours: Daily during growing season.

Perger Organic Farm

Leah and Warren Perger
Rt. 2, Box 377
Chassell, MI 49916
906-523-4771

Not certified

2 acres
Products: Assorted vegetables, raspberries, blackberries, pears, apples.

Rulison Organic Farm

Linda and Dave Rulison
HC-01 Box 116
Pelkie, MI 49958
906-334-2553

Not certified

160 acres
Sales: On farm, retail, farmers markets
Products: Trefoil hay, miscellaneous vegetables
Hours: Call first.

Related Businesses

Keeweenaw Cooperative, Inc.

William O'Donnell
1035 Ethel Avenue
Hancock, MI 49930
906-482-2030
906-482-7845 fax
Largest natural foods cooperative north of Lansing
Hours: Deli open 7 days, 9-9.

Huron County



Growers

Gornowicz, Dale

2650 Holbrook
Ubyly, MI 48475
517-658-8370

OCIA certification

Products: Black turtle beans,
soybeans.

Guza Farms

Steve Guza
1001 S. McDonald Road
Harbor Beach, MI 48441

OCIA certification

Products: Great northern, kidney,
navy beans; corn, soybeans, spelt,
rye

Sales: On farm.

Lasceski, Dennis and Elaine

3302 Crockard Road
Filion, MI 48432
517-269-7980
300+ acres

OCIA certification

Products: Black turtle, navy, pinto
beans; oats; soybeans; spring and
winter wheat.

Zochowski, Pat

3799 Lackie Road
Filion, MI 48432
517-874-5550

OCIA certification

Products: Navy beans, soybeans.

“

A good food ...would be one whose production, processing, and distribution was minimally wasteful of non-renewable natural resources. One criterion for a 'good' food in a given region might be that it was produced close by where it was eaten—so that it has to travel the least distance at the lowest energy cost. A 'good' food would surely be produced without serious loss of topsoil or overuse of ground-water resources. A good food would undoubtedly be seasonal—or capable of storage without a large investment of energy.

—Joan Dye Gussow

”



Eating Locally All Year: How to Keep the Harvest

“Putting food by” for the winter was very common in most households not all that many years ago. The fresh foods of summer were available only as long as the weather was good. To continue eating well throughout the rest of the year, it was necessary to extend the life of those foods in some manner. Over the centuries, many methods of

food preservation have been used, but now four predominate—storage, drying, canning and freezing. These four methods are used commercially and variations of them are widely and safely used at home.

Storage is the simplest method of keeping many types of food. In fact, it is so simple and common we

Continued on next page

often don't think of it as a method of food preservation at all. Some foods just naturally lend themselves to storage the way they are—potatoes, onions and winter squash, for instance. We keep them in the cupboard or cellar until we need them and they stay relatively the same over long periods of time (i.e., months) without our having to do much to them. Simple refrigeration also makes storage possible for a wider variety of fruits and vegetables, like apples, pears and carrots.

For large quantities of root crops, like a winter's supply of carrots, however, storage arrangements get more involved and may require barrels of sand or sawdust buried in the ground or kept just above freezing in a garage or outbuilding. This type of storage works for apples also and was frequently used in the past to store cabbage for the winter.

When making decisions about the methods of storage, it is important to find out the preferred temperature and humidity for each crop. You can't store potatoes the same way you store carrots. Potatoes need high humidity as well as total darkness. As with so many things, if you want to do the job well, don't forget to do some homework first.

The next easiest method for putting food by is drying. As was true for storage, drying can be as simple or as elaborate as you care to make it and techniques vary with the crop. The range of foods that can be dried and then stored is quite large, adding much variety to the winter diet. Many food dehydrators are now on the market to make the task easier, but an appliance is not necessary to dehydrate foods well. For centuries the sun was the main heat source for drying foods and it does the job just as well today. Again, if you are new to the process, a little homework is in order.

Frozen foods are familiar to most of us and there aren't too many who

haven't frozen their own foods—ground beef patties being a good case in point. Many vegetables and fruits can also be frozen for use during the cold months of the year. The processes involved are not especially complicated and neither is the equipment once you locate a freezer. While there are some foods that can be frozen for brief periods of time with minimal processing (e.g., cutting them into pieces) most benefit from a quick blanching—a heat treatment that stops the enzyme action in the food so that it does not deteriorate while frozen. Some foods freeze very well and if not kept frozen too long, have excellent table quality. However, like storage and drying, it's going to take a little homework to end up with the best quality frozen product.

The last of the four major methods of putting food by—canning—is also the most complicated and the one most likely to scare off the novice. Canning food requires considerable equipment—jars and lids, canners of various sorts, extra time, and a willingness to do the job right. There are many unsafe shortcuts and "tricks" to canning food. Be wary of "old wives' tales" that advocate adding a spoonful of vinegar or an aspirin tablet and foregoing the necessary heat processing. You are asking for trouble if you pay attention to such advice. Yes, canning, especially pressure canning, can be tricky, but it isn't really difficult if you do your homework and are able to "apprentice" with someone who is well-experienced (not one of those aforementioned "wives").

To feed your family as locally as possible all year, learn the methods of food preservation and storage from the best possible sources.

There are many good books on the subject. Basic cookbooks often provide a good beginning, while your library or bookstore can provide much more. One good resource is *Stocking Up III* by Carol Hopping

and Staff of the Rodale Food Center, published by Rodale Press, Emmaus, PA. The best source, however, may be only a phone call away. The Michigan State University Extension office in your county has a home economist who can provide you with the most up-to-date information about food storage methods. Call and ask for a list of publications on the subject. If you do your homework now, the job of putting food by for next winter will be less stressful. It may even be a good deal of fun.

Pat Whetham
MOFFA



Ingham County



Growers

Dietz Creek Farm

Gene Purdum and Catherine
denHartog Purdum
3790 Noble Road
Williamston, MI 48895
517-521-4156
purdum@compuserve.com
[http://ourworld.compuserve.com/
homepages/purdum](http://ourworld.compuserve.com/homepages/purdum)
OGM certification
2 acres

Sales: On farm, Meridian Township
farmers markets

Products: Tomatoes, peas, lettuce,
carrots, garlic, fresh herbs, green
and dried beans, onions, leeks, shal-
lots, potatoes, Brussel sprouts, kale,
collards, salad greens, popcorn, cut
flowers, other vegetables in season
Hours: Call first.



Fogg Organic Farms & Market

Robert and JoAnn Fogg and family
2665 Bellevue Road
Leslie, MI 49251
517-589-5590
fogg@voyager.net
OCIA certification
333 acres

Sales: On farm organic and natural
foods market. Limited organic con-
sulting and trucking available.

Products: Provide organic farm
products and natural foods in a
clean, wholesome shopping atmos-
phere. Raise alfalfa, barley, buck-
wheat, corn, hairy vetch seed,
mixed pasture, oats, rye seed, soy-
beans, spelt, wheat. Not all grains
available throughout the year.

Hours: Mon-Fri, 10-7; Sat, 10-6; sea-
sonal Sundays.

Growing in Place Community Farm

4183 Columbia Road
Mason, MI 48854
4 acres

Not certified

A community supported agriculture
(CSA) project that requires active
member participation. Seasonal
vegetables, herbs, flowers.
Phone Carol Rall 517-487-6467 for
information.

Green Eagle Farm

Steve Grose
5104 Stimson Road
Onondaga, MI 49264
517-628-2301
23 acres

Not certified

Sales: Subscription, CSA

Products: Lettuce, spinach, broccoli,
herbs, hot and sweet peppers,
cabbage, tomatoes, eggplant, snap
beans, Jerusalem artichokes, melons,
sweet corn, cucumbers, summer and
winter squash, strawberries, raspber-
ries, beets.

Vadlamudi, Sandra

See listing in Washtenaw Co.

Related Businesses

The Garden Project

Roberta Miller
c/o Ingham County Food Bank
P.O. Box 30161
Lansing, MI 48909-7661
517-887-4660
517-887-4551 fax

Sponsored by Greater Lansing Food
Bank, the project supports Lansing-
area community and home garden-
ing. Seeks to increase the food secu-
rity of low income residents and
promote community development.
Secures land for community gar-
dens and arranges for plowing.
Rototilling service, seeds, fertilizer,
educational materials, workshops,
newsletters. Biological and organic
methods are encouraged.

East Lansing Food Co-op

4960 Northwind Drive
East Lansing, MI 48823
517-337-1266

A full retail store specializing in organic foods, pesticide and hormone-free chicken and meat. Open to both members and the public
Hours: Mon-Fri, 10-8; Sat, 9-8; Sun, 12-7.

Larder Co-op

Kathy Wieland
2515 S. Meridian Road
Mason, MI 48854
517-676-2145

A buying club that meets monthly and purchases from local organic and whole food producers as well as regional and national suppliers. Open to new members.

Hours: Tues, 1-5. Please call for information.

Harvey, Elise

1641 Mt. Vernon Avenue
East Lansing, MI 48823
517-337-1594

Master composter who teaches indoor (vermiculture) and outdoor composting through workshops and classes
Hours: Call for information 8-8.

Sun Ray Milling Company

Markus Held
4205 Columbia Road
Mason, MI 48854
517-676-2661 phone
517-676-3371 fax

Processes specialty and organic grains and beans including spelt and adzuki beans. Helps farmers market these products
Hours: Mon-Fri, 8-5.

The Daily Grind Flour Mill

Tom Burkman, General Manager
4205 W. Columbia Road
Mason, MI 48854
517-676-6620 phone
517-676-1998 fax
dailygrindflour@aol.com

OEEFA certification

A production milling facility using the hammermill (impact grinding) process to grind grain and beans into 100% whole grain/bean flours and meals. All flours and meals made to order—"we store no flour." Cooperatively owned by customers, consumers, and organic farmers through memberships in The Michigan Milling Co-op. All products sold under The Daily Grind label are certified organic.

Hours: M-F, 9-4; Sat, by appointment.

Solar home heating (passive or active) and solar hot water are simple technologies that have already proven efficient and economically practical. They are used widely in Florida and in the southwest. Their use in the midwest, on the other hand, falls far behind. This may be due to the myth that there is not enough sun in this region to warrant the expenditure. It may also be due to public apathy. The truth is that passive solar heat can reduce heating bills by up to 30% and solar hot water can almost entirely eliminate the need for fossil fuels.

Our barn is equipped with a solar hot water system that generates 300 gallons of hot water (i.e., 140+ degrees) after four hours of sunshine starting with 50-degree well water. The system is composed of three 4x8 copper plate heat absorber panels, a 300 gal. insulated storage tank, and a circulating pump. Antifreeze is used for frost protection and any excess heat can be used for supplemental home heating. A sensor activates the pump when the temperature in the panels exceeds that in the tank by 5-10 degrees. Most applications require only two panels.

Our system was manufactured in Florida, but the current market price is unknown. Until 1984, when Congress and many states eliminated the tax credits for solar systems, consumers paid only 25-30% for these installations. This resulted in typical payback periods of 5 years or less. Today the economics are certainly less favorable, but the technology has been greatly improved. The costs to the planet and future generations, however, have not been adequately accounted for, as is true for so many of our activities. It may take the next, and certainly predictable, oil embargo, with all its political and economic implications, for our government to finally recognize what is at stake. Meanwhile, each of us would be wise to rethink our energy use and the long-term survival of our planet.

Hans S. Posselt, Ph.D.
Environmental Scientist

Here Comes the Sun

The energy received from the sun in one single day is more than the entire planet uses in one year. Fortunately, only a small fraction of this heat and light is stored on our planet. If more was retained, our planet would become too hot to sustain life. Carbon dioxide and other greenhouse gases are responsible for most of this heat storage and we have all heard that the built up of CO₂ has now reached alarming levels. Violent weather conditions, food shortages, and loss of coastal regions are some of the predicted consequences of this now widely recognized problem.

The obvious solution to this problem is to curb drastically our reliance on the

combustion of fossil fuels, the source of enormous amounts of CO₂, and to plant trees to absorb the excess gas. Energy conservation, solar heating, wind turbines, and other renewable forms of energy, offer sustainable alternatives to fossil fuel combustion. Why aren't we using them? Some people are, but not enough to make a difference. Our federal government has yet to create an energy policy that is consistent with scientific facts and responsible to the future of our biosphere. We need to eliminate the strong influence of the "oil lobby," educate the people, and mass produce the equipment to harness our most reliable and benign energy sources.

Ionia County



Growers

Homestead Acres

Brad and Linda Sherwood and
Lonni Blissett
6720 Ainsworth Road
Ionia, MI 48846
616-527-5910 phone/fax
homesteadacres@ionia-mi.net
www.homesteadacres.com

Not certified

Sales: Retail

Products: Vegetables, grain mills, dough mixers, eggs, chicken, lamb, and natural clothing fibers. We are the 4th generation raising the 5th generation on a Centennial Farm. We promote healthy eating and living and self-sufficiency. Open to visits from people interested in homesteading and a back-to-basics lifestyle.

Hours: Sunday afternoons or by appointments.

Purely for the Pleasure of It!

Purely for the pleasure of it, grow some lemon herbs. No matter how familiar, lemon herbs will awaken your senses and your appreciation of nature's delights. We northern gardeners are hard-put to have a lemon tree in the yard, but we can have an amazing array of lemon plants around the house or even on the winter window sill.

Think of how refreshing and clean the scent of a freshly sliced lemon is, how it cools in the heat of summer, and banishes the mustiness of winter. Now have that clean, clear fragrance in a wonderful variety of leaves that can enhance the appearance of the garden, contribute to artistry in the kitchen, and last long into the winter in a hand-made potpourri.

Your choices in lemon herbs are many, and include a deciduous tree, variegated leaves, and lovely tiny blossoms. Most are easy to grow. Several are sturdy perennials. All love an organic garden.

Lemon balm (*Melissa officinalis*) may be one of the best-known lemon herbs. It looks a little like catnip (which also belongs to the mint family), with its large, pebbly, slightly fuzzy leaves and its square cross-section stem. Brush it with your hand, and breathe-in a sweet lemony scent. A hardy perennial, the plant spreads somewhat, but is not invasive like mint. It maintains a fairly tidy appearance if the long stems are cut back by half after they flower. Golden lemon balm, with its yellow leaves, is pretty but not as hardy as the green variety. Both are nice for lemon tea blends.

Lemon basil (*Ocimum basilicum* 'Citriodorum') is an annual, like its cousin sweet basil. With a smaller leaf and a tendency to flower earlier, it makes a good landscape plant. It will continue to produce leaves if kept pruned, but is attractive even when allowed to produce seed. It

makes fantastic pesto, especially combined with cilantro.

Lemon verbena (*Aloysia triphylla*) is one of the most challenging of the lemon herbs. When it drops its leaves in the fall, it looks like fodder for the compost pile. Nevertheless, with the return of warm weather and a little water it responds with new growth and another season of what is surely the most lemony leaf of them all. Wonderful for a potpourri.

Lemon thyme (*Thymus X citriodorus*) is my favorite of them all. Its persistence into cold weather (even under snow) persuades me that even a pot on the window sill is too much work. On January 15, I have clipped stems from the spreading mat for cooking. Its springtime blossoms bring multitudes of bees and make a long-lasting and delicate garnish for desserts.

Besides these citrus-scented herbs, you might try the annual "lemon mint" (*Monarda citriodora*) which produces spectacular spears of purplish-pink blossoms, but whose flavor doesn't match its scent; or lemongrass (*Cymbopogon citratus*) from Southeast Asia, tender in our climate; or a lemon-scented geranium (*Pelargonium* species) of which there are several varieties. The geraniums are especially nice in the house during the winter. I love the fragrant task of checking them for brown leaves. Purely for the pleasure of it!

Judy Larison
Maple Springs Farm

Isabella County



Growers

Morning Dew Farm

Wendell Banks
4838 E. Walton Road
Shepherd, MI 48883
517-773-7934

OGM certification

Sales: Wholesale, farmers markets
Products: Vegetables, greens.

Graham, James D.

3654 E. Weidman Road
Rosebush, MI 48878-9715
517-433-2907

OCIA certification

Products: Corn, soybeans,
sweet corn.

Prout, Thomas

8397 or 8249 E. Rosebush Road
Mount Pleasant, MI 48858-9233
517-433-5507

OCIA certification

Products: Hay, soybeans, adzuki
beans, corn, wheat.

O'Grady Farms

Jim and Tom Jones
11950 N. Meridian Road
Farwell, MI 48622
517-588-4807 / 517-588-9843

Not certified

Sales: On farm and delivered
Products: Organic beef with free
delivery of freezer halves or
quarters, on-farm sales for smaller
amounts; seasonal vegetables
Hours: By appointment.

Maynard Kaufman, Bangor
(616) 427-8986

Homesteading and Household
Food Production
Neglected Issues in the Farmland
Preservation Discussion
Alternative Economics
The Enclosure of the Commons

Grey Larison, Grant
(616) 834-5481

Organic Gardening
Health and Wellness
Organic Certification

Betty Edmunds, Hartland
(810) 632-7952

Food Buying Coops
Stretching the Food Dollar
How to Work With Local Growers

April Allison, Lyons
(517) 855-2277
Social Justice

Gita Posselt, Milan
(313) 439-8249

Nature Works
Be In the Garden
Paradigm Shift Farming

Merrill Clark, Cassopolis
(616) 445-8769

Problems with Pesticides
Organic Livestock Production and
Marketing
Working with Nature and the
Environment to Grow Food
Environmental Education on
the Farm
National Organic Standards
Issues



Does Your Group Need a Speaker?

MOFFA now offers a list of speakers
who can address a wide variety of
topics on food and agriculture.
Speaker's fees can be negotiated.
Most speakers will need, at a mini-
mum, reimbursement for travel
expenses.

Laura DeLind, Mason
(517) 676-5385

Community Supported Agriculture
Local Food
Full Costs of Conventional Food
Production

Patricia Whetham, Flushing
(810) 659-8414

Where Does Our Food Come
From?
Organic Certification

Sue Houghton, Bristol, Indiana
(219) 848-4204

Marketing to Restaurants
Extending the Growing Season

(continued, next column)

Jackson County



Growers

Summers/GFS Farm

3915 N. Dearing Road
Parma, MI 49269
517-788-7728

OCIA certification

Sales: Retail from home,
freezer sales

Products: Freezer beef, chickens,
turkeys, hay, straw, adzuki beans,
barley, pasture, soybeans, spelt

Hours: Mon-Sat, 8-10.

Hollow Hill Farm

Tom and Hermione Gorney
14741 Lammon Road
Grass Lake, MI 49240
517-428-8796

Not certified

Sales: On farm, farmers markets,
restaurants, retail, U-pick

Products: Asparagus, herbs, black
raspberries, everlasting flowers,
alfalfa, alfalfa grass hay

Hours: By appointment.

Price, Michael Price

2751 Noon Road
Jackson, MI 49201
517-764-4517
mgprice@acd.net

Not certified

10 acres

Sales: Ann Arbor Farmers markets,
People's Food Co-op

Products: Grapes, chestnuts, ducks
and eggs, apples, pears, vegetables,
root crops.

Related Businesses

Dahlem Environmental Education Center

7117 S. Jackson Road
Jackson, MI 49201-9769
517-782-3453

Natural Health Foods, Inc.

1090 Jackson Crossing
Jackson, MI 49202-2039
517-787-2279

Walt's Health Food & Specialty Shop

102 W. Michigan Avenue
Jackson, MI 49201-1364
517-784-0568



The problems of agriculture and the environment belong not just to a small minority of active farmers; they are problems of all humanity, and thousands of people are searching for new ways and new solutions.

—Trauger Groh



Urban Gardens

While gardening is often seen as a rural or suburban activity, persons who live in urban areas can also find opportunities to work the soil and grow their own food. Regardless of where people live, connection with the land is important. City residents can garden in yards, community gardens or by growing plants in containers.

Home Gardening

Small front or backyard spaces can be cultivated intensively to produce a bountiful harvest as long as there is enough sunlight. Vegetables that produce fruit like tomatoes, peppers, or cucumbers, require at least six hours of full sunlight for a good yield. Others, especially leafy vegetables, are tolerant of more shade. When space is limited, gardeners can concentrate on growing high-yielding crops such as tomatoes, peppers, beans, and greens while avoiding space-eaters like corn, melons, or winter squashes.

There is no rule that the kitchen garden must be relegated to the backyard only. Vegetables and herbs can be grown in front yards, too, in borders or interplanted in flower beds.

Continued on next page

Community Gardening

Those who live in apartments or who desire more growing space than they have in their own yards, can garden in a community garden setting. Community gardens are neighborhood open spaces divided into plots and assigned to individuals and families for growing their own food. Land is often available from schools, churches, public parks, vacant lots, or private owners.

Community gardens yield much more than food. Gardening in a common location brings together neighbors who might not otherwise meet. In addition to the food and nutrition benefits, community gardens improve the quality of life by promoting "neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, conserving resources and creating opportunities for recreation, exercise, therapy, and education" (American Community Gardening Association).

Special challenges faced by community gardeners include insecure access to land, potential for vandalism and theft, and soils contaminated by lead or other heavy metals.

Container Gardening

If no other space is available, city dwellers can garden in containers set in a sunny spot on a balcony, porch, or patio. A variety of containers can be used including clay pots, bushel baskets, cans, plastic buckets, wooden boxes, or garbage cans. Containers should have drainage holes near the bottom.

Careful attention should be given to the potting soil for container gardening. Soilless mixes are recommended because they are light weight, they provide better drainage, and they allow roots to penetrate more easily.

A collection of herbs grown in containers near the kitchen will yield a fresh supply for cooking.

Vegetables which can be planted close together, or which make efficient use of vertical space are good choices for container gardeners. In recent years, miniature varieties of some vegetables have been developed specifically for container gardening.

In whatever setting, urban gardeners can produce fresh nutritious food for their own use. At the same time they can reap the benefits of economic savings, recreation, physical exercise, control over how food is grown, connection with the land, less connection with the current food system, and increased household food security.



Selected Resources for Urban Gardening

Printed Materials

The Community Garden Book: New Directions for Creating and Managing Neighborhood Food Gardens in Your Town, by Larry Sommers. Burlington, VT: The National Association for Gardening, 1984.

The Complete Book of Community Gardening, by Jamie Jobb. New York: William Morrow and Company, Inc., 1979.

Gardening in Containers, by the editors of Sunset Magazine and Sunset Books. Menlo Park, CA: Lane Books, 1967.

Gardening in Containers, edited by Alvin Horton. Ortho Books, 1983.

"Gardening's Socioeconomic Impacts: Community Gardening in an urban setting," in *Journal of Extension*, Winter 1991.

Organizations

American Community Gardening Association

325 Walnut Street
Philadelphia, PA 19106

Michigan State University Extension

Most Michigan counties with a sizeable urban area will have an Extension horticulture agent.

The Garden Project

%Ingham County Health Department
Food Bank
PO Box 30161
Lansing, MI 48909
517-887-4307

World Wide Web Site

Urban Agriculture Notes
<http://unixg.ubc.ca:7801-cityfarm/urbragnotes1.html#notes>

Roberta Miller
Director of the Garden Project
Lansing, Michigan



Kalamazoo County



Growers

The Center Stone Farm

Mary Frances Fenton
8117 East 'O' Avenue
Kalamazoo, MI 49001
616-343-4505 phone/fax
anasazi@mich.com

OGM certification

49 acres

Sales: On farm, retail, restaurant, farmers markets, co-ops, contract, wholesale

Products: Sweet corn, tomatoes (cherry, slicing, yellow plum), striped zucchini, summer and winter squash, green beans, lettuce, green onions, green and red peppers, eggplant, kale, cabbage, beets, basil, vegetable and herb transplants, grass/alfalfa hay

Hours: Bank Street Market, 8-5 Sat;
on-farm sales and delivery by appointment only.



In the U.S.,

four companies control

87% of all beef packing;

four companies control

60% of the pork packing;

four companies control

45% of the broiler production.

(Wm. Heffernan)

Related Businesses

Flowerfield Enterprises

10332 Shaver Road
Kalamazoo, MI 49002
616-327-0108

Books and videos on vermiculture.

Apple Valley Natural Foods

6749 Westnedge Avenue
Kalamazoo, MI 49002-3546
616-329-1611

People's Food Co-op

436 S. Burdick Street
Kalamazoo, MI 49007-5218
616-342-5686

Retail food cooperative open to the public. Bulk grains, beans, pasta — many organically grown; extensive herb department; grocery and other foods; no animal-tested products.

“

Each new CSA is another little piece of liberated territory and a step towards the sustainable world which is our only possible future.

—Elizabeth Henderson

”



We are all solar-powered beings. The energy that we use to think and breathe, to dream and to pump our blood, to work, love and play—all that energy comes from the sun.

Green plants store solar energy by disassembling carbon dioxide from the air, and joining its carbon atoms into energy-storing simple sugars. These are later converted into the substance of plants. We consume that stored energy when we eat the roots, stems, leaves, fruits and seeds of plants or eat eggs, milk or meat from animals which have eaten those plants. Our digestion and respiration take apart the complex carbon compounds in food, releasing their stored solar energy for our use. To accomplish this process, we consume the oxygen that the plants gave off as a waste product and release (as carbon dioxide when we exhale) the carbon which was used to transport the solar energy into our bodies. This carbon can then go back to plants to carry more energy to us. Such an elegant cycle!

The energy it takes to keep our body functioning for 24 hours is equal to the energy a sport utility vehicle consumes in about two minutes, or to a 150 watt light bulb burning the whole day. It is remarkable how little energy it takes to keep us going. Yet, 800,000 people around the world don't get even that much stored solar energy each day. Others around the world destroy their environment in order to get enough fuel to prepare just one daily meal.

In cooking we add energy to the food. We also add energy by grinding corn into meal, pressing olives into oil, or even packaging complicated meals into small plastic containers and shipping them frozen



Garden Ecology

half way around the world. The energy added may be human, or may come from renewable, fossil or nuclear fuels. That energy may make the food more available, digestible, or convenient, but it doesn't increase or decrease the amount of energy the food can release in our bodies.

This system is very elegant when it is primarily solar-powered. The sun's energy, free and bountiful, collected by beautiful plants, is taken into our bodies and used to tend those plants and create our meals. That energy keeps on flowing, now as our waste heat, into the environment and eventually into outer space.

Solar energy moves through the ecosystem without creating harmful effects. The exchange of waste gases between animals and plants, and the digestion of organic wastes in compost piles illustrate the continual cycling of nutrients which, with the one-way flow of energy, is necessary to maintain an ecosystem.

A solar-powered, local, sustainable food system is the basis of all the world's great cuisines. French, Italian, Thai, Indian and Chinese cooking are all based on foods that are readily available nearby and in season, and on processing that is easily done on a farm or in a well-equipped kitchen. Many of us value growing our own food, grinding wheat to make bread, or making mayonnaise from home-raised eggs

and olive oil, for the quality of the experience, as well as for the flavor of the food.

Unfortunately, our economic accounting system doesn't value these things at all. None of the solar energy on which we run or any of the work we do in our gardens is included in the official accounting of energy use and gross domestic product. Of course, all the fossil fuel and nuclear energy that is used in our food system is carefully counted, whether it is used to manufacture large farm equipment, fertilizers or pesticides, is used to operate an energy-intensive drive-thru, fast-food restaurant, or is used to truck lettuce 3,000 miles across this continent.

Our short-sighted accounting system encourages the demise of small-scale, sustainable production and promotes a very energy-intensive food system.

Living on the Earth, March 6, 1998:
Garden Ecology

Bill and Suzanne Duesing operate the Old Solar Farm (raising NOFA/CT certified organic vegetables) and Solar Farm Education (working on urban agriculture projects in southern Connecticut and producing "The Politics of Food" and "Living on the Earth" radio programs). Their collection of essays *Living on the Earth: Eclectic Essays for a Sustainable and Joyful Future* is available from Bill Duesing, Box 135, Stevenson, CT 06491 for \$14 postpaid. These essays first appeared on WSHU, public radio from Fairfield, CT. New essays are posted weekly at <http://www.wshu.org/duesing> and those since November 1995 are available there.

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Kalkaska County



Growers

Shetler's Amazing Graze Farm

George and Sally Shetler
5436 Tyler Road SE
Kalkaska, MI 49646
231-258-8216

*OGM certification for farm, dairy
and livestock not certified*
270 acres

Products: Free-range beef, 100%
grass-fed after 6 months old, by-
the-side or by-the-package; free-
range poultry, custom butchering
available; ground beef, extra lean,
packaged. All beef and pork
processed at a USDA-inspected
plant. Planning on-farm milk pro-
cessing. Intensive rotational grazing
(IRG) used approximately 6
months/year for beef and dairy.
Dairy herd fed home-grown feed
supplemented 20% by grain
purchased from local feed mill.
No hormones or antibiotics fed.
Hours: Mon-Sat, call first.

The Talking Tomato Blues

By Doug DeLind

I went to the store the other day,
Picked out a tomato and started to pay.
The scales read "6 ounces." I asked "What do I owe?"
The man said "Mister, you don't want to know."
This ain't no ordinary tomato you see.
It's been hybridized. It's got a pedigree.
It's a corporate tomato.

This product is the real thing.
It's got no blemish, splotch or sting.
Why this fruit is #1 rated.
Here on the bottom it's even dated—
June 2004.
Thank the Lord and the nation,
Now we have irradiation.

This tomato was raised on contract terms.
It's got no bugs, mold or germs.
Picked by machine—the input's immense,
But it cuts way down on our labor expense.
Adios Amigos.

This fruit was green when it hit the crate.
Then we turned on the gas and just had to wait.
It began turning pink at the Great Divide.
Now here in the store it's even pink inside.
3000 miles, but there's no sunburn on this tomato.

On my way home, I passed a sign.
It read, "Fresh tomatoes right off the vine."
They were fat and juicy, round and red.
They were grown without sprays, but with cabbage instead.
Companion planting.

There were no two alike. There were bees buzzing 'round.
Some had spots where they'd touched the ground.
But, the taste ... well, it's hard to describe.
And the price was enough to keep the farmer alive.
Now that's a local institution
With an organic solution.

This song has no moral and very little rhyme.
But I suggest you take the time
To get to know a farmer and how your food is grown,
'Cause the food that's best has never left home.

© DeLind 1999

“

Ultimately we can all lay claim to the term native and the songs and dances, the beads and feathers, and the profound responsibilities that go with it. We are all indigenous to this planet, this mosaic of wild gardens we are being called by nature and history to reinhabit in good spirit. Part of that responsibility is to choose a place. To restore the land one must live and work in a place. To work in a place is to work with others. People who work together in a place become a community, and a community, in time, grows a culture. To work on behalf of the wild is to restore culture.

—Gary Snyder

”



Kent County



Growers

The Johnson Farm

C. Robert Johnson
12035 Fruitridge Avenue
Kent City, MI 49330
616-887-9867

Not certified

Sales: On farm

Products: Apples

Hours: Call first.

'N' Harmony Farm

Fred and Mary Reusch
6677 12-mile Road
Rockford, MI 49341
616-866-1679

OGM certification

18 acres

Sales: On farm, cooperatives, direct

Products: Assorted vegetables

Hours: Call first.

Related Businesses

Apple Valley Natural Foods

2240 28th Street, SE
Grand Rapids, MI 49508-1536
616-245-5590.

Gardens Naturally

Lynne and Scott Vinkemulder
9900 Ivanrest
Byron Center, MI 49315
616-878-9459

Not certified

4 acres.

Gaia Cafe/Coffeehouse

Rick Van Dam
209 Diamond, SE
Grand Rapids, MI 49507-2799
616-887-2744/616-454-6233

Vegetarian restaurant using organic products when available, especially when locally in season

Hours: Tues-Sat, 7 a.m.-10 p.m.

J.A. Besteman Company

Paul Schaafsma
1060 Hall Street, SW
Grand Rapids, MI 49503
616-452-2101 phone
616-243-7070 fax
sales@jabesteman.com
<http://www.jabesteman.com/profile.htm>

Wholesaler who deals with both commercial and organic produce. Handles Michigan organic produce in season; other organic produce from California.

Hours: Mon-Fri, 7-4 with dock sales 8 p.m.-10 a.m.; Sat, 7 a.m.-12 p.m. with dock sales 12 a.m.-6 a.m.

Crop Services International, Inc.

Phil and Louisa Wheeler
1718 Madison, SE
Grand Rapids, MI 49507
616-246-7933 phone
616-246-6039 fax

Full-service soil and plant lab serving organic and sustainable growers. Distributor of organic insect control systems.

Hours: Mon-Fri, 8-5.

Down to Earth Restaurant

Jurgen and Lois Pullman
10025 Belding Road
Rockford, MI 49341
616-691-7288

Natural foods restaurant using organic, locally-grown products

Hours: Wed-Sun, 8 a.m.-10 p.m.

McCaman Farms

Jay McCaman
9 Oak Street
Sand Lake, MI 49343
616-636-8226

Biological fertilizer consultant; compost and fertilizer sales. Author of *Weeds and Why They Grow*

Hours: Mon-Fri, 7:30-6.

Fettig Laboratories, Inc.

Gregory L. Painter
900 Godfrey, SW
Grand Rapids, MI 49503
616-245-3000 phone
616-245-3299 fax

Nutritional labeling analysis, shelf life studies, extraneous material examination and identification, pesticide residue screens, raw material and ingredient specifications, QC/QD programs, HACCP surveys, microbiological services

Hours: Mon-Fri, 8-5.



Keweenaw County



Growers

Parson Organic Farm

John and Charmaine Parson
P.O. Box 37

Ahmeek, MI 49901

906-337-0290

Not certified

Less than 1 acre

Sales: Farm cooperative

Products: Assorted vegetables.

Related Businesses

Keweenaw Co-op

Jane Markkanen
1035 Ethel

Hancock, MI 49930

906-482-2030 phone

906-482-7845 fax

Largest natural foods cooperative
north of Lansing.

Hours: Deli open: Mon-Sat, 9-9;
Sun, 10-6.

Backyard Composting

Composting is always happening—everywhere. But when we use the word “composting,” we are usually talking about the compost pile out in the garden. Just what is composting? Compost is the dark, rich humus that results as microorganisms and earthworms decompose leaves and plant material. This decomposition is nature's way of giving nutrients back to the soil to feed new plants.

People who know the importance of organic food realize that all of us depend on fertile soil for our nourishment. Compost enriches and enlivens our soil. Twenty-five percent of the typical household's “garbage” consists of leaves, grass clippings and food scraps. Thirty-five percent is paper. Together, fully sixty percent of all our “garbage” can be composted. And when you compost, you begin to feed yourself well.

Compost occurs naturally. We can recreate this natural composting process in our garden compost pile. This is what you'll need to do:

Compost Recipe Ingredients:

- Brown dried materials (carbon): leaves, straw, shredded paper, wood chips
- Green wet materials (nitrogen): grass clippings, food scraps, coffee grounds, seedless weeds, old garden plants
- Soil or finished compost (to supply microorganisms)
- Water (the compost pile needs to be kept moist)
- Air (turn the pile to aerate, so the critters doing the work can breathe)

Building the Compost Pile:

- 1 Dig up about a foot of soil in a 3 to 4 square foot area. Save the soil to mix in later.
- 2 Loosen soil another foot deep with a pitchfork.
- 3 Use 3-6 inches of branches and/or stalks for air circulation.
- 4 Add 2-5 inches of brown materials (leaves, straw) chopped finely. Then add 2-5 inches of green materials (grass, food scraps, young plants). Cover with 1-2 inches of soil, compost or manure (farm animals only). Repeat step #4 until the pile is 3-4 feet high.
- 5 Water as you layer to keep as moist as a wrung-out sponge.
- 6 The frequency of turning the pile will determine how soon compost happens. If you turn every three days, you could have compost in two weeks.

For more information, pick up the book *Backyard Composting* from Urban Options or become a Master Composter by taking classes through Urban Options (517-337-0422).

Elise Harvey
Master Composter and Urban Options



In 1992, only 1% of all farms in the U.S. were operated by black farmers.

(USDA National Commission
on Small Farms)

Lapeer County



Growers

Community Farm of Imlay City

Chuck and Nancy Herpolsheimer
2710 Winslow Road
Imlay City, MI 48444
810-724-1028

OCIA certification

50 acres

Sales: On farm, retail, co-ops, whole-sale

Products: Adzuki beans, potatoes, rye

Hours: Mon-Sat, 8 a.m.-9 p.m.
Call back in evening.

CVK Farms, LLC

Craig and Ricki Kovacic
5605 Ewalt Road
Imlay City, MI 48444
810-724-1476 phone/fax
cvkegg@ibm.net

OGM certification

Products: Eggs, black angus beef, chicken, turkey, vegetables, herbs, poultry feeds.

East Ridge Farm

Leonard and Mary Ewalt
3815 N. Summers Road
Imlay City MI 48444
810-724-1806 evenings
810-667-2898 days
midmich@cardina.net

OGM certification

Products: Eggs.

Forever Yours

Rose Gatton and Bill Szubielak
4707 Skelton Road
P.O. Box 163
Columbiaville, MI 48421
810-655-8640

OGM certification

Sales: Farmers markets

Products: Vegetables.

Faust Farm

Edwin Faust
2140 Daley Road
Lapeer, MI 48446
810-664-4822

OCIA certification

87 acres

Sales: On farm, contract, wholesale

Products: Adzuki beans, clear hilum soybeans, spelt, soft white winter wheat

Hours: Mon-Sat, call first.

Hickory Hill Farm

4725 Barnes Road
Clifford, MI 48727
810-688-4240

OCIA certification

Products: Adzuki beans, soybeans, coffee.

LaBries and Sons Promised Land

Dennis and Marilyn LaBrie and sons
4621 Five Lakes Road
North Branch, MI 48461
810-688-4161

OGM transitional certification

OGM certified for eggs

Products: Eggs, hay, apples, peaches, maple syrup.

Partlo Farms

3300 Ellsworth Road
Yale, MI 48097
810-327-6712

OCIA certification

Products: Rye, soybeans, spelt.

Raub-Rae Farms

John and Robert Linck
8820 Clear Lake Road
Brown City, MI 48416
810-346-2039/810-346-3118

OCIA certification

450 acres

Sales: On farm, contract, wholesale

Products: Adzuki, black turtle, great northern, navy beans, soybeans, spelt, wheat

Hours: Mon-Sat, 8-5.

Scrimger Farm

Joe and Kay Scrimger
4550 Barnes Road
Clifford, MI 48727
517-635-2864/810-688-2019 evenings

OCIA certification

193 acres; 130 certified

Sales: Contract, possible CSA

Products: Barley, black turtle beans, buckwheat, corn, millet

Hours: Call for appointment.

Simmons Family Farms

5321 North Branch Road
North Branch, MI 48461
810-688-3416

OCIA certification

Products: Barley, soybeans.

Williams Farm

4286 N. Summers Road
North Branch, MI 48461
810-724-1337

OCIA certification

Products: Black turtle, navy beans, soybeans, spelt.

Zlotek, Richard and Helen Salo

2734 Klam Road
Lapeer, MI 48466
810-793-6779
115 acres

OGM transitional certification

Sales: On farm, farmers markets, roadside stand, wholesale

Products: Sweet corn, summer and winter squash, green and yellow wax beans, tomatoes, herbs, other vegetables, oats, soybeans

Hours: Call first.

Related Businesses

Dale's Nu-Health Market

410 W. Nepessing Street
Lapeer, MI 48446-2161
810-664-7751.



Healthy Diets Can Include Meat

Here's the choice: a 'veggie burger' or an organic beefburger from a restaurant featuring all organic food.

Naturally, one would figure people reading this directory would choose organic food. Yet many still steer away from meat—particularly red meat—no matter what. They would sooner settle for a fake-beef product with all manner of emulsifiers, additives and synthetic flavorings to create the appearance and taste of real meat, than eat the meat itself.

Apart from those individuals who do not eat meat for religious and cultural reasons, a great many people have come to believe through various sources that meat is evil stuff, which once consumed, is capable of leading immediately to a coronary heart attack or instantaneous cholesterol build-up.

Sally Fallon dispels some of these myths about meat in *Nourishing Traditions* (ProMotion Publishing, 1995), her "cookbook that challenges politically correct nutrition and the Diet Dictocrats."

For example: "Anyone who has eaten his/her way across France has observed that the French diet is loaded with saturated fats in the form of butter, eggs, cheese, cream, liver, meats and rich patés. Yet the French have a lower rate of coronary heart disease than many other western countries. In the US, 315 of every 100,000 middle-aged men die of heart attacks each year; in France the rate is 145 per 100,000." Fallon goes on to cite research study after study that shows a diet rich in whole and fat foods is not detrimental to health, but, in fact, contributes to good health.

Obviously, some of the tribal cultures which subsist on sea foods, organ meats, eggs, chicken and olive oil also have very active lifestyles, while many in America do not. This, however, does not detract from Fallon's argument that rich, whole foods

should remain in our diets along with regular, life-preserving exercise.

Of interest to us all is her emphasis on *foods grown organically*. No one is being urged to woot down more fast food hamburgers. Rather, we are being encouraged to seek out organic growers and markets where food grown without the pesticides, synthetic fertilizers, antibiotics, hormones and more is available.

What is organically raised meat?

- Organic meat comes from animals fed all organically grown feeds. No pesticides or herbicides have been used and only all natural fertilizers, such as green manures and animal (organic) manures.
- Organic meat comes from animals that have received no antibiotics either in their feed or for health care purposes.
- Organic meat comes from animals that have received no growth stimulants, hormones or other synthetic animal drugs.
- Organic meat comes from animals that were exposed to no insecticides in the barn, no chemical ear tags, no pesticide dips or rubs.
- Organic meat comes from animals given space to roam, pasture, shelter, clean water, and unrestricted housing.

If all this is important to you, go straight to your farmer and ask about the above practices. Ask to see organic certification. Ask if the meat is processed at a USDA-inspected processing plant; if not, individual meat cuts cannot be sold to you, only a side of beef, for instance.

Eat hearty and go organic. It doesn't get any better or easier than that. No more banning certain foods...unless it's the heavily processed, chemical variety that comes to us heavily advertised and in slick packaging. Much of that should be banished to oblivion tomorrow.

Merrill Clark
Roseland Organic Farms

Leelanau County



Growers

Brabenec, John and Julia

9881 E. Engles
Northport, MI 49670
231-386-5765

OGM certification

1 acre

Products: Vegetables, apples, peaches, raspberries

Sales: Farmers markets, co-ops

Hours: Call for information.

Bitter Sweet Organic Farm

Gene and Linda Allen
4828 S. Center Highway
Suttons Bay, MI 49682
231-271-4045

OGM certification

80 acres

Sales: Farmers markets, cooperatives

Products: Garlic (several varieties), mixed garden produce, hay

Hours: Call first.



Forest Garden Foods

Jim Moses and Linda Grigg
2272 W. Burdickville Road
Maple City, MI 49664
231-228-6497

OGM certification

68 acres

Sales: On farm, farmers market, restaurants

Products: Shiitake mushrooms, salad crops, baby vegetables, sugar snap peas, filet beans, edible flowers, potatoes, squash, onions

Hours: Call first.

Meadowlark Farm

Jenny Tutlis and Jon Watts
5903 S. French Road
Cedar, MI 49621
231-228-6980

OGM 1999 certification pending

80 acres; 3 acres certified organic

Sales: Roadside stand, subscriptions, wholesale

Products: Flowers, tomatoes, lettuce, salad mix, peppers, broccoli, carrots, cauliflower, potatoes, squash, melons, garlic, fresh herbs

Hours: Tues-Sat, 9-5.

Related Businesses

Lavender Lane

Pat Bourdo
7741 N. Manitou Trail
Northport, MI 49670-9735
May also be contacted at
3604 64th Street
Saugatuck, MI 49453
231-857-6111

More than 1 acre

Not certified

Products: Lavender and other herbs.

“

...we can develop the kind of first-hand knowledge of nature from which real intelligence grows. This means breaking down walls made by clocks, bells, rules, academic requirements and a tired indoor pedagogy. I am proposing a jail break that would put learners of all ages outdoors more often.

—David W. Orr

”

Lenawee County



Growers

Ford Farm

12366 Silberhorn Road
Blissfield, MI 49228
517-486-4618

OCIA certification

Products: Corn, hay, soybeans, spelt.

Ruesink, Dan

5708 Brazee Road
Adrian, MI 49221-9538
517-265-8409

OCIA certification

Products: Adzuki beans, soybeans, spelt.

MTO Farm

Bill Balice
13214 Burton Road
Clayton, MI 49235
517-547-5831 phone/fax

Not certified

Sales: Roadside stand, retail

Products: Chemical-free goat milk, eggs, organic vegetables
Hours: In season during daylight hours.

Thomas, Dawn

5543 Shady Lane Drive
Adrian, MI 49221
517-264-2953


Not certified

Sales: Market garden assorted vegetables.

Related Businesses

Eden Foods

701 Tecumseh Road
Clinton, MI 49236
734-498-2415

——
To replace one inch of lost
topsoil under agricultural
conditions requires
about 500 years.

—David Pimentel

A Letter to Vice President Al Gore

Dear Mr. Gore:

Having done some research and reading, and having had some discussion with Delta and Land Pine, and farmers, we have come to the conclusion that the genetic engineering of seeds and the "terminator technology" in particular is progressing at too rapid a rate. We were dismayed to learn that you are in favor of this technology.

We feel that we need a moratorium of at least five years on such engineering and an outright ban on any technology that impairs a farmer's right to save seed. Farmers have followed the practice of saving seed for thousands of years and have an intimate knowledge of the land they farm and the varieties of crops that are best suited to their purpose. Many small farmers are too poor to buy seed, yet they are responsible for feeding over one billion people each year worldwide. Is it wise to jeopardize their welfare through the contamination of their crops by their neighbors' seed crops by cross-pollination, super-weeds or the elimination of beneficial insects?

As an environmentalist you must know that there is safety in biodiversity—not in homogeneity. The research has not been done on the environmental impacts of genetic engineering, nor has it been done on the livestock that are fed genetically engineered foodstuffs. Neither do we have any idea of the effects of any of this on the human system.

We urge you to work diligently for a moratorium on genetic engineering in agriculture, and join the voices calling for a ban on "terminator technology." The genetic engineered foodstuffs already on the market must be clearly labeled as such, so that we can all exercise freedom of choice.

We look forward to your comments on this issue.

Yours truly,

Anne M. Bray
Peter Bray
MOFFA

Livingston County



Growers

Garden Patch

Tim and Robin Leonard
1523 E. M-36
Pinckney, MI 48169-8106
734-878-2920

OGM certification

36 acres

Sales: On farm, roadside stand

Products: Corn (white, yellow, bi-color), Brussel sprouts, tomatoes (brandywine, yellow, canning), peppers, eggplant, cabbage, broccoli
Hours: 7 days, 9 to 6:30.

Gardening Angel Organic Farm

Lynn Meissner
6470 Hartland Road
Fenton, MI 48430
810-750-0634

OGM certification

3-5 acres

Sales: On farm, farmers market, roadside stand, wholesale

Products: Beets, gourmet French beans, shelled beans, zucchini, melon, potatoes, bright lights Swiss chard, carrots, celery root, cauliflower, broccoli, onions, several varieties gourmet lettuce, sweet peppers, tomatoes; yellow beans, squash; pumpkins
Hours: Call first.

The Sloan Farm

Andrew and Nancy Sloan
5770 Crandall Road
Howell, MI 48843
517-546-3094
50 acres

Not certified

Sales: On farm, farmers markets

Products: Vegetables including broccoli, green beans, carrots, chard, basil, etc.

Hours: Call first.

Schaldenbrand Farm

Wil and Beth Schaldenbrand
11497 Byron Road
Howell, MI 48843

OGM certified. Some acreage transitional

Products: Soybeans, wheat, oats.



Related Businesses

Healthy Exposure

134 N. Main Street
Brighton, MI 48116-1522
810-227-0690.

Hartland's Nutrition Connection Cooperative

Contact: Betty Edmunds
P.O. Box 530
Hartland, MI 48353-0530
810-632-7952
810-632-7620 fax
810-292-2943 voice
hncinc@ism.net
<http://www.hncinc.org>

Member-only cooperative serving the cooperative community since 1971 with a wide variety of products and services. Purchases local organic products in season; supports local organic organizations; purchases from local co-ops selling organic products. Member of Michigan Milling Cooperative, Great Lakes Chapter of Cooperatives, North Farm Cooperative, Blooming Prairie and Frontier Cooperative. Call for membership information.

Fake Food

How should we eat? The answer to this question has enormous consequences for the earth and all of the living things on it, including us.

Study after study suggests that for our health we should eat plenty of vegetables, especially dark green leafy ones, as well as fruits, and whole grains. These foods help us to resist cancer, heart disease, and other maladies. To prevent these diseases, we should eat fewer animal products and processed foods, as well as fewer fats, especially saturated and hydrogenated ones.

Humans have been living on this planet for about 10,000 generations, nourished by the plants and animals that live nearby. We extract energy and nutrients from our food in the same way that our distant ancestors did. Since it's usually easier to pick a leaf or fruit than it is to capture an animal, plant foods probably dominated most diets. Lean, wild game took considerable effort to hunt and process.

It was only about 300 generations ago that agriculture began. Grains were grown and stored. Animals were domesticated. Wild plants and animals, however, still provided important foods. Their use continues today. Until the last several generations, however, in most places, fats were rare and their consumption was balanced by vigorous exercise. It may be the strong survival value of scarce, energy-rich fats in our hungry ancestors' diets which explains our troubling fondness for them today.

Since we've eaten plants for roughly 300,000 years, it isn't surprising that scientists have confirmed that the fiber, complex carbohydrates, and other nutrients they contain are good for us. In the last few generations, however, we have made radical changes in the way we eat. Just

over a hundred years ago, the creation of margarine through the process of hydrogenating fats, was one of the first applications of industrial technology to the production of food.

During this century, the pace of change has been accelerating. Widespread application of chemical fertilizers and pesticides began after World War II. In our lifetimes, a steady stream of new artificial sweeteners, spreads, and chemical ingredients to provide color, flavor, shelf life, texture, or mouth-feel has invaded our food supply. New processes such as high-temperature pasteurization and irradiation are more common. Increasing numbers of the animals we eat are injected with hormones, antibiotics or other drugs. Now, we can manipulate the genes of many species. Increasingly, the plants and animals that we eat are the creations of laboratories. They are unable to survive or reproduce outside of a very energy-intensive, industrial, agricultural setting. We've produced tomatoes that won't rot and potatoes that produce pesticides.

The desire to manufacture high value foods from common raw materials produced on megafarms continues to produce a barrage of new food products, about 16,000 per year.

Last week's FDA approval of the new fake fat, Olestra, actually a non-digestible polyester, reminds us of how hard the food industry is working to develop stuff for us to eat which is made in a factory rather than grown in the soil.

There seems to be general agreement that Olestra's designer molecules pass right through the body, taking with them some of the most important nutrients from the real food that we eat. Because this negative food has powerful financial backing, it will probably be widely

available, and heavily advertised, soon.

It is arrogant to think that over the course of just a few years, we can so radically change the materials we take into our bodies for nourishment.

It seems insensitive and unproductive, in a world with almost a billion hungry people to convert edible sugar and vegetable oil into a negative food.

I'm afraid, however, that visions of greater profits will continue to encourage the food industry to play with our food and our future. We can send them the most powerful message with our dollars. If we don't buy these foods, and don't invest in the companies that produce them, they will have to listen.

We should instead invest our money and our time in the gardens and local farms which can feed us in a way which is consistent with the heritage of 10,000 generations.

Bill Duesing
Living on the Earth

Reprinted with permission;
©1996 Bill Duesing
Solar Farm Education
Box 135, Stevenson, CT 06491
e-mail: 71042.2023@compuserve.com

“

In a sustainable world...
Trees would be green,
frogs would have four legs,
dirt would stay where it's
supposed to be, I could sleep
in the shade after lunch,
and everyone would go to bed
just hungry enough
to wake up with an appetite.

—Jim Wright

”

Mackinac County



Growers

Krause, Greg and Diane

Rt#1, Box 97
Engadine, MI 49827
906-47-6537

Not certified

450 acres

Sales: On farm, retail, farmers markets, cooperatives, wholesale
Products: beef, pork, hay, grain, vegetables, fish waste compost, cow manure compost

Hours: Call first.

Homesteading in the 1990s

The sign along the road in front of our farmhouse says "School of Homesteading." It has been there for 25 years, inviting interested people to stop by and share their experiences of, or hopes for, a more self-reliant way of life. Since we are listed on the Internet and by the USDA and ATTRA (Appropriate Technology Transfer to Rural Areas) as a place to learn about sustainable food production, we also hear from many young people from all over the country who are seeking apprenticeships on self-provisioning organic farms. Although these wanna-be homesteaders are only a tiny minority in our society, we have enough contacts to know that the homesteading movement is alive and well.

What kind of people are the homesteaders of today? Although many farm families produce their own food, modern homesteaders are people who move back to the land, away from a stressful urban lifestyle in search of an alternative to a life of "getting and spending." They are people in search of healthy food and the so-called "simple life"—simple at least in its lower demand for consumer goods, but not simple in the complex and varied skills it requires. Many of the older homesteaders were part of the big back-to-the-land movement of the 1970s which grew out of the counterculture of the 1960s. Some of these have become serious organic farmers; others settled for part-time jobs or for some means of self-employment to meet the need for cash. Most continue to allocate time for farming or gardening activities as well.

Now, in the 1990s, a new wave of homesteaders has emerged—with much less media attention. These new homesteaders seem to be more sensible and ordinary people, less revolutionary than their predecessors in the 1970s, and more willing to compromise with technology. The ones we have met can be classified into four types, and like all types, they blend one into another.

First, at one extreme, there are vegetarians trying to move beyond their concern with diet (macrobiotic or ayurvedic, for example) to a deeper relationship with the earth. They often try to do this in the context of some exotic religion.

Second, and perhaps the majority of new homesteaders, are those motivated by ecological concerns to search for an energy-conserving and sustainable way of life. Their desire is for the simple life. On a personal level it may be a search for authenticity or doing it yourself; on a political level it may be driven by disgust with a commodity-intensive lifestyle.

The third type, often Christian, wishes to be non-conformed to the world. Believing that the body is a living temple of the Holy Spirit, they are concerned about pure food. They are very family-oriented and usually home-school their children.

Fourth, at the other extreme, there are politically-motivated homesteaders who want to get away from what they perceive to be the "New World Order." They may be sympathetic to the concerns of the militia movement or members of a militia group. Since they expect revolution and chaos, they are actively promoting self-reliance on household and community levels as a means of survival in the future.

To summarize, we can say there is a significant new wave of people who see living on the land, and "off" the land, as a sensible solution to the problems of the global, industrialized economy. They prefer a self-reliance that works with natural energy flows and, where possible, in harmony with nature.

Barbara Geisler and Maynard Kaufman
MOFFA

Macomb, Manistee & Missaukee Counties



Macomb

Related Businesses

Rainbow Way Natural Foods Co-op

Mary Miekstyn
68228 Grand Trunk Avenue
Richmond, MI 48062-1639

Natural food grocery store with
a variety of grocery items, fresh
produce, supplements

Hours: Mon-Thurs, 10-6; Fri, 10-7;
Sat, 10-5.



Some 50,000 farms go belly-up
each year due to bankruptcy—
destroying local economies and
turning many rural communities
into ghost towns.

("The New Farm Crisis,"
In These Times, 6-13-99)

Manistee

Growers

Lutz Farm

8576 Chief Road
Kaleva, MI 49645
231-889-5594

OCIA certification

Products: Apples.

Related Businesses

Pleasanton Brick Oven Bakery

Gerard Grabowski and Jan
Shireman
10040 Aikire Road
Bear Lake, MI 49614
231-864-2203

*Sales: Farmers markets, Hansen's
Foods, Farmer John's, Oryana Co-op*

*Products: Provides hearth-baked
sourdough breads for Manistee,
Benzie, Grand Traverse area. Uses
100% organic flour milled by stone.
Naturally leavened with no com-
mercial yeasts, no fats, sweeteners
or oils. Uses organic raisins, sun-
flower seeds, nuts, fruits.*

*Hours: By appointment; no retail
bakery sales.*

Missaukee

Related Businesses

Earthworks Farms

Chris and Bob Bernard
4399 N. 7th-Mile Road
Lake City, MI 49651
231-229-4515
183 acres

Not certified

*Sales: On farm, cooperatives,
wholesale, mail order*

*Products: Raw honey, bee pollen,
beeswax candles, maple syrup,
fresh and dried herbs, echinacea
tincture, healing salve, lumber, log
homes, Scottish Highland cattle
(organic and lean), vegetables,
flowers, hay, grains, workshops,
classes, farm tours, catering*

Hours: Mon-Sat, 9-5, some flexibility.



Monroe, Montmorency & Muskegon Counties



Monroe

Growers

Bartholomew, John

13212 Riga Highway
Ottawa Lake, MI 49267

OCIA certification

Products: Clover seed, corn,
soybeans, spelt.

Harmony Acres

Scott Rockov and Jimm M. Kerry-
Rockov
14000 Tuthill Road
Milan, MI 48160
734-439-2987

Not certified

5 acres

Sales: On farm

Products: Strawberries, chicken and
duck eggs, vegetables

Hours: Call first.

“

When a naive scientific
knowledge becomes the basis
of living, people come to live as
if they are dependent only on
starch, fats, and protein,
and plants on nitrogen,
phosphorous and potash.

—Masanobu Fukuoka

”

Montmorency

Growers

Stony Ridge Farm

Kory and Lisa Goebel
22685 Behring Road
Hillman, MI 49746
517-742-4065

Not certified

Sales: On farm by appointment

Products: Black Angus beef, alfalfa
hay.

J-MAR Farms

Marlin and Jean Goebel
24885 Morrow Road
Hillman, MI 49746
517-742-4505
marlinjean@juno.com

OGM certification

Sales: On farm by appointment

Products: Black Angus beef and
breeding stock, spelt, hard red
wheat, soft white wheat, triticale.

Muskegon

Related Businesses

Health Hutt

3112 Henry Street
Muskegon, MI 49441-4018
616-739-1568.





Newaygo County

Growers

Maple Spring

Grey and Judy Larison
135 E. 20th Street
Grant, MI 49327
231-834-5481

Not certified

3 acres

Sales: On farm, restaurants

Products: Herbs, edible flowers, vegetables

Hours: Mon-Sat, 8-6.

Turtle Island Farm

James DeVries
15 N. Trent
Ravenna MI 49451
231-675-7155

OGM certification

25 acres

Sales: Farmers markets, wholesale

Products: Assorted vegetables

Hours: Call first.



The current food production and distribution system expends 10-15 calories of energy for every one calorie of energy produced.

(Joan Gussow)

What is a Buying Club Cooperative?

Buying clubs are quite simply cooperatives—member-owned and member-controlled businesses. Cooperatives are formed when groups of people or businesses work together to meet their needs in a way that didn't already exist for them. A food buying cooperative, for example, consists of a group of people who purchase food together at wholesale prices and share the work and expenses involved in its distribution.

A buying club provides members with an opportunity to be self-reliant and gain some real control over a significant part of their lives. Members can build a true sense of sharing and community. A food buying cooperative provides a means for people to get to know one another. It is a way for people to work together to satisfy the needs of many. It also provides an opportunity to learn the skills necessary for working effectively and fairly with others. Such collective activity so close to home can bring life and vitality back into our neighborhoods, towns and rural areas. And, as is true of all cooperatives, membership is not limited on the basis of race, religion, creed, political persuasion, or sexual orientation, but is open to everyone willing to accept the responsibilities of membership.

Food buying clubs are interested in obtaining high quality foods, especially natural and organic foods, at affordable prices. Buying clubs support local organic farmers by purchasing directly from farm markets and by setting up subscription buying arrangements. In some areas, buying clubs work with organic farmers to form CSA's.

Why Join or Organize a Buying Club?

You may want to join for one or more of the following reasons:

- To obtain high quality foods
- To save money
- To purchase natural and organic foods at affordable prices
- To support organic farmers
- To learn more about food, nutrition, and cooking
- To get to know people with similar interests
- To be a part of a cooperative food system that is owned and controlled by those who use the products—you!

Betty L. Edmunds
Buying Club Specialist
P.O. Box 428
Hartland, MI 48353-0428
hncinc@ismil.net

Oakland County



Growers

Beckwith's Berries and Blooms

Scott and Susan Beckwith
2230 Rochester Road
Leonard, MI 48367
248-628-7123

OGM certification

15 acres

Sales: On farm, U-pick, wholesale

Products: Fall raspberries, 200 varieties day lilies, tomatoes (fresh and canning varieties), bell peppers (green, yellow, red, orange), squash (summer, zucchini, acorn, butternut), horse hay
Hours: 7 days, 10-3.

Urena, Raman

21 S. Main Street
Clawson, MI 48017
248-588-5338

OCIA certification

Products: Adzuki beans, soybeans.



Related Businesses

Natural Dreams

Marie Purdhomme
1229 Irvin Drive
Waterford, MI 48327
248-673-0233

Retail organic green cotton clothing company. Ready-to-wear and made-to-order garments. Started in 1995.
Hours: Mon-Sat, 8-10.

Betty's Grocery

877 S. Hunter
Birmingham, MI 48009
248-644-2323.

Health Foods of Rochester

292 S. Rochester Road
Rochester Hills, MI 48307-4551
248-852-0336.

The Tree House, For Earth's Children

Susan and Herman Meinke family
22906 Mooney Street
Farmington, MI 48336
248-474-0877

Store featuring organic produce, health supplements, organic clothing, world musical instruments, jewelry, lectures, classes. Located one block west of Orchard Lake Road and Grand River Avenue.

Spring Lake Farms

Bill McNaughton
22600 Middlebelt Road, G-24
Farmington Hills, MI 48336
248-478-8757 / 800-236-7913

Sales: Wholesale, education

Products: Organic fertilizer with added trace minerals. Provide information to organic farmers and gardeners regarding need for demineralization, sources and nutritional benefits of various rock dusts.

Marigolds, Inc.

Suzy Skye
214 W. 9 Mile Road
Ferndale, MI
248-544-3481

Environmentally friendly "green" store and organic living food cafe
Hours: Mon-Thurs, Sat, 10-6; Fri, 10-9.



The four companies with the greatest food sales worldwide are Nestle, Philip Morris, PepsiCo and ConAgra. Together their annual sales total more than \$120 billion.

(Wm Heffernan)

Ogemaw County



Growers

Logan-Mier Farm Co.

Victor Mier
3172 M-55
Prescott, MI 48756
517-345-1025 phone/fax

OCLA certification

Products: Milk, beef, spring and winter wheat, rye, oats, hay, dairy feed, composting.



Father Technology has not brought us freedom from disease. Chronic illness in industrial nations has reached epic proportions because we have been dazzled by his stepchildren—fast foods, fractionated foods, convenience foods, packaged foods, fake foods, embalmed foods, ersatz foods—all bright baubles that fill up the shelves at our grocery stores, convenience markets, vending machines and even health food stores...

—Sally Fallon



Programs of the Michigan Department of Agriculture Designed to Assist the Organic Industry

The Michigan Department of Agriculture provides assistance upon request to growers, processors and handlers who need information about organic agriculture. The department can provide a variety of linkages necessary for the promotion of the Michigan organic industry. Staff can assist in facilitating and conducting meetings, making marketing contacts, locating funding opportunities, establishing new partnerships, and providing information to persons interested in organic agriculture. Contact Christine Lietzau, Office of Agriculture Development, Michigan Department of Agriculture, P.O. Box 30017, Lansing, 48909. Phone: 517-373-9800; E-mail: lietzauc@state.mi.us

The Michigan Department of Agriculture is also required by Regulation 637, Pesticide Use, Rule 16 to annually compile a list of organic farms. This list is provided to all commercial pesticide application firms that are licensed in agricultural, right-of-way, or aerial application. This listing will allow them to identify these sensitive areas and take the appropriate precautions necessary to prevent pesticide drift. A person who owns or operates an organic farm that is certified, uncertified or in transition may appear on the department's list by doing **both** of the following:

1. Submitting a request to the department, on the department's form, by **March 1** of each year.
2. Marking the organic farm so that a person who makes a pesticide application to an adjacent property can easily recognize the property as an organic farm.

For information regarding registration of organic farms contact either Christine Lietzau, Office of Agriculture Development, Phone: 517-373-9800 or Melvin Poplar, Pesticide and Plant Pest Management Division, Phone: 517-241-1169.



Ottawa County



Growers

Carmody Farms

Steven and Kathleen Carmody
16179 16th Avenue
Marne, MI 49435
616-677-3181

OGM certification

10 acres

Sales: On farm, U-pick

Products: Blueberries, strawberries, vegetables

Hours: Call first.

Living Earth Community Farm

Nancy Jones Keiser
980 Hayes
Marne, MI 49435
616-677-6176 phone
616-453-4257 fax
healthalive@hotmail.com

Not certified

A community supported agriculture (CSA) project that incorporates biodynamic principles to enhance the soil and produce good food. Raises seasonal vegetables, small fruits, herbs and flowers.



Small farms (less than \$250,000 annual sales) comprise 94% of the nation's farms, but receive only 41% of all farm revenue.

(USDA National Commission on Small Farms)

Lubbers Family Farm

Jeff and Karen Lubbers and family
O-862 Luce SW
Grand Rapids, MI 49544
616-453-4257 phone/fax

Not certified

Sales: On farm

Products: Pastured chicken and turkey, grass fed beef, pork, free-range eggs, on-farm bakery, stone ground flour, on-farm fishing, soaps and herbal bath products.

Wieringa, Fred

18280 4th Avenue
Conklin, MI 49403
616-837-8479

OCIA certification

Products: Corn, ear corn, hay, spelt.

Zen Sheep Farm

Thomas and Nancy Zennie
7723 Quincy Street
Zeeland, MI 49464
616-875-7811
rimmer@freenet.macatawa.org
<http://macatawa.ort/org/ogm/la>
mbsale.htm

9.5 acres

OGM certification

Sales: On farm

Products: Organic custom cut lamb

Hours: Call first.

Weippert's Blue Valley

Marguerite Weippert
14753 Pierce Street
West Olive, MI 49460
616-842-2682

OGM 1999 certification pending

Products: Blueberries.

Related Businesses

Agriculture and Health Alive, Inc.

Paul and Nancy Jones Keiser
980 Hayes
Marne, MI 49435
616-677-6176

healthalive@hotmail.com

Products: Consulting on biological agriculture and biodynamic methods, natural fertilizers, workshops, classes, natural products

Hours: Call for information on products and services or to make an appointment.





Presque Isle County

Growers

JD Farms

Jim and Laurie Deleka
735 E. Highway 638
Rogers City, MI 49779
517-734-2801

JDFarms@george.lhi.net

OCIA Certification

250 acres

Sales: On farm by appointment,
contract, wholesale

Products: Corn, beans, small grains.

LETS: Local Exchange Trading System

If current trends continue, LETS could open possibilities for local food systems which would otherwise remain closed. As unemployment increases, as welfare payments and food stamp programs are cut, and as the poor get poorer, we will need programs that help people get food and other goods and services even though they have little or no money.

Some people will try to raise their own food in backyard or community garden plots. But others may not want to do this or may not be physically able to do so. A Local Exchange Trading System can help people use their own unique skills and abilities to get the goods and services they need. LETS is espe-

cially useful for people who are underemployed and/or people who have more time than money.

A Local Exchange Trading System allows for a more extensive and flexible economic network than is possible through simple barter. In LETS, for example, Tom may have a physical disability that keeps him from working on Dick's farm, but he is a great tutor. So, Tom teaches Ann's children and is credited with twenty green dollars in the LETS computer while Ann's account is debited twenty green dollars. Dick, meanwhile, has delivered thirty dollars worth of vegetables to Tom and this is charged against Tom's account.

In other words, LETS is a multipurpose barter system. Members report their trades to a trustee who has a telephone with an answering machine and the trustee records the trade credits and debits. A small membership fee is necessary to cover the cost of the monthly reports sent to members, but members also are encouraged to keep their own accounts in balance. Usually a limit—perhaps two to three hundred dollars of debit and credit—is placed on all accounts. A LETS System should have at least 50-100 active members. The LET System which I helped to organize in the small town of Bangor, Michigan, has only about 20 members—not yet quite enough to offer the variety of goods and services necessary to stimulate lively trading.

A LET System is a nonprofit organization which can help people who

are short on money help each other and build community in the process. A vegetable grower can market her produce and get help and supplies from fellow members in a LET System, all without money. Lack of money is not a barrier to trading in LETS, nor should it be since money is only a measure of value. LETS can enable a local economy to thrive even if the community is low income or impoverished. Equally important, it creates a recession-proof economy, free from the ravages of interest or inflation.

Hundreds of LET Systems are thriving in the U.S., Canada, Europe and Australia. Further information on LETS, as well as computer software to run a LETS program for larger groups, is available from Michael Linton, the person who developed the LETS concept in 1983. Write to Landsman Community Services, Ltd., 1600 Embleton Crescent, B.C. V9N 6N8, Canada.

Maynard Kaufman
MOFFA

“

I farm the soil that
yields my food.

I share creation.
Kings can do no more.

—Ancient Chinese Proverb

”

The Threat of Enclosure: Past, Present and Future

"Enclosure" is a useful term to help us understand some of the bad things that are happening. The word comes from the "Enclosure Acts" in 17th and 18th Century England which more or less legally allowed the lords and nobles to "enclose" their land holdings and thereby to expel the peasants who had lived on their lands. For many generations the peasants had considered the land as a "commons" which provided for their subsistence. With the growth of markets for wool, the lords and nobles discovered they could profit by enclosing their lands for the grazing of sheep.

Economic historians view the enclosure of the commons as a first step in the process which led to the rise of the market economy during the Industrial Revolution. The peasants who were expelled from the land moved to the cities where they became laborers in factories. Social critics, such as Ivan Illich, argue that enclosure also transformed our perception of the environment. We no longer recognize it as a commons because the commons has been transformed into a resource for production. Thus we have lost a sense for the possibility of subsistence activities. We have become a society of wage earners, dependent on commodities, and we expect that everyone else should also be this way.

In addition to the enclosure of land in the past, we can now see other aspects of the environment that have been enclosed. Air and water have been enclosed and transformed from a commons to a resource for production. Air and water are used for the disposal of pollutants. It is now possible to buy and sell the right to pollute the air to a certain degree, or to receive a permit to pollute the water to a certain degree. In many cities

people who can afford them use water purifiers; the poor drink polluted tap water.

One of the more flagrant examples of enclosure in our time is the patenting of seeds and plants. Farmers have been selecting and improving seed varieties for centuries. The introduction of hybrids marked the beginning of a new dependency on purchased seed since the grains produced by hybrids are virtually sterile. Now, genetically modified seeds can be patented and farmers who use them to propagate their own seeds would have to pay a royalty to the seed company. The seeds that had been the common property of indigenous populations for centuries have been enclosed. Another example of enclosure is the way in which the agribusiness firm, W. R. Grace, patented an extract of the neem tree in India as an insecticide, a process which was known and used by Indians for years. The Rural Advancement Fund International calls this "biopiracy."

What kind of additional enclosures can we expect? Herbal remedies have been in the public domain for thousands of years, and they are becoming more popular. Will pharmaceutical corporations seek to enclose herbal tonics and vitamins by lobbying for legislation ostensibly designed to protect public health by banning folk medicine? Will vitamin supplements be restricted and available only by prescription? These corporations are already manufacturing synthetic drugs to replace indigenous natural remedies.

The economic result of enclosure is to make us dependent on commodities, on manufactured products that we have to buy. This is done by obliterating the opportunities for subsistence, as in the original

Enclosure Acts. (And this may also be a consequence of over-zealous efforts to protect farmland from being divided into small plots on which new rural residents could raise food.) Opportunities for subsistence are also curtailed when people are made dependent on a synthetic product instead of a natural process, as when chemical fertilizer replaces biological activity in the soil to provide plant nutrients. Chemical fertilizer and pesticides are addictive.

But the cultural result is more insidious and damaging. The transformation of the commons into a resource for production is bad because it is a transfer of natural wealth from the public to the private sector. But even worse is the loss of a sense for subsistence opportunities. Environmentalists will rally to the defense of the environment as a resource, and will work for the conservation of resources, but they fail to recognize the loss of the environment as a commons.

Why should we worry about enclosure? If we are confident that industrial modes of production can be sustained, and if we can trust corporations to continue to produce for us at prices we can afford, and that people will all have enough money to buy what they are not given the opportunity to produce for themselves, there may be no problem—at least in our industrial society, at least for the time being. But as international trade agreements pave the way for the globalization of food and agribusiness corporations, we can expect that enclosure will spread into Third World countries. As enclosure displaces subsistence activities widespread starvation could result since poor people do not have enough jobs and money to buy food.

Maynard Kaufman
MOFFA

Saginaw County



Growers

Deer Creek Acres

Linda Byrne
12161 Sharon Road
St. Charles, MI 48655
517-845-2766

OGM certification

10 acres; 4 certified

Sales: On farm, farmers markets, co-ops

Products: Broccoli, tomatoes, colored peppers, cabbage, cauliflower, red and green leaf lettuce, cucumbers, green beans, summer and winter squash, red potatoes, popcorn

Hours: Call first.

Dudek, Robert A.

9337 NE County Line Road
Merrill, MI 48637
517-643-5904

OCIA certification

Products: Rye, spelt.

Fordos Natural Farms

Ernest, James and Bill Fordos
4780 N. Merrill Road/18450 Dice Road
Merrill, MI 48637
517-643-7772/517-642-2671

OCIA certification

340 acres

Sales: On farm, retail, phone, mail

Products: Adzuki, black turtle, pinto, kidney, small red beans; oats; soybeans.

Krueger, Carol Jean

2880 Pretzer Road
Hemlock, MI 48626-9788
517-642-5962

OCIA certification.

Lanczynski Farm

Alan Lanczynski
10420 W. Gary Road
Chesaning, MI 48616
517-845-2788

OCIA certification

52 acres

Sales: On farm

Products: Adzuki beans, corn, oats, spelt.

Shepherd Farms

Lee, Jerry and Patricia Shepherd
13745 O'hara Road
Hemlock, MI 48626-9459
517-642-8295

OCIA certification

Products: Adzuki, black turtle, great northern, kidney, natto, pinto, small red beans; soybeans; spelt; wheat.

Thiel, Fred

16104 S. Fordney Road
Chesaning, MI 48161
OCIA certification.

Related Businesses

Discount Health Foods

4575 Bay Road
Saginaw, MI 48604
517-791-2010

Hours: Mon-Sat, 9-8; Sun, 11-6.

Heritage Natural Foods

717 Gratiot
Saginaw, MI 48602
517-793-5805.



20% of all the life forms
that existed in 1900 will have
been lost by 2000.

(David Orr)



St. Clair County



Growers

Forton Farm

Kathy Forton
7809 Big Hand Road
Columbus, MI 48063
810-727-3920

OGM certification

26 acres

Sales: On farm, U-pick, co-ops, contract, subscription, wholesale, restaurant, phone and mail orders

Products: Herbs, edible flowers, vegetables. Special crops grown with advance request. Macrobiotic diet needs are served by growing a wide selection of crops. Organic techniques discussed in 6-week winter classes (The 12-Month Garden, Improving your Soil, Herbs, Homekeeping, Vegetables, The Perennial Garden). Farm uses rotations, soil testing, cover crops, companion crops.

Hours: Call for appointment.

Katulski, Stephen J. and Greg

12751 Hill Road
Memphis, MI 48041-1702
810-392-3139

OCIA certification

Products: Soybeans.

Pilon, Roger

8083 Duce Road
Avoca, MI 48006
810-387-2351

OCIA certification

Products: Soybeans, spelt.

Trojan, Stanley

8307 Jemma Road
Avoca, MI 48006

OCIA certification

Products: Adzuki beans, fuji apples, soybeans.

Wixson, Russell M.

5118 Brown Road
Avoca, MI 48006-3216
810-324-2758

OCIA certification.

“

We could make our towns and villages into gardens rather than setting them, as we do now, in sterile, suburban lawns.

Let children in every school restore a portion of their school grounds to native vegetation.

Let our roadsides blossom again with wildflowers. Let our livestock farmers rediscover the virtues of pastures. Let us reserve a greenway along every lake and pond, every creek and river in the countryside.

Over the last fifty years we have made of the countryside an industrial landscape that is, like all industrial landscapes, ugly. Were we to make the countryside beautiful again and safe for wild creatures, perhaps more people would want to join us in living there.

Paul Gruchow

”



St. Joseph County



Growers

Parlin Farms

26024 Wasepi Road
Centerville, MI 490032
616-467-6232

OCIA certification

Products: Soybeans, spelt, corn.

Down to Earth Farm

Paul Schumacher
18430 E. US 12
White Pigeon, MI 49099-9774
616-483-7965

OCIA certification

Sales: Contracted

Products: Soybeans, spelt.



Organic is Found in Many Places and in Many Sizes

When I graduated from high school, it was my goal to buy three to five acres somewhere near Lansing and start a family mini-farm. I read (and still do read) the *Mother Earth News* and wanted to actively pursue that lifestyle.

However, through a combination of bad luck and life's circumstances, I never quite reached that goal. Instead, I ended up buying a rundown house with a very small yard close to downtown Lansing.

Upon buying the house, I knocked out the cracked plaster walls, put in insulation, drywall, and paneling to make the house more energy efficient. I replaced the old double and triple bulb light fixtures with single bulb fixtures, and I use compact fluorescent bulbs.

Even though my yard is very small, I've planted pine trees on the north side of my house, privet hedge in front and back and a small garden in the south corner. I use raised beds and grow tomatoes, corn, and cucumbers on a trellis. In the fall, I rake leaves onto the garden beds and in the spring I dig them under the soil. I also have a compost bin for extra leaves, kitchen scraps, and garden waste—corn stalks, cucumber vines, etc.

I have a second compost bin for dog manure, which I use on the privet hedge, pine trees, and globe arborvitae. I also have lilacs and roses and two dwarf apple trees that make up my orchard.

I've built a small playset that has swings, a slide, basketball hoop, and sky fort to keep my son and young nephew occupied. I plan to build a bicycle shed, and a horse shoe court.

Though living downtown, I am pursuing the 'Mother Earth News Lifestyle' I've wanted, right here in the city. I can bicycle to work and to the grocery stores. I can garden organically and participate in the city's recycling program, and so far I'm content with my accomplishments. I just wanted to share my experience.

Kenneth J. Philo
City Farmer

Sanilac County



Growers

Booms, Jeffrey

8043 Ruth Road
Minden City, MI 48456-9508
517-864-3573

OCIA certification

Products: Black turtle, kidney, navy, pinto beans; spelt; soybeans; wheat.

Bullock, Don

4812 Hadley Road
Decker, MI 48426
517-872-5029

OGM transitional

Products: Corn, soybeans.

Markel, Ralph Jr.

6705 Todd Road
Croswell, MI 48422-9702

OCIA certification

Products: Soybeans, spelt.

Musial, Walt

6510 Moriarty Road
Decker, MI 48426
517-635-7130

OCIA certification

124 acres; 80 certified

Sales: Wholesale

Products: Black turtle beans, soybeans

Hours: Call first.

Nichols, James

3636 N. VanDyke Road
Decker, MI 48426
517-872-4108

OCIA certification

Products: Corn, soybeans, spelt, wheat, straw.

Pringle, Roger

3089 Sheldon Road
Snover, MI 48472
810-672-9615

OCIA certification

Products: Adzuki, black turtle, kidney, navy, natto, pinto beans; oats; soybeans; spelt; wheat.

Roggenbuck, Les

440 N. Wheeler Road
Snover, MI 48472
810-672-9804

OCIA certification

Products: Rye.

Thistledown Farm

Dean and Kathleen Berden
2125 Wheeler Road
Snover, MI 48472
810-672-9497 phone / fax

OCIA certification

Sales: On farm, retail, wholesale

Products: Adzuki, black turtle, navy, pinto beans; oats. We have our own on-farm cleaning and bagging facility.

Hours: Mon-Fri, 9-5.

Troyer, Raymond

5153 Patterson Road
Snover, MI 48472

OCIA certification

Products: Soybeans.

Twin Pines Organic Farms

Pete and Jill Creguer
7670 Rangeline Road
Minden City, MI 48456
517-864-3066

OCIA certification

160 acres

Sales: On farm, farmers markets, contract, interested in CSA's or subscription farming

Products: Black turtle, dark red kidney, pinto beans; corn; potatoes; soybeans; spelt; wheat. Farm tours available by appointment with timely notice. See Bio-Ag of Michigan under related businesses.

Hours: Mon-Sat, 7 a.m.-9 p.m.





Related Businesses

Bio-Ag of Michigan

Pete Creguer
7670 Rangeline Road
Minden City, MI 48456
517-864-3066

Complete line of organic and biological fertilizers for gardens and large scale production, livestock minerals and feed

Hours: Mon-Sat, 7 a.m.-9 p.m.

Bio-Systems

Joe Scrimger
2724 Lamotte Street
Marlette, MI 48453
517-635-2864
517-635-3888 fax

Organic and transitional soil testing and consulting. Educational programs on soils, relation of food production system to human health.

Hours: Mon-Thurs, 8-4; Fri by appointment.

Organic Farmers of Michigan (OFM)

Dean Berden
2125 Wheeler Road
Snover, MI 48472
810-672-8345
810-672-9330

Cooperative marketing group of farmers located in MI, IN, OH and WI. Provides bulk quantities of organic beans and grains. Edible beans, soybeans, grains, some produce available.

Hours: Mon-Wed, 3:30-7:30 p.m. or leave a message at any other time.

Seed Saving

Saving your own seed is easier than you think.

1. Start with an open pollinated variety. Hybrids can revert back to either parent or into something else altogether.
2. Plant seeds or transplants the required distance from plants of the same kind. Isolate the buds from other buds of the same kind. (Tie a paper bag over the buds or cover them with remay, etc.)
3. Look for the best characteristics in the plant and the fruit (e.g., flavor, earliness, size, disease resistance, storing ability). Through plant selection you can choose the qualities you think are important. If you save the seed over a period of several years, you will develop a plant that is acclimated to your own growing area, your pest pressures, etc. It will have its own special identity.
4. Pick your best fruits for saving the seed. Don't eat that first tomato if you want to have plants that bear early!
5. Be sure to save seed from more than one plant. The idea is to promote diversity.
6. Let the fruit ripen on the plant. It needs all the nutrients that it can get.
7. Extract the seed.
8. Dry the seed.
9. Keep the seed cool and dry until the next planting season.

Some kinds of plants are easier to work with than others. Tomatoes are one of the easiest.

Varieties only need to be separated 50 feet from each other; plant something

else in between. Tomatoes are self pollinating which means that each flower has both male and female parts. Once the tomato is ripe squeeze the seed into a jar or cup, add about an inch of water, cover with a piece of paper and let it sit two or three days in the dark. It will start to ferment—a necessary cleaning process. Rinse the seed gently in the jar with fresh, clean water. The 'junk' will float away, leaving the good seed at the bottom of the jar. I write the date and variety name on a coffee filter, then pour the seed on it. Let it sit for a day or so to dry, then either put the seeds in an envelope or just wrap them in the coffee filter and store them in a plastic bag. Just be sure the seeds are dry. Check again in a week or so to see that they are not sweating.

There are some good books that tell how to save seeds. An excellent one is *Seed to Seed* by Suzanne Ashworth. You can also join the Seed Savers Exchange (SSE). They publish a directory of people who are saving seeds and small companies that are still selling old varieties. They also keep an inventory of seeds themselves. You can reach them at: SSE, 3076 North Winn Road, Decorah, IA 52101, (319) 382-5872.

Saving your own seed won't save you a lot of money, but it can keep a variety you like from extinction. Most of today's seed companies grow and save open pollinated seeds only if they are profitable. As a consequence, many unique, culturally and environmentally valuable varieties are lost each year.

Susan Houghton
MOFFA

Shiawassee County



Growers

Happy Acres Organic Farm

Robert and Eleanor Glick
8335 W. Beard Road
Perry, MI 48872
517-675-7316

Not certified

40 acres

Sales: On farm, U-pick strawberries, farmers' markets

Products: Vegetables and fruit in season, non-certified eggs, broilers, ducks, turkeys, geese

Hours: Mon-Sat, 9-8.

Owosso Organics

Pooh Stevenson
3378 Mason Road
Owosso, MI 48867
517-725-3151
mandopoo@shianet.org

OGM and OCLA certification

80 acres

Sales: On farm, retail, Meridian Township farmers market, co-ops, contract

Products: More than 75 varieties of vegetables from specialty lettuces to winter squash, with an emphasis on tomatoes, melons, broccoli, basil, cucumbers, peppers and sweet corn. Also certified organic eggs, soybeans and alfalfa

Hours: Mon-Sat, call for appointment.

Thomas Family Farm

Harley and Linda Thomas
5005 Alan Road
Henderson, MI 48841
517-661-2354

OGM transitional certification pending

80 acres

Sales: On-farm, farmers markets

Products: Free-range chickens, eggs, freezer beef, soybeans, open pollinated corn, wheat, and hay

Hours: Mon-Fri, 8-5.

“

The fact that we are not now dirt, is only temporary.

—John Pitney

”



Tuscola County



Growers

Brown, Jim

9344 Millington Road
Vassar, MI 48768
517-871-2710

OCIA certification

Products: Adzuki beans, corn, soybeans.

DeSimplaire Farms

David and John DeSimplaire
2005 W. Ackerman Road
Unionville, MI 48767

OCIA certification

140 acres; 40 certified

Sales: On farm, retail, contract, wholesale

Products: Navy beans, soybeans.

Barriger, Russell Jr.

1656 E. Timlick Road
Unionville, MI 48767
517-673-6648

OCIA certification

76.9 acres

Sales: On farm, retail, wholesale

Products: Barley, black turtle beans, buckwheat

Hours: Mon-Sat, 8 a.m.-9 p.m.



Just two companies, Cargill and Archer Daniels Midland, control 75-80% of the world's grain production.

("The New Farm Crisis",
In *These Times* 6-13-99)

Hampshire Farms

Randy and Shirley Hampshire
7300 Legg Road
Kingston, MI 48741
517-683-3161

hmpshrfm@gte.net

OCIA certification

120 acres

Sales: On farm, Pontiac and Royal Oak farmers markets

Products: Buckwheat; cranberry, great northern, navy, small red beans; peas; rye; soybeans; wheat. Yeast-free, Flemish Desem bread baked in on-farm wood-fired oven. Farm tours and apprenticeships available.

Lockwood, Duane D.

2371 Tomlinson Road
Caro, MI 48723

OCIA certification

Products: Kidney beans.

Vollmar Family Farms

Mark and Steven Vollmar
2075 W. Akron Road
Caro, MI 48723

517-673-2996 phone/fax
vollmarfarms@centuryinter.net

OCIA certification

1020 acres; 900 certified

Sales: On farm, contract, wholesale

Products: Navy beans, vinton soybeans, oats, spelt. Clean and bag grains for hire.

Hours: Call for information.

“

The foundation principles for food security:

- equitable wealth generation
- environmental sustainability
- healthy communities

—Toronto Food Policy Council

”



VanBuren County



Growers

Bear-Foot Farm

Kim and Sandra McNess
58080 40th Street
Paw Paw, MI 49079
616-657-6673

OGM certification pending
20 acres

Sales: On farm, roadside stand, retail

Products: Broccoli, cabbage, beets, cucumbers, greens, dry beans, potatoes, tomatoes, peppers, assorted greens, corn, summer and winter squash, melons, garlic, onions, snow peas, other vegetables. Also herbs, birdhouse gourds, field corn (for critter food).

Hours: Call for information.

“

If we do have a food crisis it will not be caused by the insufficiency of nature's productive power, but by the extravagance of human desire.

— Masanobu Fukuoka

”

School of Homesteading

Maynard Kaufman and Barbara Giesler
26041 CR 681
Bangor, MI 49013
616-427-8986
maybar@i2k.com
160 acres

OGM certification (since 1973)

Sales: On farm, retail, wholesale, cooperatives

Products: Beef (live or by the quarter), maple syrup in reusable pint and quart jars, ear corn, oats, wheat, hay, straw, some vegetables. We invite one apprentice for a full-season term (from mid-February to mid-December) and provide a small, private house, utilities, some food, instruction and a modest stipend in return for help with gardening, food preservation, field crops, and livestock care. Additional apprentices for shorter periods from May through August.

Hours: Call for information.

Sunshower

Lisa Groff and Mark Miller
48548 N. 60th Avenue
Lawrence, MI 49064
616-674-3103

Not certified
12 acres

Sales: On farm, retail, farmers markets, wholesale

Products: Pears, cucumbers, tomatoes, kale, beets, basil, wool, transitional apples.

Hours: Call first.



Washtenaw County



Growers

Bluebird Farm

John and Barbara Chamberlain
8157 Walsh Road
Dexter, MI 48130

OGM certification

4 acres

Products: Sweet corn, tomatoes, assorted vegetables.

Boxelder Acres

Asa and Peggy Wilson
1846 Superior Road
Ypsilanti, MI 48198
734-483-7752

OCIA certification

63 acres

Sales: Wholesale

Products: Soybeans, vegetables.

David Braun Organic Farm

David Braun
4090 Whitmore Lake Road
Ann Arbor, MI 48105
734-662-9907 day

734-662-2990 evening

OGM certification

25 acres

Sales: Daily Grind, People's Food Co-op

Products: Hard red and soft white wheat, spelt, soybeans, potatoes (red Pontiac, Kennebec, Irish Cobbler).

Community Farm of Ann Arbor

Anne Elder and Paul Bantle
713 Miller Road
Ann Arbor, MI 48103
734-994-9136

OGM certification

Sales: Community Supported Agriculture (CSA) selling mainly to members. Surplus to cooperatives, groceries, farmers markets.

Products: Biodynamic principles used to grow a wide variety of vegetables and herbs

Hours: June-November; call first.

Kestrel Farm

Duane Thomas
1727 Kestrel Way
Ann Arbor, MI 48103
734-662-5823 phone / fax
lobato@umich.edu

OGM certification

Products: Vegetables.

The Garden Works

Robert MacKercher
2960 Pontiac Trail
Ann Arbor, MI 48105
734-995-5130

OGM certification

18 acres

Sales: On farm, retail, U-pick, wholesale, Ann Arbor Farmers Market, People's Food Co-op, Whole Foods, Good Food East and West, Joe-Joe's, Harvest Moon, other retail and restaurants

Products: Greenhouse sprouts year-round (wheatgrass, sunflower, alfalfa, buckwheat), 24 varieties lettuce, spinach, kale; collards, garlic, elephant garlic, perennial flowers, etc.

Hours: Mon-Fri, 9-5, on farm by appointment only; Sat, Ann Arbor Farmers Market.

Goldenrod Farm

Gita Posselt
12595 Whittaker Road
Milan, MI 48160
734-439-8249

OGM certification

Sales: Consignment, Ann Arbor farmers market, OCIA marketing, barter

Products: Vegetables, herbs, cut flowers, soybeans, black walnut seeds, hazelnut seedlings

Hours: By appointment.

90% of all fresh vegetables consumed in the U.S. are now grown in the San Joaquin Valley of California.

(The Practical Farmer, 1994, Vol 9)

Continued on the next page

Green Acres Farm

Dan and Norma Green
6010 Marshall Road
Dexter, MI 48130
734-663-4968

Not certified

42 acres

Sales: On farm, wholesale, cooperatives, restaurants, green grocers

Products: Shiitake mushrooms, vegetables, cut flowers, shrubs, transplants

Hours: Call first.

Renaissance Acres Organic Herb Farm

Peter and Kristina Stark
4450 Valentine
Whitmore Lake, MI 48189

734-449-8336
raohf@provide.net

Not certified

20 acres; 2 greenhouses

Sales: On farm, farmers markets, mail order

Products: Over 400 varieties herb plants, over 130 varieties herb seeds, fresh culinary herbs, display gardens, all-organic nursery, classes, lectures, tours, plant and seed catalog

Hours: Thurs-Sat, 10-4, May-Aug.

Old Oak Farm

Sandra Vadlamudi
17120 Boyce Road
Stockbridge, MI 49285-9205
734-498-3273

E-mail: slvadlamudi@dmci.net

OGM certification

10 acres

Sales: On farm, wholesale, U-pick

Products: Chilis, oriental eggplant, okra, green beans, coriander leaves, amaranth leaves, East Indian vegetables (beera kaya, chikkudu, gongura, dosa kaya, sora kaya, kakara kaya)

Hours: Sat, Sun, Mon, mid-June until frost, daytime — please phone ahead.

Talladay Farms, Inc.

Barry Talladay
10990 McCrone Road
Milan, MI 48160
734-439-1168

GOA (Global Organic Alliance, Inc.) certification

Products: Barley, soybeans, wheat.

Tantre Farm

Richard Andres
2510 Hayes Road
Chelsea, MI 48118
734-475-4323

OGM certification

40 acres

Sales: On farm, U-pick, farmers markets, cooperatives, wholesale, subscriptions

Products: Potatoes, squash, tomatoes, cabbage, Brussel sprouts

Hours: By appointment.

Williams, Wesley

7945 Willow Road
Milan, MI 48160
734-461-2166

GOA (Global Organic Alliance, Inc.) certification

Products: Corn, soybeans.

WLS Organic Acres.

Bill and Leslie Sievert
5911 Bethel Church Road
Saline, MI 48176
734-429-5818

OCIA certification

40 acres

Sales: On farm

Products: Alfalfa hay, buckwheat, clover hay, red soft wheat, rye, spelt

Hours: Call for information.

Related Businesses

American Health & Nutrition

3990 Varsity Drive
Ann Arbor, MI 48108
E-mail: ahn@organictesting.com
734-677-5570

734-677-5572 or 734-677-5574 fax

Certified by OCIA, OGBA, FVO and QAI

http://organictesting.com/

Castle Remedies

2345 South Huron Pkwy
Ann Arbor, MI 48104
734-973-8990

Homeopathic products.

Ecology Center of Ann Arbor

Mike Garfield, Executive Director
117 N. Division
Ann Arbor, MI 48104
734-761-3186

Depot Town Sourdough Bakery

Thomas E. Kenney
310 N. River
Ypsilanti, MI 48198
734-487-8110 phone
734-665-6942 fax

Sales: Retail, farmers markets, wholesale

We produce five different loaves of organic whole grain sourdough bread. We stone grind all our flours and bake in a wood fired brick oven. All our ingredients are organic. We are a worker-run non-profit collective

Hours: Mon, Wed, Th, Fri, 7-5.



Maggie's Organics/Clean Clothes

Bena Burda
P.O. Box 1794
1955 Pauline Blvd, Suite 200
Ann Arbor, MI 48103
734-998-1611 phone
734-998-1711 fax
maggies@organicclothes.com
http://www.organicclothes.com
Sales: Retail, wholesale

Products: Clothing that feels good and that you can feel good about! We produce basic clothing made from certified organic cotton—socks, t-shirts, night shirts, camisoles, tights, totebags, etc. Clean Clothes tees range in size from infant through adult XXXL.

Hours: Saturdays and by appointment (retail); wholesale inquiries, call Mon-Fri, business hours.

Merchant of Vino

2789 Plymouth Rd
Ann Arbor, MI
734-769-0900.

Whole Foods Market, Inc

2398 E. Stadium Boulevard
Ann Arbor, MI
734-971-3366.



Local Food: Overcoming the Distance

I have a friend who says, "Never eat anything that doesn't have a name." By a name, he doesn't mean Fritos™ corn chips, or a Quarter Pounder™ with cheese, or any of the corporate names and trademarks with which we have become so familiar. Rather, he means names like "Rosie," or "Quinn's chickens," or "the big cabbage in Alpha garden." Admittedly, this directive may seem counter-intuitive, startling, perhaps. And yet, on closer inspection, I would argue that it is reasonable advice. It asks us to rethink our relationship to what we consume. It is an argument, among other things, for local food and for knowing a good deal more about what we ultimately choose to eat.

The arguments for local food range from the material to the spiritual, from the pragmatic to the ethical. To understand something of their importance requires knowing something about the existing food system.

Currently, we (farmers and eaters alike) have all come to depend on a long-distance food supply over which we have little control—grapes from Chile, broccoli from Mexico, frozen pepperoni pizza from who knows where. Our food system has gone global. On average, our food travels over 1,300 miles from field to table and it does so at great energy cost. Not only does the system use 10-15 calories of energy to deliver one calorie of food, but processing, packaging, transportation and marketing account for 75-85% of the energy consumed. Additionally, the system is propelled along by internal combustion engines and heavy infusions of non-renewable, fossil fuels. That such an energy sink can not be sustained over the long term is only underscored by the multiple, life-threatening impacts of CO₂ emissions, oil spills, and international war.

And what do we get, food-wise, for this heavy investment? Today, less

than 20 food crops constitute 90% of our diet. They have become raw materials—standard component parts—in the manufacture of endless food products. Plants and animals, furthermore, are managed—reconfigured—to suit the demands of industrial harvesting, processing, transportation and shelf-life. These typically take precedence over matters of taste, nutrition, ecological integrity, farmer and farm worker welfare. Genetics, like industrial processes and end products are increasingly owned and controlled by a finite number of transnational corporations, such as Archer Daniels Midland ("supermarket to the world"), Monsanto or ConAgra who can (and do) 'source' the cheapest labor and mine the cheapest resources anywhere on earth. As corporate profits increase, so does hunger, pesticide use, crop damage, and environmental degradation.

Local food, because it is grown close to where it is eaten, is a radical departure from the prevailing system. It reverses the distance, the vast physical and social separation that exists between the farmer and the eater. From an energy standpoint, local food requires little in the way of cross-country travel; it needs minimal packaging to escort it to market and virtually no mass-advertising. Not only can the proximity of a food supply minimize 'hidden' energy costs, but keeping production and consumption within a region encourages the recycling of production resources, whether soil nutrients or local dollars. Likewise, the wisdom and labor expended in the growing of good food can be directly realized and rewarded by area residents.

From a health standpoint, local food can be whole food, truly farm or garden fresh, and minimally processed. In such a state, looking much like it did in the field, it has more taste and

Continued on next page

Wayne County



Growers

Cass Corridor Food Co-Op

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Detroit, MI 48201-1709
313-831-7452.

Greening of Detroit

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313-821-8787 fax
greeningdetroit@hotmail.com
www.comnet.org/greening.

Healthy Detroit Green Zones Initiatives

Greater Detroit Area Health Council
645 Griswold, Suite 4100
Detroit, MI 48226
313-963-4990 Green Zones
313-578-7524 Farm-a-Lot
313-921-5080 4-H Urban Gardening
313-833-3423 4-H Youth Horticulture
313-271-6562 Newsletter Editor
Works with youth, community groups, 4-H, Detroit Recreation Department to create Green Zones through Adopt-a-Park, Farm-a-Lot and more.

Southwest Detroit Environmental Vision Project

Kathy Milburg
313-842-1961 phone/fax.



Local Food: Overcoming the Distance (Continued)

greater nutritional value. Local food is also more likely to be free of chemicals. These, when used at all, are used sparingly, as measures of last resort. Growers can attend more closely to the food needs of the surrounding population (to which they, their neighbors, relatives and friends belong), than to the cosmetic standards of faceless commodity markets. Local eaters (and this includes area supermarkets, restaurants, hospitals and schools) can reinforce such behavior with an expanded tolerance for the superficial blemishes, and the color, shape and size variations that naturally occur in any biological system, but are treated as 'waste' and 'inefficiency' in an industrial one.

Local food is also able to respect natural limits; it is suited to the realities of the bioregion. Food in one region will not be identical to that in another, nor will everything be available year-round. Local food can reflect the seasons and area residents can reinforce these patterns by eating seasonally. Altering diets to fit the region (not vice-versa) also suggests substituting local foods for long-distance ones, wherever possible. In Michigan, for example, paw paws can substitute nutritionally for tropically grown bananas and oranges. Kale can substitute for imported broccoli and spinach throughout much of the winter. The intent is not to create food self-sufficiency, but rather greater food security and environmental sustainability.

From an ecological standpoint, local food protects and uses the biodiversity that a monocultural system so frequently overrides. In so doing, it takes eaters a step closer to the land itself and to an ecological awareness that personal welfare cannot be dissociated from the welfare of the natural environment and all that reside there. Local food can help balance the prevailing drive to pave over, subdivide or otherwise eliminate green spaces and natural habitats, and to value tax credits above the free services of nature.

In a word, local food is a connector. It connects eaters to area producers, to a bioregion, to a place and to a future. And as a connector it is a vehicle for ethical consumption. It keeps us honest. It insists that we know something about the food we consume (what it is and how it got that way). It requires consideration and responsibility on our part. It signals personal involvement, even some emotional and spiritual attachment. To eat "Big Red" the most opinionated rooster on Jane's twenty acre organic farm is an experience entirely different from eating chicken nuggets with or without barbecue sauce. Eating locally is eating more knowledgeably; eating with knowledge becomes more possible when we choose to eat what has a name.

Laura B. DeLind
MOFFA

State and Regional Organizations



Air and Waste Management Association, Michigan Chapter
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640 Temple Street
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Detroit, MI 48201-2558.

Animal and Plant Health Inspection Service (APHIS)
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616-683-3563 phone
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Citizens for Alternatives to Chemical Contamination (CACC)
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13031 Center Road
Bath, MI 48808-9448.

Clean Water Action
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Empty Bowls
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2691 Noble Road
Oxford, MI 48370
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Ann Arbor, MI 48109-1349.

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Great Lakes Natural Resources Center
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Brings together 50 member organizations from across the state.

Michigan Herb Business Association
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Trade association for Michigan and herb businesses. Membership includes quarterly newsletter, listing in annual *Visitor's Guide to Michigan Herb Shops and Businesses* (30,000 copies distributed annually). Sponsors annual conference, provides opportunities for cooperative advertising, purchasing, networking.

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Southeast Michigan Land
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Works to preserve parks, open
spaces, and natural areas in urban-
ized southeast Michigan.

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Glossary of Terms



Food for Thought

As food consumers in an industrialized society, we are dependent on Agribusiness to raise, process, package and distribute the food that we eat. We tend to (and are encouraged to) take our food for granted. Labels provide us with only a limited sense of the diverse ingredients and nutritional value of a food or food product. We are far less aware of where a food comes from, who grew it and under what conditions, what chemicals and/or technologies were used to harvest it, process it or extend its shelf life. Likewise, there is virtually nothing that tells us about the resources used (and used up) or the waste created in the long trip from field to table. It is ironic that we know so little about something so immediately vital to our existence.

Yet, the less we know, the less able we are to make considered decisions not only about our own health and the health of our families, but also about the health of the earth. How good, for instance, are the anti-carcinogenic properties of broccoli, if it's been heavily sprayed with pesticides and transported some 1-2,000 miles in vehicles burning fossil fuel and releasing carbon dioxide into the atmosphere? How healthful is lean beef, if manure lagoons pollute surface and underground water supplies, if employees are routinely crippled in processing plants and the final product is contaminated by bacteria?

Paradoxes such as these are growing more and more visible and the public, with only limited information, is searching for personally and environmentally responsible solutions. This search has brought with it new terms (like those that follow) that suggest new approaches to agriculture and food production. But terms, new or old, can conceal as much as they reveal. They can create new awareness about the nature of our food system as well as misinformation and confusion. As promising as these new terms (and practices) may be, the food consumer still needs to know what they mean and what they don't mean.

This glossary was produced by the Michigan Organic Food and Farm Alliance (MOFFA) to assist Michigan food consumers in making responsible food choices. The definitions are meant only to serve as guidelines and no doubt will be amended over time. They are useful tools, nothing more. Yet, they will have done their job if, by using them, Michigan consumers are transformed into Michigan eaters. And this calls for one more definition: an **eater** is a person alert to the many questions that need to be asked about his/her food supply and actively involved in making the food system ecologically and socially sustainable.

Amish

This term refers to an orthodox Anabaptist sect that exists today primarily in southeast Pennsylvania and Ohio, though Amish communities exist in Michigan and throughout the Midwest. Old Order Amish avoid most modern, labor-saving technology in their daily lives and have been praised for their ecologically sound farming practices. Their unique self-reliant lifestyle does not necessarily mean that they are also organic producers.

Food labeled "Amish Country" simply means that it was grown or manufactured in an area where the Amish reside. Poultry is frequently labeled "Amish." The implication is that the poultry has not been injected with growth hormones and antibiotics and that the animals are range fed. Sometimes this is true and sometimes it is not. In either case, the label does not indicate that the chicken has been raised or processed according to organic standards. There are many other food products that are labeled "Amish" or "Amish Country" and they also should be scrutinized carefully. Two key terms to look for on any food label are 'organic' and 'certified by.' Together, these terms can guide you in your search for organic food.

Certified Organic

"Certified organic" is a term that assures the consumer that food and fiber products have been grown, processed and/or handled in compliance with standards designed to

keep the products, agricultural workers, food handlers and the environment free of harmful contaminants. At present, these standards differ between states and certifying organizations.

The federal government became involved in regulating organic food production when Congress passed the Organic Food Production Act (OFPA) of 1990. When the work of the National Organic Standards Board is finalized, the U.S. Department of Agriculture will accredit complying private certifiers, resulting in a single set of organic standards for the entire country. Even though individual certifiers will probably be allowed to make additional requirements in their certification process, the national standards will represent a level below which no certification agency can go.

In the future, all use of the term "organic" will require certification, with the exception of growers grossing less than \$5,000 annually. It is expected that all retailers selling organically grown foods will have certification papers on the premises for consumer access.

Free Range

"Free range" refers to the practice of giving farm animals free access to pasture or any outdoor environment. Growers who are certified organic are required to do this. But, free range can also refer to animals raised by nonorganic methods. Free range is especially important in the case of poultry since birds that range freely will eat a wide variety of greens and insects in addition to the grains offered by the grower. As an alternative to confinement, giving animals free range is also a more humane way to treat them.

Local

The term "local" suggests that food, and especially produce, has been raised and/or processed close to where it is sold and consumed. The concept can be an environmentally and nutritionally responsible one, but it is also very ambiguous. What, for instance, constitutes local—a 10-mile radius, a 60-mile radius, a state boundary? Furthermore, Modesto, California is just as local a place as Newark, New Jersey or Dexter, Michigan. It is, therefore, necessary to ask where those lovely carrots were grown or where the soup (as well as its numerous ingredients) came from. If you can't get answers to these questions, the chances are that the produce or food is not local.

Low Spray

"Low-spray" is a term that has come into use quite recently as more conventional farmers make an effort to limit the numbers and types of chemical sprays used on their crops. The use of Integrated Pest Management (IPM) practices now makes it possible for the farmer to limit his/her spray applications to only those times when an economically-significant pest infestation exists in his/her field or orchard, and to limit those sprays to chemicals targeted specifically to the pest that is present. Before this change in the conventional farmer's paradigm, the usual practice was to spray the crop based on the calendar and with chemicals that would be expected to kill any pest that might be present in the field.

While low-spray management is to be encouraged over more conventional spray practices, the term "low spray" means very little to the consumer. It could be used by an orchardist who makes "only" twelve sprays in a season as opposed to his/her usual twenty! This "low-spray" practice still results in an unacceptable level of contamination

in the food for chemically-sensitive individuals, continues to represent an environmental hazard, and is clearly not consistent with an organic philosophy and farm practice.

Natural

Despite its extensive usage, the term "natural" as applied to food has no legal definition. Neither should it be confused with organic. In the 1970s, the Federal Trade Commission (FTC) proposed a two-pronged standard, defining "natural" food as 1) free from additives, preservatives and environmental contaminants 2) minimally processed, reaching the consumer in close to its original form. This standard, however, was never adopted. As a consequence, consumer perceptions of the term are frequently unsupported and can be easily manipulated by the agro/food industry. At present, the industry stresses the presence or absence of artificial ingredients and not the extent or type of processing the food or ingredient has undergone. Terms such as "natural" and "minimal processing" continue to be used to describe food that, contrary to consumer expectations and the earlier FTC proposal, are produced with complex processing techniques—many involving chemical treatments and biotechnology. These processes are frequently used to extend the shelf-life of the food and thus its "fresh-like" qualities. While the term "natural" continues to generate consumer approval, it has limited integrity.

No Spray

This term can easily lure consumers into a false sense of security about the healthfulness of a food item. "No spray" only refers to how the producer applied a chemical compound or a biological preparation to his/her crops. It does not say that synthetic pesticides and fertilizers have not been used. In addition, because the term assumes that only

harmful chemicals are sprayed on food crops, the term does not meaningfully distinguish between a crop that has been sprayed with, for example, a biodynamic preparation such as nettle tea or garlic, and a crop that has been dusted with 2-4-D. As a consequence of this ambiguity, many questions arise: What specifically isn't being sprayed? Have pesticides been applied in other than liquid spray form? A lot of unknowns surround this term and, as with low-spray, it is not synonymous with "organic," "organically grown," or "certified organic."

Organic

Over the past few years, the National Organic Standards Board (NOSB) has struggled to agree upon a single definition for the term "organic." Such a definition, when it is complete, will go beyond the usual dictionary definition—having to do with compounds containing carbon" or something that is "inherent or inborn." The best way to describe the term is in conjunction with a description of agricultural management systems and philosophies. Organic production systems seek to provide high quality food and fiber using methods which optimize and enhance environmental and human health as well as biological and ecological integrity. Producers in organic agricultural operations work to substantially reduce and eliminate synthetic inputs such as pesticides, antibiotics, hormones, artificial preservatives and additives, fertilizers and other off-farm inputs. Instead, organic farming systems rely on crop rotations, crop residues, animal manures, green manures, mechanical cultivation and aspects of biological pest control and pest prevention. It is felt that healthy soils are paramount to the health of the entire organic production system and the food it produces.

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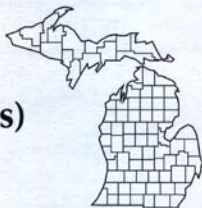


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2000/2001 MOFFA Organic Directory — Listing Form

If you are an organic grower or if you run a business or provide a service that utilizes or promotes organic food/fiber, organic practices, and philosophy, please consider a free listing in MOFFA's *Eating Organically: A Guide to Michigan's Organic Food Producers and Related Businesses*. Fill out the form below. Please TYPE OR PRINT your information. Mail the completed form to Laura B. DeLind, 3257 W. Howell Rd., Mason, MI 48854 by December 15, 1999.

Name of Farm or Business _____

Farm or Business Owner(s) or Contact Person(s) _____

Farm or Business Address _____

City _____ State _____ Zip Code _____

County _____ Phone No. (_____) _____

Fax No. (_____) _____ E-Mail _____ Web Site _____

Growers:

Certification (*Please check one*): ☐ Certified Organic ☐ Transitional ☐ Not certified

Total farm acreage _____ Total organic acreage for 2000/01 _____

Certifying Organization _____

Type of Sales (check all that apply):

- | | | | |
|------------------------------------|-----------------------------------|---|--|
| <input type="checkbox"/> On-Farm | <input type="checkbox"/> Retail | <input type="checkbox"/> U-Pick | <input type="checkbox"/> Farmers Markets |
| <input type="checkbox"/> Co-ops | <input type="checkbox"/> Contract | <input type="checkbox"/> Roadside Stand | <input type="checkbox"/> Subscription |
| <input type="checkbox"/> Wholesale | <input type="checkbox"/> CSA | <input type="checkbox"/> Restaurant | <input type="checkbox"/> Other |

Products and Produce offered (*continue on back if necessary*):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Day and hours available for sales: Days: _____ Hours: _____

Continued on back

Non-Growers:

What sales or service do you provide relative to organic food and farming (*check all that apply*):

- | | | | |
|---------------------------------------|------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Retail store | <input type="checkbox"/> Co-op | <input type="checkbox"/> Buying Club | <input type="checkbox"/> Wholesale buyer |
| <input type="checkbox"/> Educator | <input type="checkbox"/> Writer | <input type="checkbox"/> Restaurant | <input type="checkbox"/> Chef |
| <input type="checkbox"/> Nutritionist | <input type="checkbox"/> Physician | <input type="checkbox"/> Processor | <input type="checkbox"/> Museum |

Other (*Please explain*): _____

List days and hours available to the public: Days: _____ Hours: _____

Growers and Non-Growers:

Please use the space below to tell us about any additional features, products, practices of your farm or business that you feel are significant to the organic community.

Thank you for your involvement in local food production and the organic movement — MOFFA



MOFFA promotes the development of food systems that rely on organic methods of food production and that revitalize and sustain local communities.



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