



# The Smallholding

**Smallholding** (n) 1. A piece of land and its adjacent living quarters for the smallholder and stabling for farm animals, on a smaller scale, usually under 50 acres. 2. A means of achieving self-sufficiency with the ability to supplement income by selling excess produce and meat.

VOLUME 3, ISSUE 3

JULY-SEPTEMBER 2009

.....  
Inside this issue:

Update from the Small Farms Program	2
Green Heron Tools Project	2
Seed Saving Basics	3
News & Resources	5
Small Farms Grain Project	6
Calendar of Events	7
Food Security in the Rogue Valley	8

*Oregon State University offers educational programs activities, and materials—without regard to race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled veterans or Vietnam-era veteran status. Oregon State University is an Equal Opportunity Employer. OSU Extension programs will provide reasonable accommodations to persons with physical or mental disabilities. Our location is accessible to persons with disabilities. If you need particular accommodations, please call our Extension Office at (541) 776-7371 at least 7 days prior to the event.*

## Cooperative Farm Education Program Takes Root in Southern Oregon

*-Stuart O'Neill*

In the fall of 2003, a group of farmers in the Little Applegate Valley came together to talk about the importance of education, mentoring, and internships for beginning farmers. Like so many others, this group got their start in agriculture by interning on numerous small farms across the West, and knew first-hand how quality mentoring helps interns learn the skills necessary to become farmers. Recognizing the urgent need to train a new generation, they formed an educational non-profit to carry out the mission.

In 2007, with the support of a grant from Western Sustainable Agriculture Research and Education (SARE), three of these farmers designed a curriculum and handbook for training interns on their farms. This 27-module curriculum is intended to expose interns to numerous aspects of farming and create a well-rounded educational experience to go along with the day-to-day work on the farm, combining in-field exercises and classroom discussions.

Taking the idea of mentoring interns one step further, farmers in the Little Applegate Valley began experimenting with sharing the responsibility of teaching this curriculum to their interns each season.

This would allow the farmers to deepen their commitment to quality mentoring by exposing their interns to different farms and perspectives throughout the community.

Rogue Farm Corps is the product of these conversations and experiments. The mission of Rogue Farm Corps is to create hands-on educational programs to train the next generation of farmers and land stewards, to support our cooperative agricultural economy, and serve as a model for other communities.

### Farms Next: Training the Next Generation

Rogue Farm Corps Farms Next Internship Training program offers beginning farmers the opportunity to expand their knowledge and experience of sustainable agriculture by creating an exchange of information and skills across a broad spectrum of small farms and ranches in our community. In 2009, the pro-

gram has grown to serve fifteen interns on nine farms, with three additional farmers participating as instructors.

Interns participating in the



*Jobmy, an intern at Siskiyou Crest Dairy, completes chores with the goat kids.*

Farms Next program live and work full time on a host farm, learning in-depth skills unique to the host farmers operation. Participating farms span the entire region of Southern Oregon from Ashland to the Applegate to Grants Pass. Two to three days per month, interns gather together for a tour and class on one of the participating farms, experiencing the diversity of agricultural operations in our community.

This benefits the intern by

*Continued on page 4*

## Summer Update from the Small Farms Program



It has been a quiet spring here in the Small Farms program as we steadied ourselves after a busy winter and work on some upcoming projects and grants. In May, we held a small weed management class in Grants Pass for 17 landowners. Discussion on weed management was productive. In June, we held a great class for 20 farmers on designing and planning their small farms. Martha Straube gave an excellent presentation on adding dexter cows to the small farm. We have been grantwriting for a number of new projects and will be hearing back about those in the coming months. Maud received a grant from SARE to hold a number of grain education field days. Check page six for full details. Melissa submitted a grant to the USDA to design a curriculum on whole farm systems design with subsequent field days held on the subject. We should hear about that project in Sep-

tember. A collaborative grant between Friends of Family Farmers, THRIVE & OSU was also submitted to the USDA to develop and implement a southern Oregon farm incubator program. In June, we held a follow-up field trip to our Growing Farms course to Bluebird Farm/Hi Hoe Produce and Seven Seeds Farm. The field trip was really great and we all learned so much about how to apply concepts from the course onto the farm.

Our OFRF-funded project is currently underway. We've held one field day so far and it has been a huge success. We have three more scheduled for July, August & September. Check the calendar for dates & times. Upcoming classes in the next few months include pasture management and intro to small-scale farm equipment. We hope the farming season is going well. Let us know if we can help in any way! ☺  
-Maud, Melissa, Tracy & Shelley

## Green Heron Tools Project

*-Maud Powell*

On May 28<sup>th</sup>, the League of Women Farmers hosted a focus group for Green Heron Tools, a two year old company that designs and sells farm tools for women. The mission of the company is to "provide high-quality agricultural and gardening tools designed to work with (not against) the bodies of women, thereby maximizing comfort, efficiency, productivity and safety." Owners Ann Adams and Liz Brensinger have been criss-crossing the country and conducting interviews, surveys and focus groups in order to find out which tools work best for women, and which can use improvements. During the focus group at OSU Extension, members of the League of Women Farmers reflected on the need for a lighter walk-behind rototiller and hoes and shovels for smaller grips.

The two women are passionate about getting ergonomically-appropriate tools in the hands of other women who grow food. They cite four primary reasons for the need for this work:

1. The number of women farmers, market growers and gardeners is in-

creasing

2. Virtually all available tools and equipment were designed for men

3. On average, women have 40-75% less upper-body strength than men, and 5-30% less lower-body strength. Women also have smaller hands, which mean smaller grips, and are generally shorter than men

4. When women use tools designed for men, they are at elevated risk for injuries and accidents



Green Heron's research has been funded by a USDA Small Business Innovation grant. This spring, they received a second USDA grant to begin designing tools that are safe and effective for women. They are starting with the tools that the greatest number of women said is important to them.

In the meantime, they have been identifying existing hand tools and gloves that may be appropriate for women. They have recruited female farmers, landscapers / nurserywomen and gardeners to test them, and are compiling their feedback. Based on these women's experiences, Green Heron will decide whether or not to offer those tools on their website. If you're interested in helping to test products in the future, send them an email at

[info@greenherontools.com](mailto:info@greenherontools.com) and check out their website:

[www.farmtoolsforwomen.com](http://www.farmtoolsforwomen.com)

## Seed Saving Basics

-Maud Powell

Summer and autumn are the seasons when many gardeners and farmers are out in their fields collecting vegetable, fruit and flower seeds for the next season. Seed saving is an excellent way to engage in the worldwide movement to preserve some of the older “heirloom” varieties of seed. During the past two decades, many seed companies have consolidated, and regulations regarding the patenting of seed varieties have been loosened. As a result, seed companies routinely drop older varieties for newer ones, which are usually hybridized and/or patented. Organized grassroots seed-saving efforts, as well as inspired gardeners and farmers have done an excellent job of saving many heirloom varieties.

Seed saving is also a great way to develop seed-lines that are well adapted to a particular environment. Saving seed from the healthiest plants year after year enables growers to select for traits that are most suitable for their growing conditions. Finally, seed saving encourages a deeper understanding of the life cycle of plants. We rarely see certain vegetable plants like lettuce, onions and carrots, in the reproductive stage of their lives. Saving seed provides growers with an education in plant genetics and breeding, which is usually left to universities and seed companies. Following are the four basic steps to saving seed.

### Step 1: Choose what seeds you want to save

When saving vegetable seeds, it is important to choose open-pollinated varieties. Open-pollinated varieties set seeds whose plants resemble the parent plants. In contrast, F1 hybrid seeds are products of crosses between two different varieties and combine traits of two different parents. Seeds collected from F1 hybrids will produce a mixture of plant types, most of which will be inferior to the parent

plants. Plants can be roughly divided into three types of pollinators: self-pollinated, wind-pollinated and insect-pollinated. Plants that self-pollinate, like tomatoes, peppers, beans, lettuce, peas and broccoli are the easiest to save seed from because they rarely cross-pollinate. Self-pollinating seeds that are biennial crops, such as carrots and beets, are harder to save since they need two seasons to set their seeds.

Crops that are wind or insect-pollinated, including cucumbers, melons, corn, pumpkins, gourds, and squash, will readily cross-pollinate. If you want to save viable seeds from these plants, you can only grow one variety during any given season.

### Step 2: Collect the Seeds

Take seeds from the healthiest-looking plants. You can also select for a particular desirable trait. For example, if you want to develop a more heat tolerant lettuce variety, collect seeds from plants that were last to bolt. Allow the seed to reach full maturity before collecting. Mature seeds usually have a hard seed coat or a darkened color. When the seed is fully ripe, pick and dry the seed as soon as possible. Seeds contained in a pod or husk should be left to dry on the plant. Each pod can generally be harvested individually as it dries, but if heavy rains or freezing weather threaten, harvest as many as possible. The entire plant can even be removed from the field and hung inside to complete the maturation process.

### Step 3: Clean Seeds

Seed cleaning methods can be divided

into wet processing and dry processing. Wet processed seeds are embedded in the damp flesh of fruits or berries, such as tomatoes, cucumbers, and melons. To clean wet processed seeds, begin by cutting open fruits and scraping seeds out. The seeds, pulp and juice from the fruits may need to go through a fermentation process. Dur-



ing the fermentation process, microorganisms such as bacteria and yeast destroy many of the seed-borne diseases that can affect the next generation of plants.

Next, wash the seeds by placing them in a large bowl or bucket. Add water, and stir the mixture vigorously. Viable seeds tend to be denser and will sink to the bottom, while poor quality seeds are more likely to float. Add more water and repeat the process until only clean seeds remain. Pour the seeds into a strainer and washed under running water. Finally, dry the cleaned seeds by spreading as thinly as possible on a flat, dry surface such as a glass or ceramic dish, cookie sheet, window screen, or a piece of plywood. Stir the seeds several times during the day. To clean dry processed seeds, begin by separating seeds from husk, flower head, or pod. Seeds that are in

*Continued on page 5*

*Cooperative Farm Education continued from page 1*

exposing them to numerous local farmers and offering instruction in agricultural systems that might not be employed on their host farm. And this benefits the farmers by sharing the responsibility of mentorship across the community. In addition to the hands-on educational offerings, participants in the Farms Next program are offered a sense of community and social networking unavailable to many farm internship programs

**Supporting Our Agricultural Economy**

Farm internships provide quality hands-on opportunities for beginning farmers. Well-trained interns are in a better position to become successful producers, increasing the pool of farmers in our community.

The number of small farms in the U.S. is declining. In addition, with the population of farmers aging, attracting beginning farmers is vital to our food security. In 2007, the average age of farmers in the U.S. was 56. In contrast, the number of people interested

in running economically viable operations. A 1997 USDA report stated that the average farm grossing under \$50,000 a year had negative cash



*Josh Cohen of Barking Moon Farm leading a tour of Rogue Farm Corps participants through the greenhouse. Photo: Khaliqa Rogmans*

flow from farm income. Interns provide small farms an opportunity to exchange education and mentorship for much needed help on the farm

The community of small farms and ranches are creating a new sustainable agricultural economy as consumer demand for local and organic foods increases. This niche is revitalizing rural communities across Oregon and

increasing the viability of small farms. In order to meet the needs of this growing sector of our economy, beginning farmers need a venue to learn the valuable skills necessary to manage their own farms and contribute to the development of a strong agricultural community.

**Creating a Food Secure Future**

The return of the small family farm is a cornerstone of our transition from a food system based on multinational agribusiness to one based on community resiliency, sustainability and a strong

local economy. Most of us are aware of the dangers of continuing the current model as the base of our food system: consolidation of farmland, poor labor conditions, GMO's, environmental degradation from chemical fertilizers and pesticides, and so much more.

Viable small family farms offer us another way forward. In Southern Oregon, we are privileged to have numerous farms and supporting organizations that are leading the way. Together we can create a food system based upon preservation of farmland, cooperation, and a strong local economy with respect for labor and the environment.

There are many efforts underway to ensure that small family farms are able to prosper and thrive. Quality farm education is one important piece of the puzzle. Rogue Farm Corps would like to partner with local farmers who are interested in mentoring the next generation and beginning farmers looking for opportunities to learn. Together we can create a food secure future. ♪

**Contact Information:**

Stuart O'Neill  
 Executive Director  
 stu@roguefarmcorps.org  
 \*  
 Melyn Smith  
 Program Director  
 farminternship@gmail.com  
 \*  
 Rogue Farm Corps  
 PO Box 624  
 Jacksonville, OR 97530  
 www.roguefarmcorps.org



*Alice, an intern at Siskiyou Crest Dairy, holds some goat kids.*

in sustainable small-scale agriculture is increasing.

Small farms face major financial obsta-

cles in running economically viable operations. A 1997 USDA report stated that the average farm grossing under \$50,000 a year had negative cash

## News & Resources

---

- Report Shows Small Slaughterhouses in Decline**  
[http://www.extension.org/pages/De- spite\\_Rising\\_Consumer\\_Demand\\_for\\_Healthy\\_Meat\\_Products,\\_Small\\_Slaughterhouses\\_Continue\\_to\\_Decline](http://www.extension.org/pages/De- spite_Rising_Consumer_Demand_for_Healthy_Meat_Products,_Small_Slaughterhouses_Continue_to_Decline)  
 A new report issued by Food & Water Watch examines how the slow demise of local small slaughter and processing operations in the United States is preventing farmers and ranchers from fully satisfying rising consumer demand for meat from sustainably raised livestock. Entitled *Where's the Local Beef?* (<http://www.foodandwaterwatch.org/food/pubs/reports/wheres-the-local-beef/>), the report identifies the reasons for the disappearance of small plants, presents examples of the next generation of processors and offers policy solutions to rebuild the small slaughterhouse sector of the meat industry.
- Publication Highlights 'Farming With Grass'**  
<http://www.ars.usda.gov/is/pr/2009/090609.htm>  
 Recently the Soil and Water Conservation Society published the proceedings from the Farming with Grass Conference held in Oklahoma in 2008 in an online book titled *'Farming with Grass'* ([http://www.swcs.org/en/publications/farming\\_with\\_grass/](http://www.swcs.org/en/publications/farming_with_grass/)). In summarizing stories from the conference, participants envisioned mixed livestock, perennial plants, and other crops, instead of large stands of a single-row crop monoculture. The goal is to sustain farms and rural communities both economically
- and environmentally, while offering local, healthy foods and other new products.
- The Risk Management Agency's (RMA) Spokane Regional Office would like to remind Pacific Northwest livestock producers that the Livestock Risk Protection (LRP) program is available in all counties in Idaho, Oregon and Washington.** LRP insurance plans include Fed Cattle, Feeder Cattle and Swine. LRP coverage protects the policyholder from downward price risk during the insurance period. It does not cover any other peril (e.g., mortality, condemnation, physical damage, disease, individual marketing decisions, local price deviations or any other cause of loss). Sales for the 2010 crop year will begin July 1, 2009 and continue through June 30, 2010 (or until the maximum underwriting capacity (as established by the Federal Crop Insurance Corporation) is reached). Cattle and swine producers are encouraged to contact a local livestock insurance agent to learn additional details. Federal crop insurance program policies are sold and delivered solely through private crop and livestock insurance companies. A list of livestock crop insurance agents is available at all USDA Service Centers throughout the U.S. or at the RMA Web site address: <http://www3.rma.usda.gov/tools/agents>

### *Seed Saving continued from page 3*

---

Pods, may need to be smashed. Once the seeds have been released from the pods or husks, you can separate them from the pods by using hand-screens. Hand-screens are easily to build, and should have a wire gauge that allows to seeds pass through. Once the larger pods are removed, lighter chaff can be separated by winnowing.

Keep in mind that damage begins to occur whenever the temperature of seeds rises above 95F. Fans hasten the drying process; ceiling fans are ideal, and placing seeds on window screens is best of all as they allow for excellent air circulation.

#### **Step 4: Storing Seeds**

Proper seed storage ensures a high percentage of germination at planting time. Once seeds have been cleaned and dried, place equal amounts of silica gel (available at craft shops) and seed into paper envelopes. Always remember to label envelopes, especially if you are saving different varieties of the same plant species. Place each envelope into a clean, glass jar. In one to two weeks, remove silica gel from the seeds, and return the envelope to the glass jar. Store jars in a cool, dry place until you are ready to use the seeds. If you are depending on

these seeds for commercial production, we recommend testing for germination percentage about a month before the expected planting date.

For more information, *Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners* by Suzanne Ashworth is an invaluable handbook for both beginning and experienced seed savers. If you aren't already saving your own seed, choose one or two varieties to collect this fall. ☞

## Small Farms Grain Project

-Shelley Elkovich



The OSU SW Oregon Small Farms program just received a SARE grant to investigate expanding small-scale grain production in Southern Oregon.

Statewide, high wheat prices have caught many growers' attention. One could conclude that skyrocketing grain prices mean flush times for farmers, however the margin between grain prices and operation costs is narrow. Inflated land and rent prices and high fuel costs (coupled with rising costs of inputs for conventional growers), offset these gains in grain market prices, making a new enterprise risky for producers. "The reality is the margin for a farmer is the same today with \$8 wheat as it was (last year) with \$3.87 wheat," said Tammy Dennee, director of the Oregon Wheat Growers League. "We've added a whole bunch of zeroes to the game."

Other potential barriers to success include the risks inherent in a new enterprise, shortage of equipment, fear that if the harvested grain doesn't meet certain nutrient measurements it will not be purchased, and competition among producers to sell their harvest. While this area has a history of wheat production, few operations survived beyond the 1970s. As a result, there is very little appropriately-scaled equipment available to smaller grain producers. Producers must choose between growing tiny plots of grain that will only provide enough for their families, or tooling up with expensive equipment and hoping that grain prices stay high. In addition, information about small-scale grain production is difficult to find, even on the internet. Those producers who are interested in adding grains to their farm operations have limited educational resources.

With proper knowledge, small farmers can make grain growing profitable. Specialty and artisan bread bakeries

are a growing niche in the bakery industry. According to a 2003 Specialty Food Magazine report, "from 1998-2003, U.S. retail sales of specialty/artisan bread increased 23 percent at constant 2003 prices. These breads currently have an 11 percent market share..." Interest in local food and the "slow food movement" have led to a rise in artisan or specialty bakers. The local food movement is literally gaining ground, and as consumers become more interested in where their food comes from, it's not just where the bread is baked that matters; local grain adds to a specialty bread's appeal. The April 2009 issue of the Oregon Wheat Commission newsletter proposes to make "a shift of emphasis towards the investigations of higher value, hand-made breads that could provide a regional outlet for Oregon hard red wheats." With the new small-scale grain production curriculum, Small Farms is poised to contribute to that shift.

Most wheat grown in Oregon is soft white; bread bakers prefer hard red. Our initial research shows that the relatively dry climate of Southwest Oregon may produce wheat with high enough protein content to meet local bakers' needs. The research portion of this program will trial different varieties of hard red wheat and contribute practical information to farmers interested in growing this type of grain. Artisan bakers have very specific and measurable requirements regarding grain quality. Farmers who are able to harvest grain that meet those parameters reap good financial returns, and we have identified bakers eager to make connections with local producers. This program aims to fill in some of these gaps by providing a comprehensive program in small-scale grain production.

Grain-growing education will diversify producers' operations and offer a potentially profitable enterprise. The program will enhance the regional economy by assisting micro-bakeries

in collectively purchasing local grain crops. Farmers and agricultural professionals will literally break bread together with artisan bakers as we explore what kind of grain makes really good bread. This program will encourage dialog between producers and specialty bakers regarding their respective needs as business owners, which will facilitate more equitable agreements for all parties. In addition, bakers will develop new relationships with each other, hopefully instituting peer, rather than competitor, relationships. Collaboration between these bakeries and farms will lead to more economically viable businesses with the potential for more jobs as the businesses expand.

Through collective purchasing agreements, micro bakeries will access higher quality grain in larger quantity (and with the accordant volume discounts) than they could as individual businesses. Collective purchasing also promotes market stability. For example, one bakery produces both artisan breads and gourmet crackers. If the protein content of some of the wheat is too low for bread, the grain can still be utilized for crackers. This up-front collaboration between producers and their buyers will build trust and assure producers that their crops will indeed have a market.

By examining and developing multiple alternative markets such as poultry farmers' feed, the project is more likely to have a lasting positive impact on the farmers' income and farm viability.

The project, "Expanding Small-scale Grain Production in Southern Oregon," will partner with three different farmers who will grow grain and host seven half-day workshops over the course of one year. Each of the workshops will highlight a different aspect of grain production: bed preparation, varietal selection, planting, disease and pest management, harvesting, and threshing. The three farms will be

*Continued on page 8*

## Calendar of Events

---

- **Thursday, July 23rd—Introduction to Equipment for Small Farms**  
Instructors: Chris Jagger, Blue Fox Farm; David Mostue, Dunbar Farm; Maud Powell, OSU Extension Small Farms  
This class is for producers interested in gaining an overview of field equipment for vegetable and hay production. The class, which includes a field trip to Dunbar Farm in East Medford, will provide a brief look at a wide variety of tools for general tillage and cultivation. Instructors will also offer information about equipment and tractor combinations for hay and other grassland operations. Particular focus will be given to regular maintenance and upkeep on used and older equipment.  
TIME: 5:00—9:00 PM  
COST: \$10  
LOCATION: OSU Extension, 569 Hanley Road & Dunbar Farm, Medford (will carpool after classroom session)  
Must pre-register with Sheila at 776-7371. Space is limited so register early.
- **Thursday, July 30th—Organic Farming Field Day for Women Farmers at Willow-Witt Ranch**  
Instructors: Suzanne Willow, Willow-Witt Ranch; Tim Franklin, Yale Creek Ranch; Joe Snyder, Myrtle Creek Veterinarian; Melissa Matthewson, OSU Extension Small Farms.  
Topics include: Willow-Witt ranch tour, organic livestock health, organic pasture management, organic hay, organic poultry feeds.  
TIME: 10:00 AM—4:00 PM  
COST: FREE  
LOCATION: Willow-Witt Ranch  
Must pre-register with Tracy at 776-7371 x208 or [reclamation@riseup.net](mailto:reclamation@riseup.net). Space is limited to 20 women farmers.
- **Tuesday, August 11th—Pasture Management 101**  
Instructors: Maud Powell, OSU Extension Small Farms & Melissa Matthewson, OSU Extension Small Farms  
Topics include: the basics on grass physiology, grass and pasture management. Class includes materials and walk to the JSWCD/OSU Forage Demonstration plot.  
TIME: 6:00—8:30 PM  
COST: \$10.00 (includes snacks and materials.) Pre-registration required, call 541-776-7371.  
LOCATION: OSU Extension Auditorium, Jackson County
- **Sunday, August 16 —Organic Farming Field Day for Women Farmers at Blue Fox Farm**  
Instructors: Melanie Kuegler, Blue Fox Farm; Josh Cohen, Barking Moon Farm; Tracy Harding, Rogue Valley Growers & Crafters Market; Melissa Matthewson, OSU Extension Small Farms  
Topics include: Blue Fox farm tour, season extension, recordkeeping, organic marketing & pricing, niche marketing, farmers' markets, wholesale marketing, direct marketing and marketing roundtable discussion.  
TIME: 10:00 AM—4:00 PM  
COST: FREE  
LOCATION: Blue Fox Farm  
Must pre-register with Tracy at 776-7371 x208 or [reclamation@riseup.net](mailto:reclamation@riseup.net). Space is limited to 20 women farmers.
- **Sunday, September 27th—Organic Farming Field Day for Women Farmers at Wolf Gulch Farm**  
Instructors: Maud Powell, Wolf Gulch Farm; Frank Morton, Wild Garden Seed; Don Tipping, Seven Seeds Farm  
Topics include: Wolf Gulch farm tour, seed production basics, sourcing organic seed, latest organic seed research and information  
TIME: 10:00 AM—4:00 PM  
COST: FREE  
LOCATION: Wolf Gulch Farm.  
Must pre-register with Tracy at 776-7371 x208 or [reclamation@riseup.net](mailto:reclamation@riseup.net). Space is limited to 20 women farmers.

## Local Farmers and Gardeners Take the Initiative on Food Security

-Shelley Elkovich

### Local Farmers and Gardeners Take the Initiative on Food Security

These lean economic times have inspired farmers and home gardeners to take action and contribute to food security in Southern Oregon. According to the Food Research and Action Center, "food insecurity refers to the lack of access to enough food to fully meet basic needs at all times due to lack of financial resources." Oregon is currently the 3<sup>rd</sup> hungriest state in the nation. ACCESS (a Jackson County non-profit that distributes 44,000 pounds of produce to needy people each week), has seen a 17% increase in demand for food bank services since last year.

OSU Extension Administrator Phil VanBuskirk wanted to make it easier for farmers and gardeners to help the hungry in our community. He asked Small Farms to research food donation programs and then design a flyer

**Food banks are always looking for high quality, nutritious fresh fruits and vegetables. Whether you have a basket of beans or hundreds of pounds of tomatoes, there are people and organizations able to deliver your bounty to those who in need.**

informing farmers and gardeners where they can contribute fresh, nutritious produce for distribution to people experiencing food insecurity.

Small Farms Program Assistant Shelley Elkovich researched the local food banks as well as efforts that individuals are making to ensure that low income people in Jackson and Josephine Counties have access to fresh produce. The flyer is being posted in over 200 locations throughout Jackson and Josephine counties.

### ACCESS: Plant a Row for the Hungry Program

Call ACCESS the week before your donation with a description of what produce you will have available the following week, and they will direct

you to the nearest food bank in your community. 779-6691

**General donations:** ACCESS also accepts donations at their facility at 3630 Aviation Way behind COSTCO, Monday—Friday, 8am-noon and 1pm-4pm.

**Ashland Emergency Food Bank** accepts donations Monday-Friday and the first Saturday of the month, 9:30am-12:30 pm. 2200 Ashland Street

**Food Angels** volunteer gleaners will pick up your fresh produce and distribute it in the Ashland/Talent/Phoenix/Medford area. Call Pamela Joy: 482-5330

**Harvest Share** is a new program at the Ashland

Tuesday Growers' Market. Harvest Share will have

a booth at the market every Tuesday in July and August. Produce will be delivered that same day. Call Lynn: 552-0646

**Josephine County Food Bank** 1470 SE M St, suite 1-C Grants Pass. M-Th 8am-4pm. 479-5556

**Siskiyou Sustainable Cooperative CSA Now Accepts Payment Through Oregon Trail Card** The Siskiyou Sustainable Cooperative CSA is the first CSA in Oregon to accept food stamps (the Oregon Trail card). Small Farms agent and Coop CSA Coordinator Maud Powell says, "It was a lot of paperwork and took time to commit to the process, but is well worth the effort. All the farmers in the coop believe that everyone deserves

access to local, high quality food. In addition, people who receive food stamps are also generally the most vulnerable populations: the elderly, pregnant and nursing mothers, children and the disabled. These people are most in need of nutrient-dense high quality foods. CSA membership

also includes a weekly newsletter and recipes; belonging to a CSA is more than food. CSA membership is about building community and access to the agricultural community.

"This CSA membership is a more enriching way for folks who receive the Oregon Trail card to get their groceries."

Oregon Trail clients of the Siskiyou Sustainable Cooperative SCC, can sign up to receive 17 boxes of produce from July 9th to October 22nd 2009. The boxes contain between 8 and 12 items of seasonal, organic, locally grown produce. Boxes come with weekly recipe pages that offer ideas on how to cook and prepare the produce. Each small box costs \$27.50, each large box costs \$35. The price of extra items is listed on the Oregon Trail order form. The CSA will charge the weekly amount to clients' Oregon Trail cards each Thursday morning



## Farm Energy Saving Tips

-from *ATTRA*

**Maintain tractors and stay up on injector and filter schedules.** Use the proper viscosity oils and seasonal fuels. Make fewer passes over fields by using tillage calculators, and keep ground implements sharp. Avoid excessive idling. Keep tire pressure at the lowest recommended level and avoid over-ballasting. Tillage is a main fuel use for many operations. Tillage calculators are available at this site: [ecat.sc.egov.usda.gov](http://ecat.sc.egov.usda.gov).

**Reduce synthetic fertilizer use.** Nitrogen fertilizers are particularly heavy users of natural gas in the manufacturing process. When these fertilizers are applied in excess or at the wrong time, they can pollute surface water and groundwater.

**Consider conservation tillage and no-till management strategies.** These approaches reduce diesel fuel consumption, preserve topsoil structure, and conserve soil carbon. Con-

servation tillage has demonstrated measurable reductions in carbon emissions over the past decade.

**Change lighting strategies.** Switch incandescent lighting to compact fluorescent lamps in barns, calving sheds, and outbuildings. Consider changing out yard lamps with more focused fixtures that save energy. Motion detectors on lights work well for many applications.

**Irrigate efficiently.** This usually means a combination of mechanical and management upgrades to your system. Lowering pressures on pivot irrigation systems can save considerable energy. Use pressure gauges, monitor soil moisture to avoid overwatering, and examine sprinkler nozzles regularly for wear. Studies in Western states indicate that about 25 percent of electrical energy used in irrigation is wasted due to poor pump and motor efficiency.

**Increase electric motor efficiency.** Rebuild older motors and gain several percentage points in motor efficiency. Experts advise considering premium efficiency motors (2 to 4 percent more efficient than standard motors) in all new installations, or when the cost of rebuilding exceeds 65 percent of the price of a new motor. Match the new motor output to the task at hand and consider variable-speed drives as appropriate.

**Manage stock tanks to reduce electrical use during winter.** Earth-bermed or super-insulated stock tanks require smaller heaters to prevent freezing. Some designs require no electricity.

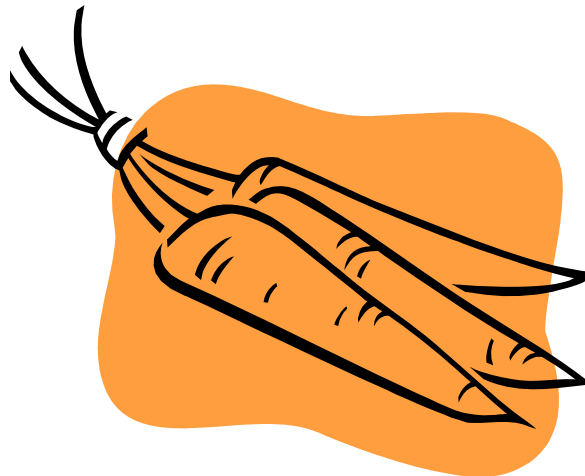
**Manage stored fuel.** A 300-gallon unsheltered above-ground tank can lose up to 10 gallons per month through evaporation during warm months, particularly when painted a dark color. Silver-coat the tanks and put up a rudimentary shelter to keep them shaded. Pressure relief caps also reduce evaporation loss. ☞

## *Food Security continued from previous page*

before boxes are delivered. For more information, contact Maud Powell at 899-9668, or see the coop's website at <http://www.siskiyoucoop.com>.

### **Local Farm Turns Growing Vegetables Into Political Statement: Turning Tables**

Farmers at Siskiyou Crest Goat Dairy and Boone's Farm are embarking on a new project, addressing food security by growing food as a political statement. The farmers describe their new project, Turning Tables, "This year food grown on an acre of land at Boone's Farm/Siskiyou Crest Goat Dairy in the Little Applegate Valley will be distributed directly and freely to members of the southern Oregon community who for a multi-



tude of reasons find themselves food-insecure. Turning Tables is not an act of charity but a season-long direct action that seeks to engage issues of food security, community self-reliance, and the prioritization of humanity

before profit. The experimental nature of this project requires a community committed to confronting a resource distribution model that requires many but favors few. Understanding that major cultural and social transformations must begin with attention to basic needs, Turning Tables values access to food as one of the cornerstones of a strong movement toward collective sanity and radical change." For more information call 899-1694 or see the Turning Tables website <http://www.turningtables.org>. ☞

## Newsletter of the SW Oregon Small Farms Program.

Oregon State University Extension  
Southern Oregon Research & Extension Center  
569 Hanley Road  
Central Point, OR 97502

Phone: 541-776-7371 x208

Fax: 541-776-7373

E-mail: [melissa.matthewson@oregonstate.edu](mailto:melissa.matthewson@oregonstate.edu)  
[maud.powell@oregonstate.edu](mailto:maud.powell@oregonstate.edu)

NON-PROFIT  
U.S. POSTAGE  
PAID  
MEDFORD, OR  
PERMIT NO. 204



**Oregon State**  
UNIVERSITY **OSU** Extension  
Service

Current resident or

WE'RE ON THE WEB!

[SMALLFARMS.OREGONSTATE.EDU](http://SMALLFARMS.OREGONSTATE.EDU)

### *Small Farms Grain Project continued from page 6*

growing different types of grain; one will be using a combination of conventional and sustainable agricultural practices, while the other two operations are certified organic. Two producers will also trial 1/8 acre of five varieties of winter and spring wheat. The varieties to be trialed have been recommended by WSU wheat breeder Stephen Jones. The five varieties will be tested for falling numbers, protein and moisture content and yields of each variety after harvest.

In addition to the seven field days, we will also hold two evening classes at the Extension office; one of which will include bak-

ers and focus on developing local marketing outlets for grain crops, the other will address the use and availability of small-scale grain harvesting and threshing machinery.

We will post class proceedings, trialing results and comprehensive data on small-scale grain growing on the OSU Extension Small Farms website. Following the workshops and field trials, we will also compile a fact sheet on red wheat production in Southwest Oregon based on our trialing results. Maud Powell, OSU Extension Agent and Shelley Elkovich, OSU Program Assistant, are responsible for organizing

and facilitating the field days and evening classes. OSU Professor Mike Flowers and WSU Professor Stephen Jones have agreed to travel to Southern Oregon to provide technical information and instruction during the field days.

For more information about the project and other ideas about small-scale grain growing, contact Maud or Shelley in the Small Farms program. Dates for the field days will be set in the coming months. ☞