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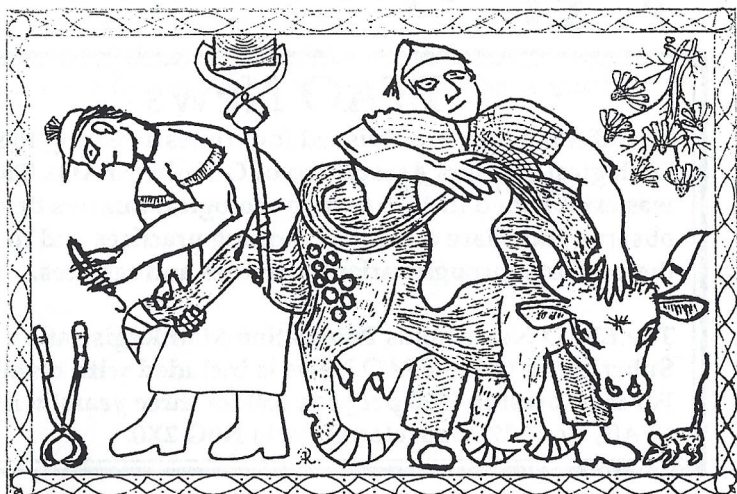
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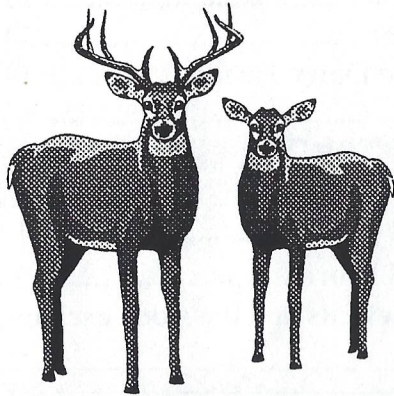


VETERINARIAN AT WORK
ANDREW ROESTI D.V.M.

Most people think of summer as a time of easy living. If anyone had seen the directors when we gathered for our September meeting, they'd likely change their mind! We were a ragged looking group. (As a matter of fact, we all looked a little like the guy on the right in the picture on the cover.) By our October meeting we were all "recovering", our minds could handle more than daily survival, and we started planning for 1995.

We start off in this issue with details of some important upcoming events. Henry Kock gives us some tips for choosing and sourcing trees for shelterbelts. Other timely articles talk about stockpiling pastures for fall grazing, fall activities in the orchard, and planting in coldframes now for early spring production. There is also information on the CSA manual, and some requests for help. And, if you didn't make it to the tours, there's a wealth of tour reports.

Shelly Paulocik



EFAO News

The EFAO News is published four times a year by the Ecological Farmers Association of Ontario (EFAO). The EFAO was established in 1979 to help ecological farmers develop, observe and share ecological farming practices and to support their efforts through various activities and services.

The EFAO News holds Publication Mail Registration No. 8597. Subscription to the EFAO News is included with membership. For membership (\$20 per year, \$50 for three years) write the EFAO, Box 127, Wroxeter, Ontario N0G 2X0.

PRESIDENT'S REMARKS

First, a special thanks to Mike Pembry for his suggestion several issues ago about using a mountain bike. I have found it quite helpful in getting out to open pasture gates or even take the cyclone seeder to a grassed waterway. Sharing ideas from our own experience is an important aspect of EFAO. Thanks Mike.

Second, Mark your calendar now for the Annual Meeting coming up on Saturday, November 12. See the notice in this newsletter for more details. It will be an important meeting because we have some major issues to decide about our membership fee, activities and elections for directors.

Third, we are developing an advanced course in ecological farming to compliment the introductory course. We will be running it in Kemptville on Saturday, November 26. We are also organizing a Holistic Resource Management (HRM) course for the winter of 1995. The HRM overview this summer was well attended and participants expressed interest in having a full course. Details on both of these further are in the newsletter.

Fourth, summer is a busy time for all of us. I hope your crops have been good and that you have found time for family and friends. Some of our members have started taking mini-family holidays around EFAO farm tours. This is a wonderful idea and you might want to consider it when you are planning for next summer. This is also a good time to reflect on what worked well this year and what needs improvement and repair for next year. I try and make notes which are filed away for action when things are less busy in the late fall and winter.

Have a good fall and hope to see you at the Annual Meeting.

Tony McQuail

Coming Events

1994 Annual General Meeting
November 12
Grey Central Public School,
Ethel, Ontario

AGENDA

9:30	Registration
10:30 - 10:45	Opening Comments
10:45 - 12:00	Panel - Marketing Ecologically
12:00 - 1:00	INDOOR POTLUCK LUNCH
1:00 - 1:30	Farmers Sharing with Farmers -Sharing our Experiences
1:30 - 2:00	Directors' Report Report from Local Organizational Networks
2:00 - 2:15	Entertainment Break
2:15 - 2:45	Members' Forum
2:45 - 3:00	Elections Wrap up

**Children's program for ages 5 to 12 is available. This includes inside and outside activities - weather permitting (dress appropriately). Space is limited, please pre-register with Chris Hoskins by November 4, at (519) 335-3557.

Ruth is also looking for volunteers for November 12th. We need help setting up, taking registrations or reporting about your LON. Call Ruth at (519) 367-5531.



1994 ANNUAL GENERAL MEETING

By Ruth Knight

Often, after spending copious amounts of energy planning for and producing high quality ecological produce, we are then faced with the question of where to find a market. When it comes to speaking about marketing there are perhaps two types of individuals. There are those who prefer to stick to the growing and leave the marketing to others. There are others who enjoy the challenges of developing the market for their products and the benefits of a close connection to them. Although the market for ecological products has been expanding over the years, many of us remain sceptical of distributors, consultants and other entrepreneurs interested in marketing ecological products. How does the philosophy of ecological farming fit with the activity of marketing in our present economy? For many of us the selection of the production and product for the market presents other questions. How does diversity on the farm affect our marketing options? What are the benefits of a diversified farming operation? How do we reach that limited but enthusiastic sector of consumers seeking the benefits of ecological farming? How can alternatives like community shared agriculture simplify marketing efforts? What is network marketing?

All these topics and more will be discussed with panel members (these include Dave Reibling of Oak Manor, Gerry Poechman as the Egg Man, Eric Eberhardt of Gentle Rain, and Bev Budd, a CSA operator) at our upcoming AGM. If you have particular concerns you would like to see addressed or have experiences to share, please contact Ruth Knight.

Also included in our AGM agenda is a members' forum (see next article). We hope to get a good discussion on such questions as raising revenues, course and tour selection, as well as other topics you bring with you. Think about these issues and discuss them with your friends and family. We look forward to seeing you all there!

Please note: All members are able to have an exhibit space, free of charge. Call Ruth Knight at (519) 367-5531.

FINANCIAL REPORT FOR THE PERIOD OCT. 1, 1993 TO SEPT. 30, 1994

INCOME

Memberships	6930
Course Income	2416
Fall Conference	448
Donations	757
Farm Advisory Re-donations	525
Interest	192
Grants	1000
Other	829
TOTAL	13,097

EXPENSES

Newsletter (4 issues, including postage)	5475
Office/Legal (MVCA costs, registration)	2248
Courses	
Directors' Time	950
Other	1475
Fall Conference '93	1308
Farm Tours	103
Farm Advisory	
Consultation	1191
Other (Mileage)	440
Research (Stonehouse, proposals)	534
Publicity	3573
Directors' Meetings	1844
MVCA & EFAO shared staff person	9460
Other	466
Library	1357
LON	390
TOTAL	\$30,814

Cash on hand, as of Sept. 30, 1994 \$7,983

** Please note, expenses far outweigh income in 1994 because of certain "one time" costs, ie.our shared-staff person, special guest speaker at 1993's AGM, and some research funding. Keep in mind these were possible only because of grant money, but that this money had come in the previous year.

PROPOSED BUDGET FOR THE PERIOD OCT. 1, 1994 TO SEPT. 30, 1995

INCOME

Memberships	7000
Course Income	2400
Fall Conference	400
Donations	1000
Farm Advisory Re-donations	1000
Interest	50
Other	90
TOTAL	\$11,940

EXPENSES

Newsletter (4 issues, including postage)	4000
Office/Legal (MVCA costs, registration)	1500
Courses	
Directors' Time	950
Other	1400
Fall Conference '94	400
Farm Tours	100
Farm Advisory	
Consultation	1200
Other (Mileage)	440
Research (Stonehouse, proposals)	500
Publicity	300
Directors' Meetings	1850
Other (CSA Resource Centre, gifts)	500
Library	300
LON	500
TOTAL	\$13,940

** Please Note: A concerted effort has been made to have events and services work on a cost recovery basis. However, the Farm Advisory still poses some difficulties.

QUESTIONS FOR DISCUSSION AT THE ANNUAL MEETING

By Tony McQuail

FINANCIAL CONCERNS

The Board of directors is recommending that the EFAO membership fee be increased from \$20 to \$25 per year and from \$50 to \$65 for 3 years. It is also recommending that courses, workshops and farm advisory visits be run on a cost recovery basis. Members who do not wish to support the OFA or CFFO with their farm registration fee should be informed of how to get their refund and if they wish to donate all or part of it to the EFAO. Do you agree or disagree with these recommendations?

Directors' Commentary- EFAO's fees have not increased for many years, but the services available from the organization and the costs of running it have increased. We feel the basic membership fee should increase modestly to cover the newsletter, library, and organizational work which are available to all members. We are suggesting that courses, workshops and farm advisory visits carry a charge that covers their costs so that the members who use and benefit from these services pay the costs of them. Some members have indicated that they would rather support EFAO than the General Farm lobbying organizations and there is a way for them to get a refund and direct it to EFAO.

PROPOSAL FOR EFAO ACTIVITIES FOR 1995

We propose developing a more advanced course on Ecological Agriculture and offering it in the Fall of 1995. The introductory course will be provided upon request if a Local Organizational Network or individual member is prepared to organize it. We are offering a Holistic Resource Management Course, a Pasture Management/Intensive Grazing course and a Rehabilitating Natural Areas workshop in the Spring of 1995. We are considering have an advanced Dairy course. We will have fewer tours in 1995 and try to have them on farms where a topical theme can be demonstrated. We will also try to have a tour in the East and West which involve a potluck supper or Barbecue and evening tour so that people can get farm work done during the day and bring the family for a social and informative evening. Do these 1995 program suggestions meet with your approval?

Directors' Commentary- The introductory course has been given for many years. There is now much more information of an introductory nature available, both in book and video form. We have received requests for a more advanced course and will be trying out a 1 day format for one in the end of November '94. The courses offered this spring are ones requested or suggested by members. While we ran a number and variety of tours in 1994 attendance was highly variable. Our sense is that members are very busy farming and that we would be better to have fewer tours sponsored by the provincial organization. Local tours can be organized by Local Organizational Networks and be more spontaneous and less work to plan. Doing things with family is also important for our members, so we need to plan tours which will be enjoyable for the whole family.

EFAO Offers Advanced Course

By Tony McQuail

The Ecological Farmers Association of Ontario will be offering a 1 day advanced course for ecological farmers at Kemptville College. The course will run from 10 to 4, Sat. November 26, 1994 at Kemptville College. Registration will start at 9:00 a.m. Participants can bring a lunch or buy it at the Cafeteria. The course will feature a group of experienced farmers presenting one hour workshops in specific areas. Ted Zettel will moderate the day and speak on organic dairy production and the current status of organic cheese. Harold Saunders and Bob Budd will deal with Community Shared Agriculture from their experience setting up and operating CSA's. Hubert Earl will cover intensive pasture management. Tony McQuail will speak on his experience with organic orchard systems. Shelly Paulocik will cover growing nursery stock and producing your own trees for windbreaks and hedgerows. Chris Hoskins will cover natural areas, woodlots and water courses.

Participants will receive a copy of the book, *Organic Field Crop Production*. Each workshop will include ample opportunity for questions and discussion. The course will be \$40.00 per person or \$35.00 for pre-registrations received by November 20th. For more information or to pre-register contact Hubert Earl 613-924-2052.

HOLISTIC RESOURCE MANAGEMENT WORKSHOP IN 1995

By Tony McQuail

During his information talk in July, Noel McNaughton described ecological farmers as having the right approach, but lacking a comprehensive framework with which to make decisions. Read the article below to see if Holistic Resource Management is something that your operation, and you personally, could benefit from.

Plans are underway for a Holistic Resource Management Workshop in the winter of 1995. It will total 9 days of instruction of 3 consecutive days each January 19, 20, 21, February 16, 17, 18, and March 9, 10, 11. The concept of HRM is to get everyone involved with the farm to define their goals and then together figure out how they will achieve them using the resources they have available. The course cost will be on a farm basis with up to 5 participants per farm.

The first session will cover the HRM management principles, communication and goal setting. The second will cover financial management, generating wealth and evaluating decisions. The third will include biological planning, the impact on the ecosystem and guidelines for testing plans. The sessions will involve a lot of interaction with the presenters and workable plans for the participants farms will be developed. Participants will receive Allan Savory's HRM text, workbook and course notes.

We have received funding support from the Ontario Agricultural Training Institute (OATI) and are able to offer the 9 days for \$485 (incl GST) per farm. Trained HRM presenters Noel McNaughton, Don Campbell and Randee and Don Halladay will be running the sessions. Enrollment will be limited to 15 farms and we need a minimum of 10 farms to run the course. To register or for more information contact Tony McQuail, (519) 528-2493, RR # 1, Lucknow, Ont., N0G 2H0. Enrollment will be on a first come basis so call now to ensure space for your farm.

NUT TREE CULTURE WORKSHOP

WHEN: Oct. 29, 1994

WHERE: Kemptville College

FOR MORE INFO: Hank Jones 613-731-5237 or

Dave Chapeskie 613-258-8302

CSA MANUAL NOW AVAILABLE

Written by Chris Bieman and Tamsyn Rowley, this is a practical "How To" and workbook, combining material collected by Don Wiens on CSAs in the west and the authors' own experience organizing and operating Annandale Community Shared Farm in Kingston. The manual is available for \$15.00 postage paid in Canada, \$18.00 postage paid in the US. Also included will be a recently updated info pack. Send cheque or money order to the CSA Resource Centre c/o MVCA, Box 127, Wroxeter, Ontario N0G 2X0.

RECENT DONATIONS

Once again the directors would like to thankfully acknowledge the kindness of one of our members who has donated money:

Christine Thomas

R.R. #3

Lambeth, Ont.

Bob & Moira Sansom

R.R. #3

Thorndale, Ont.

CALLING ALL PHOTOGRAPHERS

Help! The directors of the EFAO would like to put together a slide show to explain to the uninitiated exactly what it is we do. Do you have any slides and pictures that you think would help to illustrate some of our management practices (composting, green manuring, pasturing), crops (spelt, green manure and cover crops), natural areas (forests, windbreaks, stream rehabilitation) or our events? If you do have some, please identify each of them as your, and send them along. We promise to return them, after sorting through them and copying those we'd like to use. It would be great to see these before the New Year.

HUBERT EARL: STOCKPILING PASTURE FOR A LONGER GRAZING SEASON

By Elizabeth Irving
*Reprinted with permission,
Cognition Fall '94*

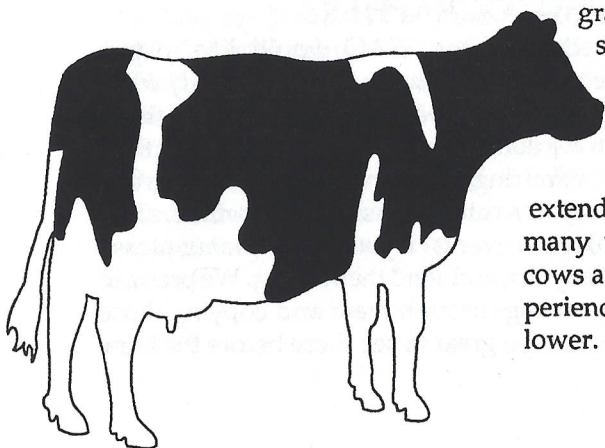
The rotational grazing system Hubert uses on his organic dairy farm in Eastern Ontario would suit heifers or beef as well as dairy cows. In this land of long, harsh winters, his cows thrive on fresh pasture, with little or no supplemental feed, for eight months of the year or more. His secret? It's stockpiling - taking half of his pasture area out of production at key times of the year to let it regrow.

From early September 1, the cows are pastured on half of the 50 acres of pasture on Hubert's farm, rotating through

the entire 25 acre area four or five times over the season by means of temporary fences. During this time, the other 25 acres are used for hay, with the second cut taken off in early July. On September 1, the cows are moved onto the hayed section, now a month into its lush third growth. "This is sufficient to take them through to the first of November," Hubert explains.

Meanwhile, the 25 acres the cows have just left are taken out of production (stockpiled). Part of this area is fenced off and used as pasture from November 1 till the snow is too deep for the cows to paw through. They can manage to graze in up to 6 inches of snow, but when it gets deeper they are put inside till spring. The other part of the fall-stockpiled area is reserved for early spring grazing. If it is well drained, it can be used two to three weeks earlier in the spring, as opposed to a field that was grazed out rather than stockpiled in the fall.

By selectively stockpiling half his total acreage of pasture, Hubert is able to extend the grazing season by many weeks each year. His cows are healthier for the experience and his feed bills are lower.



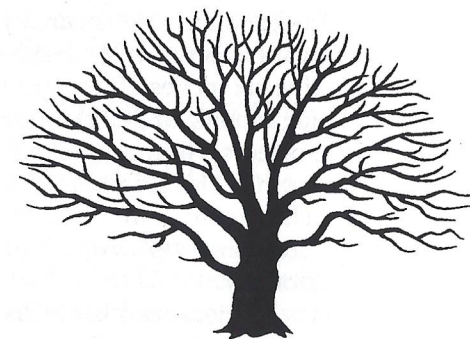
IDEAS ON TREES FOR SHELTERBELTS

By Henry Kock
*The Arboretum, Univ. of
Guelph
Guelph, Ont. N1G 2W1
519-824-4120, exten. 6443*

Various deciduous trees are well suited to crop and land protection by moderating climate. You can establish single row shelterbelts by purchasing native trees, growing seeds or digging crowded saplings from your own property. Deciduous trees require care to establish, so don't take on too large a project; 20 to 50 trees/year is a realistic load.

You can dig sugar maple and ash saplings, 1 to 1.5m tall, in mid to late October. Both of these trees are identified by paired (opposite on the stem) buds. Plant them close together in the garden or the east side of a building for the winter, and protect them from mice and rabbits. These plants are readily accessed for planting in April to mid May. For reasons related to diversity and based on observations of old fencerows, a mix of trees is best. Avoid the temptation to dig oak and hickory from nature, as they tend to not survive the shock. You can grow these trees (or any other) from seed. 1994 is a good seed crop year for bur oak, a very tough

tree. If you can find some seeds, plant them 2-3cm deep in a small vegetable garden seed-bed. Place a 1/2" wire mesh cage over them to prevent rodents from eating them during the first full year. A single layer of burlap on top will provide necessary shade for the first year. Young trees will be ready to transplant in 2 to 3 years if you dig deep to get at least 40cm roots. A list of native plant nurseries is available from the Arboretum.



FALL ACTIVITIES IN THE ORCHARD

By Shelly Paulocik

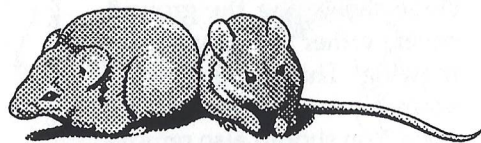
Winter is a relatively quiet time in the orchard. However, there are several things to keep in mind to prepare it for the great cold. These include shortening the ground cover, either by grazing or mowing. This eliminates favourable nesting sites for mice. You should also remov-

ing any extra items, i.e. bales or equipment, which may provide cosy protection for mice or rabbits.

The tree trunks should also be protected. Use plastic (white only) or wire mesh guards, but be sure these are buried an inch or two into the ground to prevent the mice from tunnelling.

Several repellents are used to keep nibblers away from fruit trees. A trapper in Ohio suggests stringing baler twine (the sisal kind is likely the best) that's been soaked in motor oil around an area you want to protect. He keeps the line six inches off the ground for rabbits, and about five to six feet off the ground for deer (i.e. nose level in both cases). The twine will need to be 'freshened up' with oil occasionally.

Here are other ideas for deer problems. These also work on repugnant smell: bloodmeal, human hair (this can be "blended" with vegetable oil, and cayenne, allowed to age and placed in nylon bags which are tied to the trees), and soap (Lifebuoy and Irish Spring are most effective).



Other preparations based on taste should keep rabbits and deer from sampling. Skoot is a ready-made option. Your own mix of hot pepper concentrate and vegetable oil can also be painted or sprayed onto the trees. We've learned you can't count on any method - Skoot failed miserably for us one year when it came to rabbits.

Whichever option you use, be sure to vary it as time goes on - it seems the critters eventually catch on.

UPDATE ON THE ECONOMICS OF ORGANIC DAIRY FARMING

*By Dr. Peter Stonehouse
Dept. of Agricultural
Economics and Business
Univ. of Guelph, N1G 2W1*

Early in 1994, a small team of researchers at the University of Guelph completed a study of organic dairy farming in Ontario. Based on information provided by eight organic dairy farmers for 1992, the results of the study clearly showed that organic dairy farmers can compete very successfully with conventional dairy farmers in most important technical and economic respects, such as milk shipments per cow and overall net farm income.

These results raised a lot of eyebrows, especially those of the many sceptics of organic farming. The sceptics have suggested that a broader test base with lots more organic farmers involved would offer results that people could have more confidence in. We, as university researcher, agree with that. As a result, we are appealing to you to come forward and join the eight organic dairy farmers who are already helping us out. You don't have to be a certified dairy producer. We would like to have you help us even if your cropping practices are not certified organic (although of course it would be nice if they are). If you believe you produce organically (no agrochemical pesticides or synthetic fertilizers on your farm), then please join us in this important research.

All your farm information will be treated in strict confidence by us. None of your data will be passed on to government or anyone else. When it comes to reporting the study results, we shall report the average results for the entire group of farmers who participated. Please volunteer and day or so of your time, and contact me, Dr. Peter Stonehouse, at:

Department of Agricultural
Economics and Business
University of Guelph
Guelph, Ontario N1G
2W1 Tel: 519-824-4120, exten.
2204 Fax: 519-767-1510

The directors do urge any suitable dairy farmers to participate. Dr. Stonehouse's work is one of the few research projects that receives some financial backing from the EFAO - he's one of our few supporters. Since we're "investing" in his work, it would be great to see higher participant numbers give more validity to his findings.

LOOKING FOR VOLUNTEERS

The directors that gathered for our October meeting had several in depth discussions. One centred on the need to take a more active approach in outreach activities, particularly in promoting our ideas within the school system. This may be done several ways: being part of a coop program, having a classroom come out for a few hours to "get their hands dirty", or taking part in an educational program in (or for) the school.

One project that needs some immediate support is "Roots of Bruce". Several dif-

ferent groups are trying to gather together to present Grade Six school children in Bruce with a first hand experiences about agriculture. The directors would like members (and supportive friends?) in the Walkerton area to consider putting some time and effort into helping out with this project ie. ideas, organizing, or manning the booth itself. If you can help in some way please contact Ted Zettel soon; we must commit ourselves, with our ideas, by mid-Dec.

HUBERT EARL: USE SIMPLE COLD FRAMES FOR LATE FALL AND EARLY SPRING SALADS

*By Elizabeth Irving
Reprinted with permission,
Cognition Fall '94*

Spinach, onions and lettuce, to name but a few fast-growing cold-tolerant veggies, overwinter nicely in covered cold frames and come to life and growth extra early in the spring.

Hubert Earl recommends a simple way to accomplish this. In his Eastern Ontario garden, he makes an early fall sowing or transplanting of hardy greens and onion sets into a cold frame (read: wooden box with no top or

bottom) that is not too tall. Where possible, he situates the cold frame on a south-facing slope or on the south side of a building. Just before freeze-up, he covers the cold frame with some old windows and puts a few bales of hay or straw around it. "The sun starts beating on it in March, and we're eating from it before anything else is in the garden," says Hubert.

SMART RABBIT

*By Larry Ross
RR # 3, Clifford, NOG 1M0*

Larry adds to his previous observations about rabbit control in the winter orchard. It seems these little critters are more devious than he originally thought. If you have an orchard, consider his experience before winter's in full swing. Otherwise, the consequences could be substantial!

When the month of February rolled around last winter, I had a chance to look at what I had written the year before. "To trap rabbits, place carrot under trap." Well, last winter I hadn't any organic carrots, and the first thing I learned is that rabbits don't like "storebought" ones. Finally, I placed organic apples and pears under the trap. Night after night, the rabbits got

Don't miss the 14th annual

ORGANIC AGRICULTURE CONFERENCE

January 27 & 28, 1995 - at the University of Guelph, Ontario, CANADA



ORGANIC AGRICULTURE : GROWING THE NETWORK



Plan to attend Canada's longest running organic Conference. This year, Harriet Behar, marketing director of Organic Valley-C.R.O.P.P of Wisconsin, will talk about organic farmer networking & co-operation. There will also be a full day's schedule of 16 workshops on everything from networking & market gardening to livestock & organic soybeans. Plan also to attend the full & exciting organic Trade Show. This is a once per year opportunity! To get the discount prices, mail the registration for you & your friends by Monday, January 16/95. For more information on Conference details, call Hugh Martin, OMAFRA, (519) 631-4700, or Tomás Nimmo, COG, (705) 444-0923.

SPONSORS

- ~~Canadian Organic Growers~~
- Ecological Farmers Association Of Ontario
- Guelph Agricultural Alternatives
- Ontario Ministry of Agriculture, Food & Rural Affairs
- Organic Crop Improvement Association (Ontario Chapter)
- Organic Crop Producers & Processors
- Resource Efficient Agricultural Production
- Society For Biodynamic Farming & Gardening
- University Of Guelph

WHERE: University Centre, U. of Guelph

WHEN: 1. PUBLIC FORUM & PANEL DISCUSSION

Friday, Jan. 27 (7.00 pm, Rm 103)

2. ORGANIC CONFERENCE, TRADE

SHOW & WORKSHOPS - Saturday,

Jan. 28 (8.00 am to 5.00 pm)

KEYNOTE SPEAKER: Harriet Behar

WORKSHOPS: Networking, Organic Soybeans, Field Crops, Organic Market Gardening, CSA Development, Organic Transition, Organic Video Session, Livestock, Organic Tree Fruits, Marketing & Trade In Organic Products, C.O.A.B. & Certification, Pastures, Research, "20 Tips In 20 Minutes" ... and much more!!

Admission
to Public
Forum is by
donation to
the Guelph
Food Bank

REGISTRATION FORM-Please mail no later than Jan. 16/95 to Organic Conference, Box 1030 Guelph, ON, N1H 6N1

**SATURDAY, JAN. 28, 1995 - CONFERENCE
REGISTRATION - 8.00 AM - 5.00 PM**

Please make cheque payable to
"ORGANIC CONFERENCE"

- | | |
|--|--|
| 1. Pay In Advance (postmarked 1/16/95) | 2. Pay At The Door |
| <input type="checkbox"/> \$35.00: single admission | <input type="checkbox"/> \$45.00: single admission |
| <input type="checkbox"/> \$25.00: (each) max 3 per group | <input type="checkbox"/> \$35.00: (each) max 3 per group |
| <input type="checkbox"/> \$10.00: students | <input type="checkbox"/> \$10.00: students |

List all names attending (IMPORTANT): 1. _____

2. _____ 3. _____

Address _____

Phone _____ Postal/Zip _____

Please mail me information on:

- ☐ Information en français, s'il vous plaît
- ☐ Public Forum & Panel Discussion on organic certification, marketing, policies, & progress of the industry. Questions? Get the answers, Fri. evening Jan. 27.
- ☐ Floor plan & costs for setting up a Trade Show exhibit, Saturday, Jan. 28 (or call 705-444-0923; FAX 444-0380)
- ☐ Guelph Campus Map ☐ Motels/lodging
- ☐ Financial sponsorship of the Conference
- ☐ Volunteering ☐ Other _____

them out without setting off the trap. So, I eventually stuck the apple on the wires, and caught a rabbit on the first night I tried this method. Even though I have caught them both ways, it seems that putting the bait on the wires works better.

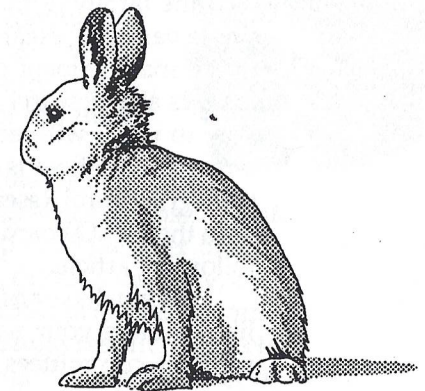
I also started to use steel "T" posts cut in four foot lengths to anchor the traps in place. (This prevents having dogs, or other four-legged creatures, make off with a meal and your trap.) The ring on the end of the chain is able to slide down these posts, and you can put yellow insulators on these for more visibility.

As I worked through this new wrinkle last winter, I learned another thing - it's amazing the damage one or two cottontails can do to an orchard during a few weeks of winter, especially when the snow is high.

Editor's Note: From my experience, Larry is certainly right about how much damage one or two rabbits can do! He's also right about connecting their orchard feeding with periods of deep snow. During two different winters, damage to our nursery and orchard occurred during late January when the snows were their deepest. This was also the period when the snow had a good

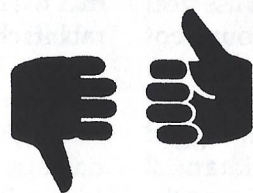
solid crust. I guess when the snow is deep, alternate sources of food aren't available, ie. they're buried; and when the snow is crusted, rabbits are able to travel vast distances quickly and easily. The tracks from this past winter's damage in our nursery indicated that the one (or possibly two) rabbits chewing the stock came from an area of the fencerow, approximately 500' away.

Coincidentally, our damage occurred during the four or five days when broken harnesses on my snowshoes prevented me from doing my daily check on the nursery. A mere coincidence? Not likely. One orchardist makes daily rounds with his dog, to leave their scent as a warning. The lesson for me was how quickly animals can appear to detect a "weak link", and how just a few days makes such a big difference.



An Overview of Agricultural Research

By Tony McQuail



We're all well aware that agricultural research is a thorny issue with our members. Given this, we're providing more than one point of view. We offer an introduction; summary of how it works and its intentions; and a response from one of our directors. Before you decide one way or the other about research, give it a bit more consideration.- editor

As ecological farmers we often feel frustrated and even distrustful of the agricultural research that is funded these days. We are concerned that it seems focused on chemical solutions to complex problems, and benefits corporate agriculture more than the family farm. There are also suspicions that scientific, single variable research doesn't produce information relevant to the management of a whole, complex farm organism. Yet there is also research going on which can help us understand how to work with ecological processes to better manage our farms. Ken deBoer is an EFAO member who was appointed to the Agricultural Research Institute of Ontario (ARIO). He spoke with the EFAO board on research in Ontario and submitted the following article.

If you have an interest in agricultural research and would like to have your name put forward to serve on one of the research committees Ken mentions please contact me.

AGRI-FOOD RESEARCH IN ONTARIO

By Ken deBoer

R.R. #2, Lucknow, Ont. N0G 2H0

Ontario is front runner in ag research, not only in Canada, but around the world. Last year OMAFRA spent close to \$50 million on Agri-food Research. These research dollars paid dividends to producers, consumers, and the whole economy. Studies have shown that for every dollar spent on ag research an average of \$40 is generated to the economy.

Research helps Ontario farmers to be more efficient producers, allowing them to compete on a domestic and international scale. It also plays an important role in developing practices to protect the environment.

Ontario is the home of a number of top quality research facilities. The University of Guelph has five research stations located at Arkell, Alma, Guelph, Elora, and Ponsonby. The three Colleges of Agricultural Technology at Ridgeway, Kemptonville and Alfred are very active. OMAFRA-funded research also takes place at the Horticultural Research Institute of Ontario at Vineland. Ag Canada and private labs are involved as well.

The question of how research priorities are identified is often asked. OMAFRA has set up a grass roots network to identify research needs. The organization of these committees is handled by the Ontario Agricultural Services Coordination Committee (OASCC), Beneath this committee is an extensive system involving over 80 people sitting on eight major committees and 93 sub-committees. These committees are comprised of primary producer, agribusiness reps, commodity board reps, researchers and OMAFRA staff. Within each these, recommendations are made for the research needs of their specific industry or commodity.

Recommendations made through the OASCC system are passed on to the Agricultural Research Institute of Ontario (ARIO). This group is made up of 15 member drawn from primary agriculture, agribusiness, the food industry, and AG Canada. It is at this point that OASCC priorities become research projects. Decisions are made to fund research projects based on a number of criteria including: the current level of



research, the potential for growth in the area, the value of the commodity, the technological maturity of the industry, the immediacy of the need for research, the level of private sector support, environmental sustainability, availability of technology outside Ontario, the responsiveness of the market.

Groups and individuals can also be a part of the process by getting involved in OASCC committees and sub-committees. This is where the future direction of research in Ontario is really set. Any committee is only as strong as the hard work and commitment of its members and their willingness and ability to communicate.

There are a total of 93 active committees. Individual EFAO members will have interests that would be of value in almost all those areas. From my knowledge of the goals of our organization the following would probably be most useful.

1. Under Ontario Soil, Water & Air Research & Services Committee
 - A. Soil Management
 - B. Field Crops
 - C. Soil and Water Quality
 - D. Waste Utilization
2. Under Ontario Pest Management Research & Services Committee
 - A. Crop Protection
 - B. Field Crop
3. Under Ontario Horticultural Crops Research & Services Committee
 - A. Agroforestry
4. Under Ontario Agriculture and Food Engineering Research & Services Committee
 - A. Rural Environment Engineering
5. Under Ontario Agricultural Economic Research and Services Committee
 - A. Resources Development
 - B. Social Impact

AG RESEARCH - WHO NEEDS IT?

By Ted Zettel

As a farmer who tries to progress in "farming along with nature", I am aware that there are many times when good

scientific research would be valuable. For instance, how do various sequences of crops, cover crops and underseedings, combined with various tillage options affect weed growth, nutrient release and finally crop response. Most likely I will, along with the rest of you, spend most of my farming life uncovering little bits of the answer. While we do learn from on-farm experience, our method is full of holes, scientifically speaking: no replication, poor record keeping, too many unregulated variables, and the big killer - weather. As we all know, what works one year might be a spectacular calamity the next. Wouldn't a team of trained, well-funded researchers be able to do this so much more effectively, yielding reliable data that would move ecological farming ahead by leaps and bounds? Yes! I think they could. Well then, do they? Heaven knows our universities are filled with such teams. The simple answer to that question is, in my opinion, NO!

The ag-research establishment does not help me find the answers I need. The simple reason is that they don't ask the right questions. The first question a professional researcher must ask - one of extreme practicality to them - is "How can I attract funding?" The kind of research that attracts sponsorship is that which leads to sales. If there's a buck in it, it always gets done in the end. We will never be short on research into new pesticides, drugs, machinery, or especially the ag-business world's "golden goose of the future" - biotechnology. BST is being proudly touted by some researchers as "the most researched product in history". I would hang my head in shame at such a sinful waste!

If there is a motivation apart from money, nine times out of ten it will be increased production.

The shining post-war vision of America feeding the world is now an obvious illusion, but somehow, as a research priority, increased production per unit still rules the roost.

Forgive my cynicism, but I'm not holding my breath until the University of Guelph, or other "establishment" researchers, solves all my rotation dilemmas. Despite all flaws, my own experience and that of my colleagues is still the best research I know of.



Reports on Recent Events

ON-FARM ADVISORY SERVICE

By Ted Zettel

Many EFAO members have taken advantage of our on-farm advisory service since it was first offered in 1987. This service is especially popular with those who are making the transition from conventional to ecological, but recently we have visited quite a few farms to help "fine tune" management that has been in place for several years. Even the most experienced manager can benefit from an outside evaluation of his or her methods. The advisor sees the farm more objectively than the farmer and has the advantage of having dealt intensively with many other farms that face similar challenges.

To set up a visit, members can call the MVCA office at 519-335-3557. A staff person will take down some of the vital info about your farm and refer your request to an advisor who is experienced in whatever crops or livestock you produce. The advisor will then contact you directly to arrange a date. The visit, which usually takes 2-4 hours, can focus on those areas where the farmer needs assistance most urgently. Often a particular weed or disease problem will have motivated the call for advice. The advisor will gather enough information to evaluate the whole farm as a unit. He will then make a written report for the farmer, to define problem areas and recommend both short-term and long-term strategies for improvement. The report will also note other EFAO members in the area and suggest resource materials (books, videos, and magazines) that might be of use. A flat fee of \$75.00 per farm visit is payable by the farmer to the EFAO.

Many times an on-farm consultation is only the beginning of valuable two way communication. Some of the people I visited years ago when they were starting ecological methods are now trusted friends whose advice I can rely on.

EASTERN ONTARIO FARM TOURS

By Rita Stoller

Bruce and Janet Duncan, Almonte June 18th, 1994

Almonte is a wonderful farming area with rolling land. However, it was one of those very hot June days when Hubert and I drove up to Duncans. So, we hid in the cool kitchen, eating

Janet's delicious fruit salad and talking. We talked about how the spring work went, and how the haying was coming along. What a big difference location made at that point in the season - we were almost done with the hay, while Duncans were just filling their silos with haylage.

Norm and Kathy Porter joined us later. Norm was so brown, I joked that he must have just returned from the sunny south. After putting in endless square and round bales, Norm said he couldn't stand the sight of another bale.

This was the first year the Duncans had pastured their 50 cows, and 35 heifers and dry cows on 30 acres. Throughout the summer, the milking cows were moved daily to another one acre pasture. The heifers and dry cows followed in the rotation, one day behind the others. On every pasture there was a water supply. As the Duncans explained to me recently, this summer was an excellent start for their pasturing program, given the grass had grown so well.

Pinehedge Farms

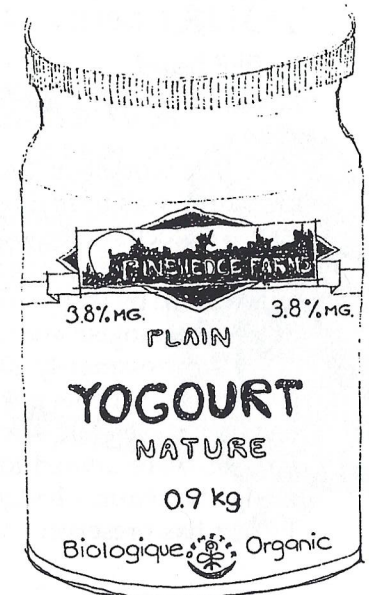
Anton, Edith, & Joseph Heinze July 9th, 1994

Yogourt and Kefir from organic milk

This enterprising family farm is an excellent example of good team work - father and son! All work on the farm (barn, cows, crops, vegetable, herb garden, and yogourt) is done with pride.

Anton took us through the fields on a wagon. Oats, wheat, soybeans were viewed. The spring was so wet that cultivating the soybeans was almost impossible. The weeds were there! Some grain fields were seeded too late and hardly grew at all. We also saw flax (eventually combined on Sept 10). Their son-in-law presses the oil out and sells it on the market. The leftover flax is fed to the cows.

In August the Heinzes finally got their licence to produce and sell their own organic yogourt. During their first week



they produced 275 litres of yogourt. The demand doubled very quickly, mostly from Montreal health food stores and Ottawa markets. Those who attended the tour were served fresh bread, the Heinzles' own sour cream with herbs and their yogourt at a picnic table under shady trees. It was nice to see some EFAO members from western Ontario.

All of us wish the Heinzles great success!

Hubert and Helen Earl, Addison August 6th, 1994

An excellent lamb barbecue was the focal point of this farm tour. Hubert had invited other sheep farmers, so attendance was better than usual. Looking over Helen and Hubert's vegetable garden was wonderful.

There are many separate pastures in Hubert's pasturing system. Water is supplied by a stream running through it. A field frost seeded with trefoil seemed to be successful. One of the hayfields had a big yellow bird resting in it! It was Joseph Heinzle's little airplane. We watched him take off from there. I was glad to see him fly safely over the woods!

Every farm tour requires some organization and effort - thanks to all of you for your work.

REPORT FROM PRONK FARM TOUR

By Phil Beard

Resource Planner Coordinator at MVCA

The workshop "Integrating Agriculture and Ecology on the Farm" was hosted by Martin and Corrie Pronk on July 9, 1994. The focus of the tour was to show how forests, fencerows and watercourses can be managed in an ecological manner. The tour was led by Jane Bowles, a plant ecologist; John Fitzgibbon, a stream ecologist; and Chris Hart, a landscape ecologist.

Approximately 30 people attended the tour. (Ed. -In an effort to create better links between farmers and environmental and naturalist groups, a few representatives from local organizations were invited to come along.) They enjoyed walking along the natural hedgerows and stream corridors that the Pronks has preserved on their farm.

Martin opened up the tour by explaining how his fields are now always under cover. He also outlined the rotational grazing system they're experimenting with.

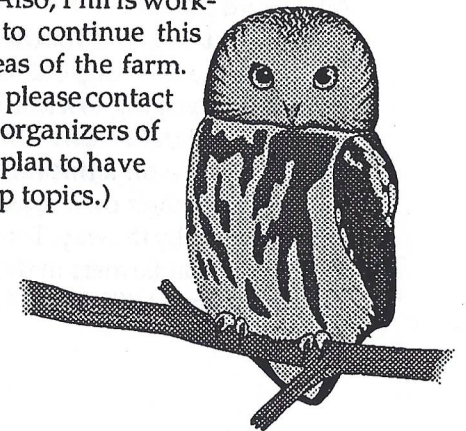
Our three tour guides outlined how you can assess the health of your forest, wetlands and streams from an ecological perspective. They also presented methods for managing streams, and forests in a more ecologically-sound manner, and how you can actually improve their health.

One of the key points of the tour, as outlined by Jane, is that you don't always have to plant trees and shrubs to restore an area. Many times nature (birds and animals) will do a better job on their own, with more appropriate species and greater success. (Ed. -One idea Jane presented was to simply stretch out some wire between fence posts - perching birds are quick to "plant in" many shrub and tree species.) Jane also pointed out the importance of controlling non-native, invasive plants, shrubs and trees that are starting to get into our forests, wetlands and streams.

People on the tour were also encouraged to work with naturalist groups to help get a better understanding and appreciation of what is growing and living in the natural areas on their farms.

In summary, those who attended gained a better understanding of how and why we need to have healthy streams, fencerows and forests in our farming operations if we are to be real ecological stewards of our land. For more information on these areas, contact Phil Beard at MVCA (519-335-3557).

(Editor - In future articles we hope to detail some of the specifics outlined that day. Also, Phil is working on a "next step" workshop to continue this process of integrating natural areas of the farm. This may be held in March of 1995; please contact him if you're interested. Also, the organizers of the Organic Conference in Guelph plan to have this subject as one of the workshop topics.)



NEUFELD TOUR REPORT

"Spuds, Sausage and Spring Creek Millers"

By Ken Laing, R.R. # 5, St. Thomas, 519 775-2789

On the tenth of July about 50 people converged on the Neufelds' farm near Tintern in the Niagara Peninsula. During the tour our appreciation grew for the substantial progress made by Tom, Mary Anne and family. Over the last eight years they have converted an old dairy farm into a young, diverse, organic operation.

We first ventured out to the fields to check out the crops: open-pollinated corn, hay, rye, hard and soft wheat, and double-drilled barley. Tom explained that double drilling at right angles increases the seeding rate, and fills in some of the space left by the ordinary parallel seven inch rows - thus shading out the weeds more.

Next we looked at the pork sausage operation - from the pigs enjoying their passion for mud, to the converted milk house that now contains a small sausage factory, to the new smoke house that adds the final irresistible flavour.

From there we moved on to admire the market garden. Here their specialty is potatoes. To control potato beetles they were using a new form of *Bacillus thuringiensis* (Bt) called "Trident". (Because the Neufelds grow some crops conventionally on another farm, they grow two colours of potatoes to make the difference obvious; red for organic, and white for conventional.) The market garden also contains black raspberries (Bristol), strawberries (Redcoat), squash, watermelons, pumpkins and gourds.

At this point, Tom fired up the old Allis Chalmers tractor. It powers a fine, big, old stone mill in the garage/mill. People enjoyed watching as wheat berries trickled in from above, while flour sifted out below.

To top off a fine farm tour we were treated to delicious samples of their own sausage, plus pancakes made from their own flour. (By the way, Tom would like to organize a local group of ecological farmers in the Niagara area. If you are interested, contact him at 905-563-5993.)

SUMMER TOUR AT PEMBRY'S

By Mike Pembry

Just 20 people showed up for our farm tour. This was a combined Ecological Farmers and Biodynamic Society tour. However, those who did come seemed to enjoy themselves, and I certainly benefitted from their comments.

It's been a very dry year here, but the pastures didn't look too bad. Some wheat, rye and oats which had not been combined could still be viewed by our visitors. A couple of fields on one rented farm gave us an excellent opportunity to see the effects of compost. One field on this farm had compost last fall, but there wasn't enough for the second field. Both fields had rye and the difference was incredible. The field with the small amount of compost looked tall and healthy and the rye had large, long heads. There were relatively few weeds in this field. The other one looked starved with short straw and small heads and a thick growth of weeds. It was interesting to note that the compost had resulted in less weeds and a better crop.

There was some interest in a field of alfalfa which had been ploughed after the first cut of hay and sown to several different combinations of rye, oats and fodder rape. The tour took place about 10 days after this field had been planted, but it was already covered with a green carpet.

The results of this experiment have been interesting for me, as the plots have now all been grazed off. The best results came from the lower land with more moisture. It had been planted to rye and some fodder rape, and a strip with only fodder rape. It may have been that the oat and fodder rape strips didn't perform as well because they were on higher ground which had much less soil moisture. All appeared fresher and more vigorous than other pastures at that point, which had gone into dormancy with the drought.

One thing I have noticed is that the summer-planted rye starts to turn yellow at the tips when it reaches a certain height. Following grazing it comes vigorously again with fresh green leaves.

EMPLOYMENT OPPORTUNITIES

WORK WANTED IN 1995: Looking for a month's work next year, this woman has studied agriculture, worked on several farms in Germany, and is presently employed in an agricultural office as an advisor on plant production. She's interested in an organic farm, or advisory experience. Please write her (she'd also appreciate a farm description), if you're interested: Marion Sterzinger-Greif, Aspachhof, 97215 Uffenheim, Germany.

CSA OPERATOR WANTED: Looking for a couple or family to operate a CSA Ecological cash crop farm, near a major market, on a share basis. Good opportunity for growth and security. Call Phil Anderson at 416-323-9497; or write him at 310 Wellesley St. E., Toronto, On M4X 1H1.

CUSO - RESEARCHER WANTED: CUSO is looking for someone to fill a position here in Ontario. The job title is "Sustainable Rural Communities Outreach Worker/Researcher". Among other duties, the person would establish a data base on sustainability of communities, plan educational events/workshops, assist in the development of CSA's or farmer's marketing. The position is voluntary at this time, although it may become a paid, contract position. For complete information contact FATHY IBRAHIM, at CUSO-Guelph, by phone 519-767 2854, or by fax 519-822-7089.

STOCK EXCHANGE

****N.B.** There is now a \$5.00 fee (per insertion, per issue) on stock exchange listings (farm products only). If you wish to list something, please send your payment along with your notice.

FOR SALE: One Dexter bull. Phone Chris and Sue Hoskins at 519-335-3170.

WANTED: Urgently needed - feed quality grains and oilseeds. Call Ontarbio at 519-369-5316, or Fax at 369-3210.

FOR SALE: Organic rye seed. Also certified organic rutabaga. Call Larry Bender at 519-655-2082.

WANTED: Apple Cider Vinegar Recipe - I've never had much luck making vinegar from our apple cider. I'd like to try again this fall. If you know a foolproof method or recipe for turning Fresh Apple Cider into Vinegar, I'd be delighted if you'd share it with me. Tony McQuail, RR #1, Lucknow Ont. NOG 2H0.

WANTED: Growers to produce certified or transitional organic grains and oilseeds. Call OntarBio at (519) 369-5316, or Fax at 369-3210.

FOOD FIT FOR YOUR FAMILY: Order now to fill your freezer with organically grown Lamb, Pork, Beef and Chicken this fall. Also available: apples, apple cider, and apple butter. Re-certifying with OCIA. Phone Tony & Fran McQuail at (519) 528-2493, or write Meeting Place Organic Farm, RR #1, Lucknow, Ont. NOG 2H0 for ordering information.

FOR SALE: Rare swine - Berkshires and Tamworth, great foragers, registered breeding stock and/or weaner pigs; Rare and Minor Breeds of Poultry - Anconas, Light Sussex, White Wyandottes, White Leghorns, Black Cochins, Barred Plymouth Rocks, Black Australorps, hatching eggs and day old chicks available april to June; and Endangered Cattle - Dutch Belted, semen. Hubert Earl, Haedae Farms, R.R. #2, Addison, Ont. K0E 1A0 (613) 924-2052.

WANTED: OCIA eggs to fill market demand at very good prices. Poechman Family Farm, call Gerald or Marlene at (519) 364-5657.

FOR SALE: Fresh cold-pressed flax oil, high in Omega 3; certified organic and bio-dynamic; pressed weekly; will ship in small quantities; reasonable rates; contact Robert Clatworthy, R.R. #1, St. Anne de Prescott, Ont. K0B 1M0 (613) 674-2853.

FOR SALE: Rare and unusual varieties of apple and pear trees; also some native trees and shrubs; transitionally grown. Special fall clearance of fruit trees. For more information phone Woodwinds at 519-335-3749.

The Ecological Farmers Association of Ontario

Was established in 1979 with the purpose of:

- * Helping members develop ecological farming methods which maintain and enhance the health of the soil, the crops, the livestock and the community.
- * Providing opportunities for members to observe practical applications of ecological farming methods. These include soil tillage, green manures, cover crops, crop rotation, composting, soil erosion control, conservation practices, windbreaks, livestock management and marketing.
- * Bringing together those people who are concerned about ecological agriculture so that they can share experiences.
- * Creating links between farmers and consumers to gain understanding, and to create markets for ecological farm products.

Activities

Conferences, courses and workshops on ecological farming methods, farm tours, newsletters, farm consulting, seed and stock exchange, information source for community shared agriculture projects, and good fellowship.

Directors

Tony McQuail (Pres.), RR #1, Lucknow, N0G 1M0, (519) 528-2493
Ted Zettel (Public Relations), Chepstow, N0G 1K0, (519) 366-9982
Ruth Knight (Treasurer), RR #1, Clifford, N0G 1M0, (519) 367-5531
Shelly Paulocik (Newsletter Editor), RR #1, Bluevale, N0G 1G0, (519) 335-3749, Fax (519) 335-3516 or 357-1996
Chris Hoskins (Secretary, Advisory Serv. at MVCA (519) 335-3557), RR #2, Wingham, N0G 2W0, (519) 335-3170
Bob Budd (CSAs), RR #2, Goderich, N7A 3X8, (519) 524-8097
Harold Saunders (Tours, CSAs), RR #2, Denfield, N0M 1P0, (519) 666-0705
Hubert Earl (East), RR #2, Addison, K0E 1A0, (613) 924-2052
Rita Stoller (East), RR #1, Seeley's Bay, K0H 2N0, (613) 387-3927
Fax (613) 387-2701

Membership Application For Ecological Farmers Association Of Ontario

(Please Print)

Name _____
Farm Name _____
Street/lot/Conc _____
Town/Township _____
County _____
Postal Code _____ Phone(____) _____

Please check the category that fits you best:

- ☐ Full-time Farmer ☐ Part-time Farmer
☐ Educator ☐ Media ☐ Other

For farmers (optional questions)

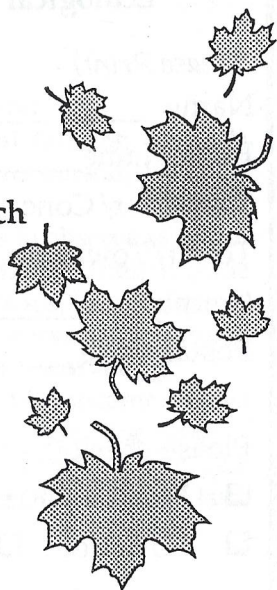
- Number of acres farmed _____
-List of crops _____
-Livestock (type and number) _____
-Do you farm organically? ☐ Yes ☐ No
-If yes, how many years _____
-If no, are you trying to move in that direction? ☐ Yes ☐ No

Membership is \$20 per year, or \$50 for three years. Members receive four newsletters a year and can attend any workshops, meetings and farm tours. Membership also entitles you to an on-farm visit by one of our EFAO consultants. Mail this form with payment to: Ecological Farmers Association of Ontario, Box 127, Wroxeter, Ontario N0G 2X0.

I wish to make a donation to EFAO- amount _____

Upcoming Articles

- Grazing in the Orchard
- McSmith's "on the Farm" Research
- Earthworms



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