



News

Summer 1998

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From the Editor

I always leave the editor's remarks to the last. Yes, in part it's a case of "the plumber not looking after his own". To a greater extent though, my editor's comments are in response to what's been pulled together for the issue, and that always happens at the last minute - usually a few days or more after the deadline. I think I'm going to have to get more philosophical about deadlines! Right now I just don't have the time!

But, what we do have for you is timely. Our News & Views section is overflowing in this issue. The story from Golden Acres Farm contrasts well with Steve Martin's regular column, while the Groenewegens' Member Profile shows they have different concerns. Some new books from the library get reviewed by Marilew Albrecht. We also have a few words from Mike Beretta, who's alive and recovering. An update, "Quick Response Encouraging" tells how members responded to our call for help with the newsletter. Audrey Fyfe offers a "Follow up on Organic Food Marketing". And in our Features section, a pair of articles offer complementary views on some ideas for dealing with summer's heavy work load, using two different work programs. Taking the time to read them now may save you grief next summer. So, please put your feet up and take some time to enjoy this issue.

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 (\$25 per year, \$65 for three years) write the EFAO, Box 127, Wroxeter, Ontario N0G 2X0.

President's Remarks



This report has been particularly difficult for me. Difficult because there are so many issues that concern all of us, but perhaps even more difficult because I realize there is precious few moments at this busy time of year to do much other than to skim the surface on but a few of them. However, let me begin by doing what Canadians seem to do best - talking about the weather.

It is clear that phenomenal weather patterns certainly seem to be the norm this year. The recent Ice Storm, followed by an early and extremely hot spring with near drought conditions during the month of May and now that the rains have finally arrived they are too often in the form of torrential downpours of hail, accompanied by strong winds and cooler than normal temperatures and now (June 2) the very real possibility of frost. It seems that just about everything associated with our normal weather patterns is completely out of sync. Imagine strawberries ready for picking at the beginning of June, raspberries setting fruit at the same time, baling hay the last week of May and yes, the turtles were even laying their eggs along the roadsides two weeks earlier than usual.

It is difficult to assess the reasons for these extreme climatic patterns but some say El Nino is to blame. Others attribute it to global warming, which of course, places the blame for such phenomena squarely on the backs of humankind. Many of us have long realized that we would ultimately "pay the price" for endless destruction and abuse we have continually heaped on our planet. It seems Nature is responding with yet another "wake-up call."

I began with concerns and observations about the weather because it is really an important part of a greater concern about the environment and how it is affecting our lives, our health and the health of our children. It seems that whenever we engage in conversations concerning the environment, discussions invariably gravitate to issues dealing with the safety of our food supply. More and more people are expressing their concern in issues such as genetic engineering, food irradiation and the use of hormones, antibiotics and feed additives in livestock production. In a recent C.B.C. interview, Dr. Samuel Epstein, a renowned expert on cancer

prevention clearly emphasized that both lifestyle and diet are the major causes of disease amongst the population. With respect to diet, Dr Epstein asserted that if beef was to be part of a person's choice of food then it should be organically produced. He was quite emphatic in his statements that conventionally grown beef is one of the leading causes accounting for the sharp increases in both breast and prostate cancers.

As a result of these observations and concerns, the demand for pure organic food continues to climb. Unfortunately in some localities the demand exceeds supply. Here at Haedae Farms we are also experiencing growth and we are presently expanding our supply of organically grown produce and meat products. But as most of you realize, expansion of livestock numbers does not occur overnight and therein lies our immediate concern. Trying to source an interim provider of locally grown organic meats, particularly beef, has been virtually impossible. But perhaps the most disturbing revelation I encountered from producers I contacted was that they had either drastically downsized or have ceased production because there were NO available markets or local demand for their beef.

Sometime ago the EFAO identified "Marketing" as one of the areas in which we should become involved, but those of us involved were not clear on how we should proceed. Obviously this is no longer the case. Clearly we need to develop a program to interest more producers to convert to organic production. We need to identify existing and potential market opportunities and we certainly need to develop a mechanism to bring together producers, distributors and consumers. All of us must work together to meet this challenge. Contact either myself or any of your EFAO directors with your suggestions or offers of assistance.

Editor's note: I heard clip on the radio that La Nina (spelling uncertain), is to blame for this spring's weather - not El Nino. Since Hubert wrote these remarks, his area has been hit by yet another of Mother Nature's storms. On Monday night they had the worst lightning storm in Hubert's memory. It knocked out their power for 24 hours, and destroyed various electrical appliances. The heavy rainfall also moved the top of their garden down to the bottom. Hubert's beginning to take this personally! But seriously, if anyone knows someone who can enlighten us about these strange weather patterns, please see if they'll write an article for us.

Coming Events

(A great deal of preparation and planning is carried out by the host farm families and in a spirit of support I would encourage all members to make every effort to attend at least one such farm tour. I am certain you will not be disappointed. Hubert A. Earl.)



Reminder on EFAO

Summer Tour Dates

June 20 - Hack Farm in Kincardine area

July 18 - McQuail Farm in Lucknow area

July 19 - Marisett Farm in Picton area

July 25 - Sherrer Farm & Mountain Path Farms, in South Mountain area

Farm Tour

Golden Acres Farm

Dianne and Francis Fleischauers, near Stratford

The Fleischauers, in combination with W.G. Thompson are hosting a tour this summer on July 18, from 10 a.m. to 2 p.m. The tour will highlight the mechanical means of weed control that Francis has been using, plus rotation strategies. W.G. Thompson will be providing lunch. For more details, phone 519-656-3152. (See their story on transition and weeds in News & Views.)

Timber Framing Workshop

- August 10-15

Spend 5 days learning the skills of the timber framer from 4 instructors. Then on the 6th day experience the thrills of erecting the barn frame you helped to craft.

Individual with meals and camping \$450.00

Individual without meals and camping \$375.00

Couple with meals and camping \$700.00

Couple without meals and camping \$550.00

- and -

Ontario Suffolk Punch Gathering and Annual Meeting of the American Suffolk Horse Association

-Aug. 28-30, 1998

An excellent opportunity to see this rare breed in action in the field and forest:

- field work demonstration
- ridgetill equipment demonstration
- test drive a Suffolk team
- round table discussions with experienced teamsters
- woman teamsters workshop
- training demonstrations
- logging demonstration

both at Orchard-Hill Farm, 45415 Fruitridge line, St. Thomas, On
Contact: Ken or Martha Laing R.R.#5, St. Thomas, ON
NSP 3S9, 519-775-2670

Natural Life Festival

July 31 to August 3

Natural Life is a Canadian magazine about lifestyle alternatives. Starting with an Eco Fashion Show on Friday, July 31 at 7:30 pm, *Natural Life* will be hosting a Festival which will present workshops on various alternatives such as strawbale construction, renewable energy, social investing, homeschooling, co-housing, reflexology & organic gardening. Also on the agenda is a trade show with at least 140 vendors, an organic farmer's market, food, & live music performed on an outdoor stage powered by solar panels. The festival continues until to 6pm on Monday, August 3.

It will be held in St. George, south of Cambridge. For further information, contact *Natural Life* at (519) 448-4001 or 1-800-215-9574 or fax (519) 448-4411 or email natural@life.ca. Workshops are \$5 each before July 1 or \$10 each thereafter. Entrance to the Festival is free. See you there.

Ecological House Tour

Plans are being finalized for a tour of several houses in the Orangeville area. The date has been set for the weekend of Oct. 3-4th this fall. There will be a charge, with proceeds being donated to Habitat for Humanity. For further information, phone Dave or Anne-Marie Warburton at 519-942-4129, or fax at 519-942-0610. (The Warburtons run a garden design business called Plantsmen, and are the owners of a straw bale house in the Hockley Valley. Some of the lumber, posts and beams were milled from trees on site. This alone is a fascinating house.)

Annual General Meeting

Plans for the Fall Seminar & Annual General Meeting are well under way. This year the event will be held on Saturday, November 28 at the Formosa Community Centre in Formosa. We have decided to move our AGM closer to where the majority of our current membership resides.

Thus far we have confirmed a speaker on Biotechnology & are awaiting confirmation on the rest. The Farmer's Tips portion will be reinstated. Just for fun, we will put the names of the farmers who either share a tip at the AGM or send it into the newsletter for our next issue, into a hat & draw a name for a prize. Excluded will be current members of the Board.

The Search is On

This message is for anyone who's come up with a great idea, whether it be in the in the house, garden, barn, or field. One of the treasured portions of our AGM has been 'Farmers' Tips'. In order to get the pump primed for November, we want you to send in your ideas for saving time, doing something better, or easier, or simply tackling something most of us haven't even considered. We challenge our members to surprise us with their creativity. Let's see what's happening out there.

Making the Transition

by Steve Martin

This is the sixth year we have cropped without using chemical fertilizers or pesticides. As I look over the crops this spring I can see that the veteran ecological farmers are absolutely right when they say that weeds become less and less of a problem, as you establish a more diverse rotation. On the other hand, conventional farmers who are caught up in the war against weeds, are sure that the weeds will take over the farm if we don't spray them. My fields are telling me that it isn't so. I can identify two practices in particular that have contributed to the reduced weed pressure this year.

First of all, in the newly established hay fields, seeded last year with a lightly seeded (50 lb/acre) nurse crop of mixed grains, and a having a thick stand of weeds, (mostly mustard), I cut the field, weeds and all, in early July, and baled it for hay. It had looked like a major disaster in June when the mustard was in flower, but on closer observation the clovers and alfalfa, and grasses were coming too. The forage then took over and grew a nice second crop which we

grazed in September. As I write this (May 28) there looks to be a bumper crop of hay waiting to be harvested, with no signs of mustard in the field. So much for the weeds taking over.

The second practice which has had obvious results this spring is the delaying of planting spring crops to leave time for weed control cultivation prior to planting. This is one of the first things you learn when you take an ecological agriculture course, but it is hard to be patient enough to wait for the weeds to germinate. When the ground is ready and the neighbours are seeding, it's hard to resist that conventional paradigm of getting the spring crops in as soon as possible to avoid losing yield, or missing out on the spring moisture.

Well, this year I managed to wait, since I wasn't ready when spring came. While other years I would work up and seed each field as it became ready, this year we were still winding down the maple syrup production when the first fields were ready to cultivate. By the 10th of April, everything was drier than last year in the middle of May, so I decided to cultivate all 63 acres that were to be spring sown, and then went back to finishing off the maple syrup operation for the season. After waiting 10

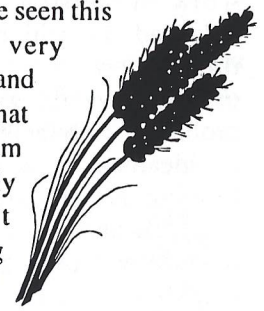
days, I worked up and seeded the first field on April 21st, and finished the last on April 24th, the earliest I have ever been done.

The results are quite astounding. While other years there was always considerable doubt as to whether it would be the weeds or the crop that would gain the upper hand, this year there has never been any doubt. The grain was up in less than a week and has stayed well ahead of the weeds ever since. It certainly will be easier to be patient next year.

Waiting to plant my corn this year was also a test of patience. My plan was to let the cows graze the field off, plough down the sod about the 1st week of May, leave it for ten days and work it up, then leave it another 10 days and rework it and plant the corn around the 24th of May. While some were already planting corn, my field was still capturing sunlight energy to convert into forage for the cows. While other's corn was emerging, the cows were still grazing my field. By the time I planted it on the May 26th, other corn was well established and some farmers were cutting hay. It will be interesting to continue to compare as the season goes on.

Making the transition to

ecological agriculture is itself an exercise in patience. The results are not usually immediate or obvious, as they tend to be with conventional practices of applying more fertilizer or trying a new chemical. Seeing results such as I've seen this spring is very gratifying and confirms that I can farm successfully without assaulting the soil with chemicals.



Concern about weeds remains uppermost, even as transition progresses

by Rob & Dianne
Fleischauer, Golden Acres
Farm, just northeast of
Gadshill (Stratford area)

Are weeds an indicator of soil type? Are weeds beautiful? To the artistic and certain organic adherents, yes, but to Rob Fleischauer, practical farmer, most weeds indicate action - fingerweed, scuffle, hoe, hand pull or shovel!

When Rob & Dianne, nine years ago, went on organic farm tours, they were told that properly balanced soil will not promote weed infestation. "Don't worry about the weeds - work at getting your soil balanced. Transition years are the hardest, "once you get organic, weeds won't be a problem." Rob feels that this is an idealistic view of organic farming. Experience teaches us that a balanced soil with high organic matter will grow a good crop and along with it, weeds. Rob is adamant about controlling weeds. He knows that every weed left to go to seed this year produces thousands of weeds for next year. A good crop rotation helps to balance the soil, yes, but you'll always have weeds to be concerned about. Rob's present six field crop rotation includes fall-seeded triticale, grain/alfalfa, buckwheat, corn and soybeans. He fingerweeds and scuffles his corn and soybeans. Timing is critical, especially of the fingerweeding. Look for fine, white weed sprouts in your soil. That is the time to fingerweed - not when the weeds are 1" high. You must get control of the tiny weeds right within the rows of beans or corn. Rob is aggressive with the fingerweeder, sometime even covering up to 80% of the young soybean emergents, making

them push through again!

Rob fingerweeds several times and then scuffles as needed. When the missed weeds begin poking their heads over the crop, Rob & Dianne spend hours hoeing and pulling; Sheri Lyn 9, Julie 7, and Rachel 2½ help too. Another way to control weeds is by mowing fence lines and ditch banks.

The Fleischauers have transitionally farmed 100 acres (some acreage is still conventional) for 9 years. (Rob has farmed for 23 years.) The liquid pig manure, Alpine liquid starter, occasional use of Growers fertilizer and occasional spraying of grain field prevent organic certification. Most crops are fed to the small hog operation, and, as there is not enough demand for organic pork, there is no big incentive to certify - except for the soybeans. Maybe next year!

Dianne has influenced the trend toward organic, as she has always insisted on eating organic grains and beans. Rob has done custom combining for 23 years. When Rob & Dianne were first married (ten years ago), Rob would give Dianne beans he had cleaned out of the combine and she'd refuse them. Dianne was appalled at the sprays used to dry the beans before harvest,

and the more she learned about conventional farming, the more she bought organic. Without much ado, Rob surprised Dianne one day and gave all his chemicals to a neighbour!

For several years we have planted a BOPP garden. BOPP stands for Beans, Onions, Potatoes and Peas. As long as these vegetables are planted deep enough, fingerweeding doesn't hurt them. Our BOPP garden is planted in the corn field, alongside our sweet corn, using the corn planter to mark the rows. Fingerweeding & scuffling sure make it an easy care garden, just a few straggler weeds to hoe and pull. I guess you could call it a Plant and Pick garden.

If you wish to keep peace with your neighbours, choose 100 acres, no more, to farm organically. One family has a full-time job in controlling weeds on 100 acres. Just remember, if you let those thistles go to seed your neighbours won't like you! Spending money is a matter of choice. Do you wish to give your dollars to the chemical company and have an off-farm job to make ends meet? Or would you like to spend hours labouring on your land - God's creation, saving dollars by using a simple finger weeder & scuffers?

Where is organic farming

going? Genetically modified seeds & inoculants we question. With birds, ground hogs, earthworms to transport live bacteria across the line fences and us to cultivate and spread it, how can we regulate organic?

Fleischauers have a farm tour this summer, see coming events for details.

Member Profile: Kathie & Francis Groenewegen



The Groenewegens, and their children Patrick and Olivia, live just north of Kingston. With 156 acres of mostly clay loam soil, (18 acres of that being woodlot, plus a stream to work around) they consider theirs to be a small operation. In fact, one of their main concerns is having enough workable land, especially as they work their way through transition. Because of this, they have recently reclaimed 15 acres, and tile drained another 32 acres.

Their Limestone Stables is home to 67 dairy cows (Holsteins and Jerseys) and 15 riding horses (either from their breeding efforts, or ones that they board). Other livestock are

found too, for their farm production includes organic beef, chickens and eggs, both for themselves and some neighbours. With their aim of having organic feed for all their cows, they see that they might have to cut back on their herd numbers, unless there are further changes to their limited landbase.

The Groenewegens have been working their way towards being organic for a few years now. Already they have 30 such acres. In the field they find that paying more attention to crop rotation, planting a bit later when possible and blind harrowing all help with weed control. In the barn they've found that advice from BioAg Consultants, Murray Bast and Dr. Carl Middlebrook have gone a long way to aiding them in the use of homeopathics. Simply focusing on more exercise for the dairy cows, in part by using a rotational grazing system, and by changing their calf rearing methods (they now feed milk until the calves are five months old) has made a significant difference.

Kathie and Francis have been EFAO members for two years now. A course given by Ted Zettel and Gerry Poechman provided the final inspiration and push necessary to head them in the new organic

direction, one that they knew had to be better conventional route. Besides looking forward to each newsletter, they have enjoyed three workshops, one wonderful farm tour to Western Ontario, and several meetings. During these times, Kathie and Francis have appreciated support from others and enjoyed the exchange of ideas that takes place, farmer to farmer. In fact, they look forward to more of that in the future, and helping others out in any way they can.

(Editor's note: This is how the EFAO really began, small group of local farmers meeting together to help each other out. Perhaps if you're in the Kingston area, you can contact Kathie and Francis and get your own local group underway. Once again, we thank the Groenewegens for being willing participants in this member profile, and for taking the time to write down all the facts and figures.) Much appreciated.)

Quick Response Encouraging

by Shelly Paulocik

It was very gratifying, as temporary editor, to receive three phone calls in answer to our "call for help" with the newsletter. Not only did they come within a day or two of the

members receiving their EFAO News (I appreciated the quickness of their response), all felt that the newsletter was a subject worthy of their help (we all like to hear praise), and the conversations boosted my moral immensely.

Mike Hubbard (in the Orangeville area), and myself are still thinking how he'll be helping out in future. Perhaps it will be in connection with his interest in small equipment suitable for vegetable production or specialty marketing. If you'd like to work with Mike on these issues, phone 519-941-8298.

Another phone call came from Pam Jordan, near Ennotville. She has an interest and background in sheep. She's agreed to work on a series of articles about our woolly grass eaters. Pam's first article outlining summer shepherd activities is already in this issue, but if you have some wisdom to add to Pam's future articles, please pass them on: RR #2, Elora, NOB 1S0, or phone (though she isn't in to answer too often) 519-843-6974.

A third call came from Dan Harris. Dan and I were able to come up with an idea that will hopefully help all member in future. Our idea it follows.

Looking for areas of special interests and advisors

Over the phone, Dan and I explored how he might be able to help us with the newsletter.

Eventually, our talk brought us around to the topic of how EFAO members can help each other answer urgent questions. The upshot of our discussion led us to the idea of developing a list of "areas of interests" and then proceed to find one or two advisors for each special interest. The hope is that when a member comes up against a difficult question - whether it be a pasturing issue, or where to find equipment for hilling their potatoes - he or she can get some help when he/she needs it (as opposed to waiting to put a question in the newsletter, then waiting on an answer in the distant future).

Dan will be working away on this during the upcoming months. If you have an area of interest you want to see covered, or you feel confident to act as an advisor on a certain subject, please contact Dan Harris at 519-367-5748. If you know of a perfect combination of subject and advisor, we'd like you to pass that on too.

The Shepherd's Mid-summer Calendar

by Pam Jordan

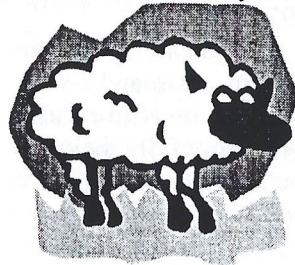
For many shepherds, June and July are the months when they can relax after spring lambing and watch their flock grow fat on pasture. With the previous season still fresh in your mind, now is a good time to take stock, and consider your flock management.

If you have arranged that the times when the flock needs most attention fit nicely into the lulls elsewhere on the farm, you are on the right track. And if you have a ready market for the lamb crop, it is not likely that you want to change much on your shepherd's calendar. Most breeds of sheep will work well in a late spring lambing program with little extra management. Lambing on pasture has advantages, such as reduced disease and lower feed costs that make this a practical course to take.

However, if you want to capture the stronger prices for Christmas and Easter lambs, and you have time and resources to tend to an autumn or winter lambing, it is quite possible to encourage your ewes to move up their biological agenda through some timely steps. This

article is too late to discuss breeding for the Christmas market, since the rams would need to be with the ewes by the end of April or early May, but there still is time to plan for early winter lambing. The strategies for out-of-season breeding are the same in both cases.

To begin with, you must work with the constraints of certain breeds. It will be difficult to get breeds such as the Suffolk, Hampshire, Oxford and the like to have naturally occurring estrous cycles in mid-summer. However, the older style polled Dorset, the Horned Dorset and fine-wool breeds such as Rambouillet, Merino or Finnsheep will cycle through the year, or will respond to the decreasing daylength beginning in July. If you have previously exposed your flock to rams in June or July, and had some ewes get in lamb, you have already identified those which will breed at this time of year. Year-round exposure to rams, not a system I would recommend for everyone, allowed me to identify out-of-



season breeders and ewes that would lamb three or four times in two years. I've since refined my management, but have kept those ewes and their ewe-lambs and have had success keeping them lambing in the summer and the fall.

Besides using breeds that have an early breeding tendency, there are several other aids you can utilize. Ewes which have been deprived of the sight, sound and particularly the smell of rams for at least 4-6 weeks, will respond to the presence of a male by having a 'silent' heat (no behavioral signs) within three to four days. This means that the ewes you have in mind to breed should not be anywhere near your fattening ram lambs! Ovulation and pregnancy rates are lower if you breed on this cycle, so it is recommended that you use a "teaser" ram for this 1st male exposure. A teaser ram has been vasectomized, but will behave and smell like a ram. Some producers use a hermaphrodite (a naturally occurring oddity) which may be female externally, but it has internal testes that produce male hormones sufficiently for it to behave like a ram. If you consider the day you introduce the teaser as day 0, you will replace him with the fertile ram(s) around day 14. To attain January, February lambing, put

the teaser in around the last week of July, and the fertile ram in two weeks later. The majority of the ewes in the group will be served over an 8-10 day period from day 18 onwards (when they'll have a true estrus with higher ovulation rates). You can also boost the number of lambs your ewes will carry if you have the ewes on new pasture or .5 lbs grain/head during the 2-3 week periods preceding and following the breeding.

Using a teaser alone should help synchronize your ewes so that lambing can be concentrated over a 2-3 week period. But there is another factor which may help "prime" your ewes and tighten their response. In humans, we know a little stress can sharpen our performance (and too much can swamp us!). A controlled exposure to stress in sheep works in a similar way. In a ewe that has the potential to cycle, activities such as weaning, shearing, or other handling and sorting constitutes sufficient stress to synchronize a proportion of the group so that following a silent heat, they will accept a ram in about 2-3 weeks after stressful event. Caution: too much stress affects ovulation rate, and generally is not pleasant for the flock!

Using these above methods to help advance the

breeding season and bring on earlier lambing may provide a new market opportunity for you. As for myself, camped out in the stable in the deep of winter, I feel I am in good company watching over my flock at night.

New Research Program

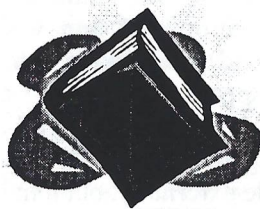
by Harold Saunders

At the April board meeting, directors past a motion supporting a research program. The idea of this program is to encourage more sustainable research, and use the newsletter to disseminate the information and get it into hands of the users. As the first step, I made contacts with a number of our members, to find out what they are working on as regards to research. Here are some examples: comparing solid rows with wide rows of soybeans; the effect of kelp and molasses on different crops; how the length of storage time affects the germination rate of seeds of different cultivars.

As more government and industry money is being put into biotechnology and non-sustainable agricultural research, it has become imperative that we work together in researching the information that we need, in order to do a better job on the land and in the barn.

In conclusion, I encourage you to do comparison tests and write down the information, either good or bad for garden tests, field tests, livestock, and energy. Furthermore, collect the results so that others may see and use what you have found! In the fall when the results come in, we will put them in the newsletter. In the future, perhaps a research fund could be setup to help defray some of the research expenses. If we can help you contact us at EFAO.

(Editor's note: If you've often wondered how the questionnaire done a few years ago has been put to use, here is just one case - we had a list ready and available to help Harold track down the experimenters among us. Thank you to Ruth Knight.)



Book Reports

(Read any good books lately? If you've enjoyed something out of our library,

or somewhere else, and feel that even a brief summary of what you've gained from it might prompt someone else to read and learn, please jot down your thoughts and send them along to Marilew Albrecht, RR #1, Clifford, NOG 1M0. She's offer to watch what comes and goes out of the library and prompt reviews, as with the one that follows.)

Three Biodynamic Pamphlets

by Chris Hart

The EFAO library, housed at MVCA office in Wroxeter, has a number of books and pamphlets on Biodynamic farming theory, techniques and practices. A good introduction may be had by reviewing three pamphlets that range between 30 and 40 pages in length

A best starting place is with the pamphlet entitled "What is Bio-dynamic agriculture?" The author is Herbert H. Koepf and the original German edition has been translated in 1976 by N. Brinton and Marjorie Spock. This pamphlet notes the original work of the naturalist and philosopher Rudolph Steiner who provided the basis for the bio-dynamic movement in a series of eight lectures given at Whitsuntide, 1924 in

Koberwitz, Silesia. The term "bio-dynamic" was suggested by those attending the first lecture. The concept of applying Anthroposophy or "spirit in nature", a philosophy propounded by Steiner, to agriculture was to aid in restoring vitality to the land. Hubert Koepf notes that the "many-sidedness of living communities" and "maximally closed systems" character of natural environments are ones that are desirable in agricultural system. In bio-dynamic agriculture, the 'farm as an organism' is the form of organization which does justice to these points of view. The realization of the fundamental tenets of Anthroposophy are described as an emergent form that embodies not only growth, nutrition, and propagation, as well as inorganic processes, but also the life or etheric body. It is noted how as a practitioner gains more insight into the etheric world they will become increasingly attuned to natural processes and the importance of the working of the spirit throughout nature. The practical applications of bio-dynamic agricultural techniques are further described, but only generally. It is the application of bio-dynamic principles to agriculture that is emphasized.

The all-important role of the soil vitality and the total

ecology of the soil in providing plant nutrition, as opposed to the use of mineral fertilizer is described. Koepf notes that "Hardly any deficiencies appear if the life of the soil is properly fostered". The handling and use of biodynamic preparations for enhancement of composting and crop nutrition are further described. The reader will develop a general sense of biodynamic agriculture and how philosophy, techniques and practices lead to not only enhanced vitality of the land, but also food products of a much higher quality than that produced by conventional agricultural techniques. One of the best aspects of this pamphlet is the listing of proponent organizations from all over the world that may be contacted for further information. A small but informative bibliography rounds out this publication and provides further sources to be consulted.

"The Spirit in the Realm of Plants, a lecture given by Rudolf Steiner, Berlin, December 8, 1910" was translated from German by G. Karnow. Mercury Press, 1978. 30 pp. This pamphlet is a good follow-up to "What is Bio-dynamic agriculture?". General principles described by Koepf are given more substance in the material abstracted from the lectures of Steiner, the

originator of Anthroposophy.

Steiner notes right away that the concept of spirit must be recognized in all things and beings in order to have a true understanding of the nature of all things. I understand this precept to mean the "is-ness of being" or "istegit", the essential nature of existence or being of all things. Steiner notes that this spirit is inherent prior to discovery by humans and thus is everywhere a manifestation of the spiritual realm. From a Christian standpoint, one might say that this is the discovery and perception of the significance of all creation.

Steiner moves into the "spirit in the realm of plants", by philosophically investigating and describing the world of plants. Through this he develops a holistic perspective from which he notes that, "... to the view of the spiritual investigator, the plant world at once relates itself to the entire planet earth and forms a whole with the earth just as the finger or piece of bone or the brain forms a whole with our organism."

Steiner develops an interesting premise that could be termed a blend of the pioneering philosophies of the ecologist Ernst Hackel and the proponent of the modern Gaia theory, James Lovelock.

Summer 1998

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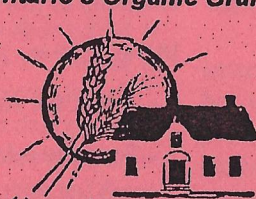
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Steiner was ahead of his time in noting that, "we may not look at the earth planet as a dead rock formation, but rather as something that is in itself a living whole, bringing forth the nature of plants and of itself, just as the human being brings forth the structures of his sense organs and the like." In a fantastic and sensitive manner Steiner describes plant life as being "to the earth, the organ through which the awakening organization of the earth in spring, together with the sun, develops its thoughts and feelings". He goes on to describe a, "... marvelous weaving of a cosmic world of the thoughts, feelings and sensation."

This surely must have seemed a little far-out the time, it being written in the early part of this century. Today it is clear that Steiner was headed in the right direction and was able, through his intuitive genius and remarkable imagination, to fill in gaps in scientific understanding not yet described by scientific investigation at the time. This is underscored in his statement, "Thus we must look to mother earth as to our great nourishing mother. We have seen, however, that in the plant coverings we have the physiognomy of the plant spirit, and through this we feel

as though standing in soul and spirit. We gaze, as it were - just as we gaze into the eyes of another person - into the soul of the earth, if we understand how it manifests its soul in the blossoms and leaves of the plant world."

The reader is further encouraged to consult the following for aid in developing a comparative perspective in considering Anthroposophy. "Gaia" by J.E. Lovelock. 1982. Oxford University Press; "The Secret Life of Plants" by P. Tompkins and C. Bird. 1973. Harper and Row; "Synchronicity" by C.G. Jung. 1973. Princeton University Press.

Having gone through the proceeding two publications the reader will be primed for the last in the described trilogy, since the first two provide a general basis for the presentation of the more detailed and scientific information that appears in the last. The last, "Biodynamics", presents information of a more practical nature that describes the key practices of biodynamic agriculture, as well as general principles and a re-examination of the founding of Anthroposophy. "Biodynamics" by E.E. Pfeiffer, is from Biodynamic Farming and Gardening Association Inc. 1956. 40 pp.

This pamphlet is divided into three sections: i) Biodynamics, a short, practical introduction; ii) the Biodynamic method, what it is and what it is not; iii) Rudolf Steiner's impulse to agriculture.

Much of sections i) and ii) have been covered in the foregoing and little attention to detail is made here. It should be noted however, that section iii) provides interesting historical anecdotes concerning Steiner and his development of Anthroposophy and the biodynamic approach to agriculture. This latter perspective is presented as an historiography with the note that Steiner's methodologies, if followed, would go a long way to avoiding much of the biospheric chemical pollution so much in evidence today.

The second section describes in somewhat more detail than the other two pamphlets what the biodynamic method is, how biodynamic preparations are made and provides some insight into their characteristics and actions. Bio-dynamic preparations, nos. 500 through to 507 inclusive, are detailed in their formulations, chemical analysis, applications, usage and actions.

For a person who is interested in practical usage and experimentation, this is a good

place to start. With a general understanding it may be possible to develop a new perspective, one that is more open and more encompassing in appreciating the diversity and resiliency of nature.

The following two reviews are by Marilew Albrecht

"Herbs for Sale", a new book in our library, is organized differently than other books. All the information in the book comes from people that are growing and selling herbs, rather than from research and science.

The first chapter entitled "Growing Herbs", visits places

f r o m
Colorado,
California
a n d
Washington
state and
east to
M a i n e ,
N e w
Hampshire

and Georgia. The next chapter, "Herb Farms" has more stories and information from other farms in Vermont, Missouri and California. Other chapters include Herbal Products, Wildcrafting and Teaching about Herbs all in the same format. At the end of each chapter is a reference section including recommended books and



videos, consultants and internships, government resources and suppliers.

As I browsed through the book I found it easy to read because of the varied and interesting personal experiences and the conversation style. Anyone interested in herbs is sure to enjoy this book.

Herbs for Sale. Growing and Marketing Herbs, Herbal Products and Herbal Know-How. By Lee Sturdivant, Published by San Juan Naturals, Friday Harbor, Washington.

Another new book in the library is entitled **"Ecological Fruit Production in the North"**. Some subjects it covers are: soil and fertility, hardness and climate, and chapters on apples, pears, cherries, plums and peaches. There is a chapter on small fruit and a chapter on wild fruit such as saskatoons, cranberries, roses and hawthorns.

A chapter on pest management includes tips such as: 1. Keep trees healthy by increasing organic matter and feeding them nutrients and trace elements. 2. Ensure a diversity of plants to attract beneficial insects. 3. Keep the area clean. 4. Use monitor traps (for pests). 5. Develop the habit of observing the tree.

Other chapters include planting, pruning and

propagating. There are a few pictures of pests and fruit, pruning methods, how to train young trees and graphs.

It seems to be a book bursting with information that will contribute greatly to the success of growing tasty, beautiful organic fruit.

Ecological Fruit Production in the North. Written, Published and Distributed by Bart Hull-Beyer and Jean Richard.

The Spring's Gold

by Shelly Paulocik

Talking to numerous people this spring, and seeing the abundant crop with my own eyes, both here at our own farm and when I was roaming the countryside, supported my view that this was an outstanding year for dandelions. Perhaps it was true in your area too.

Many of us see dandelions as a blight in the landscape. Naturally, those concerned with the look of their lawn, do more than roll their eyes - they rant, rave and get combative. Dandelions are acknowledged as being a favoured host of nematodes, thus a real problem for orchardists. Their blossom is more attractive to bees than others, like the pear that we'd prefer to be pollinated, again a problem for orchardists.

They do have their good

points too though. Biodynamic practitioners use dandelion as one of their main compost 'innoculants' and take care to gather flowers - which haven't yet reached the mature rosette stage - in the mornings to use for that purpose. They are a powerful detoxifier, particularly for the liver, and come highly recommended by our veterinarian. They can be turned into jelly and other refreshment like wine.

One company in the US, W. S. Wells and Sons, goes even further and cans their greens. As successful as they are a weed competitor, some of us may take small comfort in knowing what Butch Wells has to say for them as a crop, "What I can't understand, is how these things will grow so well when you don't want them to, but when you put them out in a field with sunlight and water and fertilizer, and you even weed them, they develop every problem known to man." There's a lesson here, I'm just not sure what it is.

The Wells cannery had been in existence for more than half a century, when competition from larger, more modern canneries forced them out of many of their product lines. By 1961, the Wells company had only one product - dandelion greens - but they had a monopoly. In recent years

they have added fiddleheads and beet greens to their product line. This small business grossed about \$100,000 in 1983- it makes me think that there are all kinds of opportunities staring us in the eye, and we don't even see them. For right now though, I'm thinking pretty seriously about jelly!



A Follow up on Organic Food Marketing

by Audrey Fyfe

A couple of issues ago I muttered in writing that too much Canadian organic food is being shipped around the world. Dave Reibling, of Oak Manor Milling, is one of those marketers who ship organic food to far-off places. He phoned me to set the record straight. His company does not send organic food offshore by choice. The problem is that

there are not enough Canadian customers to support his business. In order to make a living, he has been forced to look for customers wherever he can find them. Only overseas are enough people willing to buy premium quality food.

In North America we have been brainwashed by advertising, to believe that the price of food is of prime importance. Appearance is a close second. Nutritional value is sort of down the list & how food is grown is not even on the list. Hopefully we in the organic movement know better, but do we? In my association with EFAO I have met a number of men farmers who are very dedicated organic growers. And hopefully this number is growing. What disturbs me is that when I casually notice what they are eating for lunch, it is from supermarket shelves.

In thinking about this, it occurred to me that wives do most of the shopping. Somehow many of the wives of organic growers see no connection between what their husbands do in the field and barn, and what they feed their family. That is a problem. As long as organic farmers and their wives continue to support the conventional food system with their food dollars, how

can dedicated organic growers & marketers possibly make a living if even their fellow organic growers refuse to support their efforts?

One possible suggestion to begin to educate the wives is to bring them to the AGM. Babysitting is provided.



Unique property for sale

by Shelly Paulocik

During my years of investigating rare fruit varieties, and grafting and growing the trees themselves, Fred and Walda Janson have been my mentors. They have been instrumental in saving numerous varieties, helping to start the organization "North American Fruit Explorers", and

still run a unique book exchange devoted to new and rare horticultural and agricultural books. Now that they're in their seventies, they've decided to head for a low-care urban property and their country place north of Rockton is on the market. What makes this spot special is its incredible collection of apple trees - about 200 varieties. If you know of anyone who'd love to step into this ready-made collection, phone them at 519-621-8897. I'd also recommend their bookstore, phone for a catalogue or to arrange to see the books. It's an amazing collection too.

Marketwatch

These are some estimates for current organic grain prices. prices are per tonne, on a clean basis.

Wheat	300.00 to 350.00
Rye	200.00 to 275.00
Oats	200.00 to 250.00
Barley	200.00 to 250.00
Mixed grain	200.00 to 250.00
Hulless oats	350.00 to 400.00
Spelt	350.00 to 400.00
Soya beans, clear hilum	800.00 to 850.00
Soya beans, dark hilum	700.00 to 750.00

Recent updates

"Down to Earth", the newsletter for the Ottawa chapter of Canadian Organic Growers (COG) had some interesting tidbits in its recent issue. Here are three.

The US Department of Agriculture and Delta and Pine Land Co. have patented a gene technology which prevents plants from reproducing themselves from second generation seed. This is accomplished by activating this gene with a chemical seed treatment. So far, cotton and tobacco seed have proven to be responsive to this treatment, but there's no doubt there will be more to follow. It takes a minute for the impact to hit - the whole bent of Science and Technology is to alter or eliminate the natural processes - to benefit a few, at the expense of the majority, and with unknown consequences in the future. This just doesn't make sense! A good article will be forthcoming in *The Ontario Farmer* (August 17/98), be sure to read it (you can likely find it in any OMAFRA office if you're not a subscriber).

A second article looked at the impact of genetically altered potatoes (they were "given" the *Bacillus thuringiensis* gene to solve the "problem" of aphids). Not sur-

prisingly, lady bird beetles (lady bugs) the natural predator of aphids, were adversely affected. The females became less fertile than normal, and their life span was halved. This appears to confirm critics' concerns for non-target species from such genetic manipulation, and for long term consequences.

A last clip noted that in the UK, where genetic engineering trials are rigidly monitored, the names of companies in violation are published in the press - Monsanto and AgrEvo are among five that have been listed recently.

Thankfully On the Mend

I would just like to take a moment and thank many of our EFAO friends for their support following my recent accident. As many of you know, on May 10th, after finishing packing my last grain field, the three horses I had hitched, spooked and galloped home, eventually throwing me from the forecart and I was subsequently run over by the cultipacker we were pulling. I was extremely fortunate and suffered only many stitches, bruises, a sprained knee and

fractured ribs.

As has occurred in the past during trying times, we were surrounded by a warm community of friends, neighbours and relatives who offered help, support and prayers. We thank you all.

I returned home on a windy day a week after the mishap, and my three-year-old son Thomas reassuringly told me, "The wind will make you better Papa."

On a slightly different note, I must applaud Shelly and the new editorial staff who have taken over the role of putting together the EFAO News. My two and a half years as editor were very enjoyable and hopefully I was able to offer something worthwhile to the EFAO membership. Our butcher shop, farm and family have me scattered thin, and although I hope to continue my involvement with the EFAO, the newsletter is now in very capable hands.

Mike Beretta

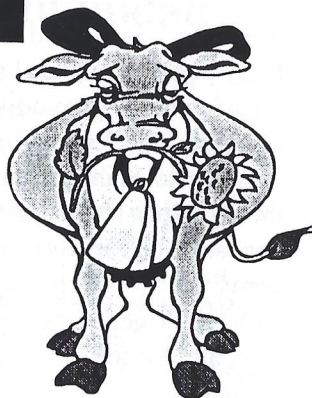
Deworming

by Don Blakney

(The following article is in two parts and was compiled from published articles in issues of THE STOCKMAN GRASS

FARMER, a U.S. farm newspaper, printed by the Mississippi Valley Publishing Corp.

CAUTION: Certified organic livestock farmers should consult your specific organic certifying agency regarding acceptable deworming practices. Contravention of their organic standards could result in the revocation of your license.)



Picture it...it's a warm, sunny day. The sky is blue and the hedgerow is dotted with pretty, spring flowers. All is well in your world as you stroll through your pasture. You pick a blade of grass and begin to munch on it as your thoughts go toward the coming season. Hold it right there. In that single, pastoral gesture, you've probably just wolfed down a few thousand gastrointestinal nematodes or, as we commonly know them, roundworm larvae. Oooo! Spit, cough, gag! Unfortunately, but fortunately for you, you didn't make a dent in the parasite population of your pasture; the same pasture your livestock will soon be grazing.

Traditionally, i.e., as long as chemical dewormers have been on the market, deworming livestock has taken the form of drenching, injecting, painting or administering boluses; however, as parasites begin to develop more resistance to the available drugs and chemicals, natural methods of parasite control are being encouraged by those same people who previously advocated the use of drenching, injecting, painting or administering boluses. And one of the most effective parasite controls is pasture management.

In all fairness, pasture management has always been advocated but with the use of the "wonder worm killers", pasture management wasn't harped on as much. "If sheep parasites develop a widespread resistance to the currently highly effective drugs ivermectin and levamisole (already reported overseas), sheep graziers could be in for a major shock." Commercial dewormers still play a major and important role, but methods like

pasture management and mixed species grazing are beginning to receive much more press.

Probably the worst situation is permanent pastures because they never get out of the cycle of larvae on pasture to gut to manure to larvae on pasture. And while it is touted that "larvae typically survive on pasture no more than 10 months depending on temperature and moisture", the operative word here is *typically*. Perhaps at the North Pole they typically survive on pasture no more than 10 months but around here, we're obviously not typical. If you have permanent pastures and are having problems with parasite control, it's probably in your best interests to either rent some unused pasture or at least pasture which has been unused by your specific type of animal. In this way, you can give your pasture a rest.

If, however, you're in a situation where you cannot lay your hands on other pasture land, then divide your pasture into as many rotational paddocks as it will take to keep your animals off the initial paddock for 4 weeks. This will greatly reduce the parasite population and combined with strategic timed deworming, i.e., deworming in the Fall and then again 6 to 8 weeks after animals have been returned to pasture in the Spring, should give you good results.

Part 2 of this article will appear in the next edition of EFAO NEWS.

News Flash

The secretary of US Agriculture, Dan Glickman, has recently announced that genetically modified products, food irradiation, and the use of sewage sludge will not be included in the new US proposed organic standards. This announcement was made in response to the 200,000 written objections Glickman's office received opposing such measures.

(Editor's Note: Summer is a difficult time. Although we have more hours of light, it seems that the work is still proportionately greater. We asked one family to discuss how they deal with finding help during the crunch, and we asked one of the workers what his experiences have been like for him. We hope this gives you some ideas how you may tackle the work next summer, before you feel as overloaded as you might right now.)

WWOOFer's and Apprentices on the Organic Farm

by Tony McQuail

We have been taking Willing Workers on Organic Farms (WWOOFers) for a number of years and have more recently added apprentices. WWOOFers tend to be for relatively short periods of time and interested in a farm experience but not necessarily learning how to manage or operate a farm. Apprentices come because they want to acquire specific knowledge which they are hoping to use in the future. Work horses and our CSA operation are major reasons why people want to apprentice at Meeting Place Organic Farm.

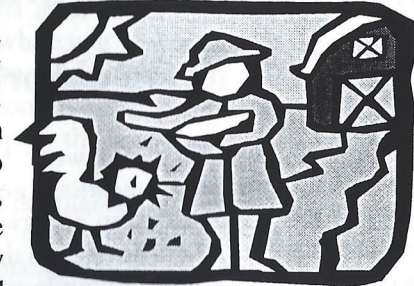
The advantages of apprenticing for the apprentice are to get a chance to try on a particular type of farm operation without making any capital commitment and with minimum risk from inexperience and mistakes. They get a close look and training on a farm operation where they can see what works, what they like and just as importantly, what they don't enjoy and what wouldn't work for them. After an apprenticeship they will be far readier to set up their own farm. Disadvantages for them can arise if they don't feel their work is adequately appreciated, they've apprenticed on a farm that isn't relevant to their long term goals, or they get along poorly with the farm family where they are apprenticing.

Advantages for the host farm are enthusiastic and interested help who have made a long term commitment to learning and working with the farmer. It can be satisfying to pass on hard learned knowledge and skills. As well, it can challenge the farmer to dig deep into their practices when trying to explain things. Farmers can learn from their apprentices. Some potential problem



areas can occur if there are personality conflicts, the farmer lacks the patience to explain things, or the farmer doesn't enjoy playing a managerial role and has trouble delegating more than Joe jobs.

A lot also depends on the individual apprentice and their experience and competence. Because our farm has a lot of different operations and they are cyclical through a year we find that a significant part of our time is spent providing instruction and then supervision. Fairly frequently, by the time the apprentice is really competent, that particular job has come to an end. If they are with us for a year long apprenticeship, the skills we have helped them acquire, leave with them before the next cycle. This is why we now charge apprentices \$200/month for a long term apprenticeship. This is negotiable if they already have a lot of farm background and skills which they bring with them. However, this is our starting point because we have come to recognize that we will invest a fair bit of time in training, plus extra supervision and safety support with the work horses. For this they get their room and board and a chance to work just as hard as we do, learning with us. They save the living expenses they would incur elsewhere and also the cost of various mistakes that a year's instruction and experience will save them. We need to accept that they will make some mistakes that we might not and that there may be some additional equipment breakage. Clear communication and patience are skills the farmer needs to develop.



We have met a lot of fine people through the WWOOF program and with our apprentices. One of the things we find helps is to have a trial week at the start of any long term WWOOF or apprenticeship. This gives them a chance to assess whether our operation is the place they want to spend a long time. It also gives us a chance to see if we are compatible and if it looks like they will work out on our farm. At the end of that first week, we draw up an apprenticeship agreement so we are clear on what they are hoping to learn and they are clear on our expectations. We also have a weekly meeting to look at the coming weeks and we discuss farm plans daily at breakfast. Our apprentices have helped us take some month long holidays away from the farm

while they looked after things. We have helped them get a start in farming and working with horses.

Currently, WWOOFers and apprentices live in our house and become part of our household. This creates its own challenges for our nuclear family. It is a credit to our apprentices and our children that for the most part, we have developed an enjoyable community of people. We are hoping to fix up our old barn as additional living space, but shifting people to it may change the dynamic significantly. At the present we share household and meal responsibilities, which works pretty well.

Before taking on apprentices I'd recommend getting your feet wet by having some experience with the WWOOF program. After seeing how well you enjoy having WWOOFers on your farm for shorter periods, you can determine whether making a long term commitment to an apprentice would suit you. It can be accessed through: WWOOF - Canada, John Vanden Heuvel, RR # 2 S-18 C-19 Nelson, BC V1L 5P5, Tel. (250) 354 - 4417

The point of view of a worker

by Rob Wallbridge

"Why would you go and work for somebody for free?" is usually the first incredulous question I get asked when I mention my WWOOFing and apprenticeship experiences to certain family and friends. And of course, there have been days when I've asked myself the same question. But after a couple years of doing it myself and talking to slews of people who have willingly worked on organic farms across the country, I've come to appreciate that the simple exchange of work for room and board is really just the barest skeleton of the exchange that occurs and the relationship which forms between farmers and the people who stay with them.

So, based on my experience and what others have told me, I'll offer a WWOOFer and apprentice's perspective on these work exchanges, intending to benefit current and prospective farm hosts and hoping to avoid libel suits along the way.

First off, a word on terms. I use "WWOOFer" (from the organization Willing Workers On Organic Farms) to refer to short-term help, and "apprentice" to refer to more structured, long-term arrangements. In my mind, a WWOOFer is there to help where help is needed, to get a feel for the farm and the work, and to learn from whatever opportunities arise. An apprentice makes a long-term commitment to learn things in greater depth and breadth. Both situations have their advantages. In order to learn things from start to finish, to see the full cycle, and to learn certain skills (ie. working

horses), a long-term apprenticeship is essential. Apprenticing for a number of months also makes in-depth instruction worthwhile for the farmer. On the other hand, in the same time, a WWOOFer will be able to visit several farms, skim the surface of several pools of knowledge and experience, and realize that there's no one right way to do anything, from rotating crops to picking lettuce.

To say that the fair exchange of work for room and board is the framework is not to say that it is unimportant: it is in fact the essential foundation. In my direct and indirect experience, every farmer has different expectations of how much work is enough, for themselves and for their helpers. These expectations have to be clear from the beginning, especially in long-term arrangements. Written agreements are a really good idea. Money comes into play sometimes too: I know people who are paid for their help and apprentices who pay for their experience. I suppose it can work both ways, provided communication is clear.

But the real fun begins after all that is sorted out - so many dimensions of learning occur while you're working for that food and bed. There's the direct experience of learning by doing, and having it indelibly imprinted by repetition (like transplanting veggies). Of course, this kind of learning wears thin by the time the third 150' row of carrots is weeded.

So then there's all the learning that can take place by keeping all your senses open to what's going on around you while you're doing other things: how things grow and change day by day, how the air feels before it rains on the cut hay, how the sheep act just before they go through the fence, and all those things that are felt intuitively more than seen empirically - things that long-time farmers often take for granted. And probably the most is learned by asking questions. Why do you do this? How long have you done this? What else have you tried? How does this work? I've never heard of an organic farm host reluctant to talk about their farming experience. The trick is to know when it's time to ask questions and when instructions need to be carried out directly: a protracted discussion of colic is not advisable when the horse's head is in the oat bin (no - this never actually happened!).

Through it all, I've discovered things I want to be doing the rest of my life (like farming with horses) and things I'd be happy never to do again (like butchering a few hundred chickens). And I have a book full of ideas to try out. But more than that, I've made wonderful friends and a host of valuable contacts, veritable fountains of knowledge and inspiration, in the organic farming community. Not a bad return on a few hours of labour!

Marketplace

STOCK EXCHANGE

***N.B. There is now a \$5.00 fee (per insertion, per issue) on help wanted and stock exchange listings (only items or produce from your farm allowed). If you wish to list something, payment must accompany your notice - include a note explaining exact ad and issue(s) this money is for. Send this to EFAO's address, attention: Martin Hack. With our limited time and resources, the EFAO isn't able to verify the details or claims (i.e. certified seed or registered stock) made in the following ads. Please check these details yourself before buying.

WANTED: person to farmsit and feed draft horses for two weeks this summer in Hanover area. Phone 519-367-5748. (0998)

FOR SALE: P.T.O. Square bale strawchopper; Allis-Chalmers "G" tractor with mid-mount cultivator; 2 plug transplanters "The Mechanical Transplanter Co." model 4000- high speed metering transplanters for speedlings and other cell type plants. Phone Don Blakney at 705-435-5610. (0998)

FOR SALE: Organic alfalfa pellets, Hairy vetch seed, untreated seed corn, top quality OCIA timothy/alfalfa hay. Call Marlene or Gerry at (519) 364-5657. (1298)

WANTED: SPELT AND HULLESS OATS, 1997 crop and 1998 contracts available, top prices, prompt payment. Hockley Valley Whole Foods Inc. Tel# 519-941-0056 or fax 519-941-3680

FOR SALE: Organic seed: soft wheat, hard wheat, rye, and organic feed. Call Wehrmann Farms at (519) 395-3126

WANTED: OCIA eggs to fill market demand at very good prices. Poechman Family Farm, call Gerald or Marlene at (519) 364-5657. (1298)

FOR SALE: Rare and endangered breeds of swine layers and cattle. Swine: registered Berkshire and Tamworth; Poultry: Light Sussex, Barred Plymouth Rock, White Wyandotte, White Jersey Giants, hatching eggs and day old chicks available; Cattle: Dutch Belted semen available also Canadienne cattle. Contact: Haedae Farms, c/o Hubert Earl, 9121 Peterson Rd., Addison, Ont. K0E 1A0, 613-924-2052 or fax 613-924-9755.

WANTED: Feed quality grains and oilseeds. Call Ontarbio at 519-369-5316 or Fax at 369-3210.

FOR SALE: Complete herd dispersal of the Mary Lake Farm on July 31st, at Brubacher Sales Arena in Guelph. This sale features both purebred and grade Holsteins and Jerseys; Holstein/Jersery and Holstein/Dutch Belted crossbreds. Note: this is an excellent opportunity to purchase percentage registered (graded-up) Dutch Belted cattle, (1 mature cow; 5 bred heifers and 14 heifer calves). Herd is accustomed to rotational grazing. For more information contact Chris Lister, at 905-833-0217.

WANTED: Certified organic grain: spelt, wheat, hulless oats, soybeans, peas, corn, etc.. GOOD QUALITY. Call Harro Wehrmann (519) 395-3126

FOR SALE: Large buckwheat seed. Certified organic. \$18 for 50 lb. bag. Phone Harold Saunders (519) 666-0705.

WANTED: Certified organic grains, oilseeds and pulses for human consumption (soybeans, buckwheat, wheat, rye, spelt, kamut and others) Also wanted, feed grains for fellow organic animal farmers (barley, oats, corn). Call Murray or Tom Manley, Homestead Organics at (613) 984-0480

FOR SALE: Gravely Tractor with 30" mower, newly rebuilt \$500. Also looking for mid-sized utility tractor with mid-PTO. Woodwinds, Box 21-13, Bluevale, Ont. N0G 1G0; or phone 519-335-3749. (1298)

WANTED: A one-row cultivator, preferably McCormick, in working order, good price paid, interested in other horse equipment as well, call Mike at (519) 887-9217.

WANTED: Feed grains needed (wheat, corn, barley, soys, other? Also require rye, wheat, soybeans and oats. Call Peter Leahy at (705) 652-1337.

FOR SALE: Breeding stock, registered and grade Suffolk sheep, and goats, registered Saanen, buck and doe kid, -mother prolific milker. Also available, lamb and beef from OCIA certified animals. Organic apple butter available year round; apples and cider available in the fall. Tony & Fran McQuail, Meeting Place Organic Farm, RR #1, Lucknow, Ont. N0G 2H0, (519) 528-2493. (0998)

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

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

Hubert Earl (Pres.) RR #2, Addison, K0E 1A0, (613) 924-2052

Mike Beretta (Vice-Pres., Editor of EFAO News) RR #4, Wingham, N0G 2W0 (519) 887-9217

Tony McQuail (Secretary) RR #1, Lucknow, N0G 2H0, (519) 528-2493

Steve Martin (Treasurer) RR #1 Clifford, N0G 1M0, (519) 327-8755

Garth Beebe (Public Relations) RR #1, Baileboro, K0L 1B0, (705) 939-1546

Rachel Green RR #1, New Hamburg, N0B 2G0, (519) 625-8683

Tony Bleumer, RR #4, Chesley, N0G 1L0, (519) 363-2503

Peter Leahy, Box 59, Douro, K0L 1S0, (705) 652-1337

Ken Laing, RR #5, St. Thomas, N5P 3S9, (519) 775-2670

Audrey Fyfe, RR #2, Drayton, N0G 1P0, (519) 669-3700

Martin Hack, RR #5, Kincardine, N2Z 2X6, (519) 396-8099

Harold Saunders, RR #2, Denfield, N0M 1P0, (519) 666-0705

Don Blakney, RR #4, Alliston, L0M 1A0, (705) 435-5610

Natalie Warner, RR #1, Baileboro, K0L 1B0, (705) 939-6931

Membership Application For Ecological Farmers Association Of Ontario

(Please Print)

Name _____

Farm Name _____

Street/lot/Conc _____

Town/Township _____

County _____

Postal Code _____ Phone(____) _____

☐ Renewal ☐ New Member

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 \$25 per year, or \$65 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 the EFAO - amount _____

"Our bare feet are conscious of the sympathetic touch of our ancestors as we walk over this earth."

*Chief Seattle
Squamish/Duwamish*

**By the way, we do have a website
www.gks.com/efao**

We invite members to submit articles, so this will truly be a farmers' journal. To that end, we give the following submission dates:

Fall issue	September 1	Winter Issue	December 1
Spring Issue	March 1	Summer Issue	June 1



**Ecological Farmers
Association of Ontario**

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News

**Box 127,
Wroxeter, Ontario
N0G 2X0**