

NEWS

Winter 2000



Coming Events

Kitchen Table Meetings	4
Workshops	5

News and Views

New Members	7
Growing for Feast of Fields	8

Book Reviews

Salad Bar Beef.....	9
Greener Pastures On Your Side of the Fence..	10

Reports and Features

Annual Financial Statement.....	11
Voice of the Ecological Farmer	12
AGM Report	14
Eastern Region Symposium	16
Restructuring Gets Green Light	18
Handling Sheep	21

Plus the Stock Exchange



News

E. F. A. O.

Box 127, Wroxeter, Ontario, N0G 2X0
519-335-6566

Subscription to the EFAO News is included with membership. Membership is \$25.00 per year or \$65.00 for three years.

Editor: Don Blakney (519) 923-6930

Assistant Editor: Shelly Paulocik

Layout: Maitland Valley Conservation Authority

Production: Teeswater Printcraft

Distribution: Katrina McQuail

Contributors: Marilew Albrecht

Linda Harvey

Pam Jordan

Steve Martin

Fran McQuail

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 Canada Post Publications Number # 1558579.

From the Editor

AGM's come and AGM's go but this past one resulted in some fairly major changes to our organization. We now have 3 regional committees, handling the local issues of Western Ontario, Central Ontario and Eastern Ontario and we have a Board of Directors over-seeing the workings of EFAO Ontario. It looks good and I think it's long over due.

While the majority of the present membership may be in Western Ontario, Central and Eastern Ontario are really taking off. By handling their own local affairs, they undoubtedly will maintain their momentum and, hopefully, will increase their profile in their respective areas.

The creation of these 3 regional committees was especially important to our out-going President, Hubert Earl. It was one of his many goals and it seems fitting that it has come to pass as he decides to step down.

Hubert has put an enormous amount of energy into the welfare of EFAO and he will be greatly missed; however, all is not lost. Hubert is now on the Eastern Regional Committee. Good luck old Trout and thanks for the "colourful" stories!

May this newsletter find you all safely into the new year, the new millennium, without incident and poised for that long over due Winter's nap!

Don Blakney
R.R. #1
Dundalk, Ontario
N0C 1B0
(519) 923-6930

Coming Events and Courses

KITCHEN TABLE GET-TOGETHERS

Call Erica at the EFAO, (519) 335-6566, to confirm your attendance and to obtain directions. The cost is \$10 per session. You will be responsible for your own lunch.

Feb. 21/00 *Large & Small Ruminant Health* at the kitchen of Ross & Anne Wilhelm, Stratford. 10 am to 4 pm

Feb. 28/00 *Mono-Gastric Health, Hogs and Poultry* at the kitchen of Robert & Dianne Fleischauer, Gadshill. 10 am to 4 pm

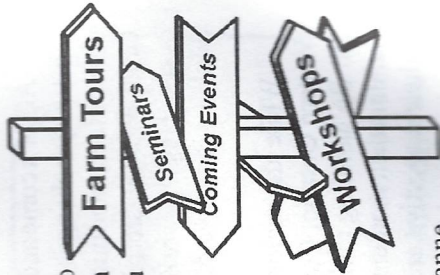
Mar. 04/00 *Weeds Management* at the VERY large kitchen of Johann & Maggie Kleinsasser, Bright. 10 am to 4 pm

Mar. 25/00 *Soil Test & Interpretation* at the kitchen of Jim & Sheila Thompson, Seaforth. 10 am to 4 pm

Apr. 08/00 *CSA & Veggie Growing* at the kitchen of Tony & Fran McQuail, Lucknow. 11 am to 4 pm

Tillage

Dave Reibling has agreed to conduct a tillage workshop. The date will depend upon the interest shown. Please contact Erica at (519) 335-6566 if you would like to attend and she will get back to you with a firm date, time and location.



EFAO Fruit Tree Pruning Workshop

Presented by: Ken Laing at his farm Orchard Hill Farm 45415 Fruit Ridge Line near St. Thomas

Workshop: Saturday, March 18, 2000, 10 am to 4 pm

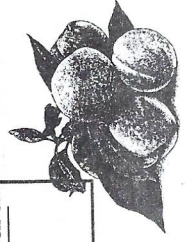
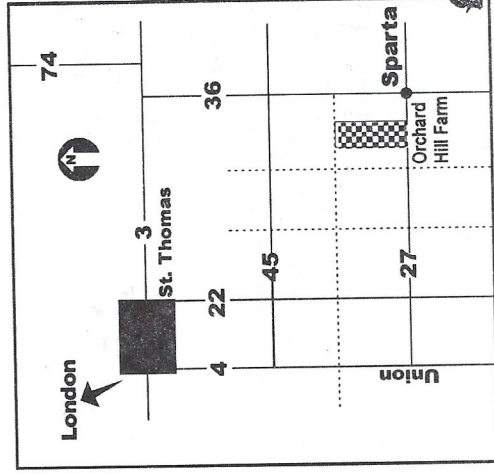
Pre-registration: by March 16, 2000, (519) 775-2670

Cost: \$15 EFAO members, Others \$25

Lunch: Lunch is included

Content: Reasons for pruning, the principles, how to prune, timing of pruning, tools, pruning at planting and pruning specific fruits will be discussed. Most time will be spent with the tools in your hands working on a wide variety of fruit plants, apples, pears, cherries, blue berries, grapes, currants and gooseberries. Bring any pruning tools you may already own.

Ken has a degree in horticulture from the University of Guelph and 25 years of pruning experience.



EFAO/OATI (Ontario Agricultural Training Institute) Courses, Introduction to Ecological Farming and Renewable Energy on the Farm.

For information on courses nearest your area contact OATI at 1-800-668-6284.

Introduction to Ecological Farming: A two day course for farmers who wish to explore the principals of ecological farming and develop a plan for your operation. Covers crop rotations, crop and livestock management, composting and much more.

- The Introduction to Ecological Farming course is being offered on January 27 & 28 at Guelph before the Organic Conference "Growing the Organic Market".
- It is also being offered in Clinton on February 22 and 24 and in Avonmore on March 29 & 30.

Renewable Energy on the Farm: This two day course will help farmers and rural residents evaluate their use of energy and learn to identify and use renewable energy sources. This is an opportunity to practice conservation and reduce environmental impact.

- The Renewable Energy for the Farm is being offered in Clinton on February 28 and March 2.

It is important to pre-register for these courses so call 1-800-668-6284 for more information on these or other locations where these courses are being offered and to register.

Biodynamic Winter Workshop

Working Harmoniously With Nature - Johann Kleinsasser

Stella Natura Biodynamic Calendar - Cory Eichman

Date: Saturday, February 26, 2000 10 am to 4 pm

Cost: \$15 includes lunch

For more information call (519) 684-6846

Late Addition!!!!

Earning a Living in Organic Agriculture & Food

See page 13

Donate your General Farm Organization Refund to EFAO

If you would like to support EFAO more financially, you can request a refund of your General Farm Organization registration fee (The \$150 you have to pay to OFA or CFFO) and donate it to EFAO. This helps EFAO do more to reaching out to farmers with information about ecological farming, still registers you as a farm and doesn't cost you any additional money.

Why doesn't EFAO qualify as a General Farm Organization? General Farm Organizations represent farmer concerns in a wide arena of farm issues, including international trade and tariffs, farm labour issues, subsidies and commodity issues. To date, the EFAO has a more focused mandate - see our purpose statement on the page inside the back cover.

New Members

EFAO would like to give a warm welcome to the following new members:

Bert & Thea Beyens Parkhill
 Mike Blake Tottenham
 Marc Chasse Chalk River
 Gary Dunlop Dresden
 Ryan & Cecilia Krafcheck/Irazuzta Dundas
 Ron & Diane Krampien Monkton
 Ed Martin Perth
 Bill & Jennifer Rapson Brussels
 Murray S. Ross Thornmont
 Terry Shannon Stirling
 Paul Sheardown Thornhill
 Alex & Laurene Winkler Stirling

Book Reviews

Salad Bar Beef

by Joel Salatin
Polyface, Inc., Swoope,
Virginia 1995

Reviewed by Marilew Albrecht

This book, in our EFAO library, will show you how to make a good profit with a small beef cattle operation. "Salad bar beef can be produced with literally nothing but some electric fence and walking shoes. It does not require capital-intensive investments like heavy-metal weighted enterprises. There is no tillage, planting or grain harvesting/storage/handling required. It requires tremendous flexibility, information and observation."

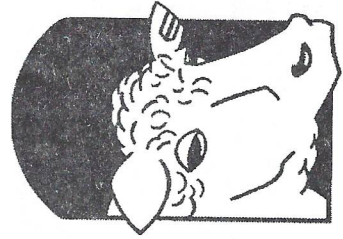
Salad bar beef is perennial polyculture, pasture-based, locally grown, seasonal and exhibits superior taste and nutrition. Salatin believes this beef should be processed and marketed locally because, when "the average beef animal sees more of America than the farmer that grew it, the food system is inefficient and unnecessarily energy-consumptive."

Salad bar beef is a return to the diet of perennial

polycultures that have fed herbivores throughout history. Grassland and herbivores are in a symbiotic relationship and produce some of the most concentrated and nutritious human food available. Feeding grain to herbivores violates this natural spot in the food chain.

Chapters include: Developing the Salad Bar (water, shade, fencing), Harvesting the Salad Bar (Grazing Philosophy, Moving Cattle), Maintaining the salad Bar (minerals, worming, soil fertility) and Marketing the Salad Bar.

I found the book easy to read. There are some pictures in this book. And, of course, even if we don't market our beef like Salatin suggests, there still is a lot to learn from this book.



RENEWAL - RENEWAL - RENEWAL - RENEWAL - RENEWAL

Please take a moment to check the address label on this edition of EFAO NEWS to see if it's time to renew. If it is.....please send your renewal to: Steve Martin,

R.R.#1,
Clifford, Ontario
N0G 1M0.

Growing for Feast of Fields

Every September, for the past 11 years, *Knives & Forks*, a Toronto organization comprised of farmers and chefs, with a mandate to educate consumers about organic food, presents *Feast of Fields*. Over the years, the majority of the events have been held on farms and consist of chefs, mostly from Toronto restaurants, setting up about the farm and offering samplings of gourmet food. Also interspersed about the tour are small Ontario breweries and wineries offering samplings of their products. A number of organic farmers set up booths and either present themselves as information sources for the attenders or simply self-promote.

(Assistant Editor's Note: Don't overlook the idea of working with other producers cooperatively to have enough lamb, broccoli or triticale to supply this event and a long term market.)



Ticket prices are in the range of \$90 to \$95 and are sold out every year. *Knives & Forks* then uses some of the revenue to support ecological supportive organizations such as the EFAO.

Greener Pastures On Your Side of the Fence
Better farming with Voisin Management Intensive Grazing

by Bill Murphy
Arriba Publishing, Colchester, Vermont
Third Edition 1991
Reviewed by Marilew Albrecht

Here is another book for you to read during the Winter, before your livestock get back out to pasture next Spring. The author, Murphy, believes he can help farmers to farm more naturally, efficiently and profitably. Permanent pastures in humid-temperate regions are generally a neglected resource, producing below their potential. Clear guidelines are presented in this book for proper management of pasture in these regions.

This information may seem slanted toward permanent pasture because most farmers right now want to increase the productivity of so-called marginal land, which usually is permanent pasture. Ruminants can use forage grown on such

land to produce meat, milk and wool. Pastures are also essential parts of crop rotations and he uses the British term "leys" for pastures that are part of arable crop rotations.

Chapters included are Pasture Plants; Pasture Ecology (Water, Temperature, Roots, Soil Organisms, Pests); Pasture Nutrition (Nitrogen, Phosphorus, Potassium, etc.); Grazing animals; Effects On Pasture and Vice Versa (Defoliation, Selective Grazing, Grazing Habits); Voisin Management Intensive Grazing (Terminology, Pasture Sward Dynamics, Recovery Periods, Forage Allowance, Spring Management); Paddock Layout and Fencing; Livestock Production (Milking Cows, Beef Cattle, Sheep, Goats, Horses, Pigs, Poultry); Feed Planning; Extending the Grazing Season and more.

Expect some intensive read from this book on intensive grazing.

EFAO Financial Statement

Income	Sept. 1, 1998 to Aug. 31, 1999	Sept. 1, 1997 to Aug. 31, 1998
Memberships	9,723.50	6,984.00
Course Fees	160.00	2,005.00
AGM	1,292.00	1,783.00
Donations	215.00	1,865.00
Ads/Other	950.00	1,781.00
Interest	65.17	67.17
Total Income	12,405.67	14,485.71
Expenses		
Newsletter	5,608.12	4,315.65
Office	637.90	1,418.30
Courses	120.00	2,685.69
AGM	935.09	1,938.48
Publicity	2,482.50	720.00
Directors' Expenses	2,001.65	2,972.09
Library	247.96	820.92
Other	140.00	1,030.00
Total Expenses	12,173.22	15,901.43

EFAO/OATI Term Deposit \$8,140.00
EFAO Term Deposit \$8,611.65
Operating Account Balance \$4,930.59 (Nov. 22/99)

The Voice of the Ecological Farmer

by Steve Martin

Every Fall, I see more and more fields turned brown as a result of an application of Round-up herbicide. Never before has a particular herbicide seen such widespread use. I think it will prove to be the most harmful herbicide ever produced. Round-up is used in Spring and Fall for "burning down" alfalfa and for quack grass control. It is used on cereal grain crops to "uniformly dry down the crop for ease of harvesting". With the advent of the Round-up resistant gene, it is being used to control weeds in corn, soybeans and canola. You can harvest a whole field of mini potatoes by killing the plants with Round-up when the potatoes are the desired size. I was recently asked as part of a survey if I would buy Round-up resistant alfalfa seed. Why anyone would spray Round-up for weed control in alfalfa is beyond me. I use alfalfa for weed control. Surely the use of this herbicide is becoming a little excessive.

In ecological farming circles, when farmers talk about taking care of the livestock, they are

not just talking about the animals in their barns. They are also concerned about taking care of the "livestock" in the soil; the millions of insects, microbes, bacteria, etc., which are essential in recycling organic matter. I don't know of anyone who would spray a lush green field of alfalfa with Round-up and then harvest it as feed for livestock after it is dead and brown. Or create a nice brown lettuce salad for themselves by killing it with Round-up first. Yet this is exactly what the livestock in the soil are expected to live on. If you are going to plough anyway, why not plough down a nice green fresh salad. The soil will be healthier and have more natural fertility.

Round-up is actually not very useful for weed control because it kills only whatever is growing at the time of application. Perhaps this is why the manufacturer has developed so many other uses for it by incorporating the Round-up resistant gene into corn, canola and soybeans. This means that Round-up can be used on every crop in many rotations. Consider the common rotation of corn, soybeans and

wheat. Round-up resistant corn and beans are sprayed with Round-up, followed in the third year with an application on the wheat to "ease the harvest". Throw in two years of Round-up resistant alfalfa and you can add another application of Round-up. Is it any wonder that our soils are becoming depleted and tired? Can

unhealthy soils produce healthy food? Does all this Round-up disappear before we eat the food?

I can only hope that the Round-up resistant genes spread to humans. If enough people become resistant to buying Round-up foods, then farmers will have to stop using it.

Late Addition Workshop!

EARNING A LIVING IN ORGANIC AGRICULTURE & FOOD

Saturday, February 19, 2000
8:30 am to 4:00 pm

Kemptville College, Kemptville

Plans are still being confirmed, but a full day of workshops is scheduled for four areas of interest: fruit & vegetable production, field crop production, livestock production and general interest. Some of the presenters expected include Gord & Kathy Hawkes, David Cohlmeier, Paul Pospisil, Tom Manley, Dave Acres, Gerry Poechman, Murray Bast, John & Carol Fennema, Hubert Earl, Janet Duncan and Larry Lenhardt. This looks like a thorough program with its offering of four workshops under each heading, and something you might want to have in mind when selecting what workshops you make it to at the Guelph Organic Conference. For further information please contact Doug Scott, email: dascott@sympatico.ca telephone: 613-258-3044 fax: 613-258-9473

ANNUAL GENERAL MEETING REPORT - NOVEMBER 20, 1999 by Fran McQuail

The Annual meeting this year was held in the heart of Old Order Mennonite country at the Community Hall in Linwood, near Kitchener. Attendance was good - over 100 there, with a good showing of local farmers attracted by the program.

Murray Bast gave a fascinating lecture on the importance of minerals and trace elements to animal and human health and the effects of widespread oestrogenic type compounds now used in agriculture and medicine also. He reminded us that there is only 6 inches of topsoil between us and starvation and death for the whole human race.

One fact that stayed with me is that it takes 500 bushels of today's corn to have the equivalent minerals that 50 bushels had back in 1920. He implied it was from the demineralization of the soil from cropping practices, but I wonder if the hybrid type breeding programs have affected it too. And an important role for humus

in our soils is that it is vital in the production of vitamins by plants.

Larry Lenhardt gave an equally interesting talk on GMO's (Genetically Modified Organisms). There have been over 40 such creations registered since 1988. One of the unintended effects of the techniques used to insert genes is that the vectors used often carry antibiotic resistance and resistance to enzymatic degradation which will increase problems in those areas.

Certifying bodies are having new challenges dealing with possible cross contamination of organic crops by GMO neighbouring crops. Corn destined for Europe, for example, has to have a 1 mile GMO free radius to be considered pure. If there is GMO corn closer than 1 km, it won't be accepted and from 1 km to 1 mile it will be noted on the label. He encouraged us to protest against the first GMO wheat which is being field tested in Manitoba this Spring, paving the way for similar problems with that crop in the organic market.

Dave Reibling gave an update on the status of the Organic Standards that COAB

has been working on. They came to an agreement in April and there is a definition (see Fall newsletter). The disappointing news is that this only applies to export products, that within each province the province has to adopt the definition. Lack of enforcement provisions is also a concern.

After a delicious lunch organized by Martin Hack and Audrey Fyfe, the annual meeting was chaired by Ted Zettel. Our President, Hubert Earl, was unable to attend due to ill health and we all signed a get well card for him.

Steve Martin, Treasurer, gave the Financial Report. EFAO is in good shape with over \$12,400 in income; almost \$10,000 income from memberships alone. This was almost a 30% increase over last year; however, donation income was down significantly. Expenses were similar to last year, totalling \$12,178, with newsletter costs up 20% because of increased mailing costs and an extra large number printed for the Ploughing Match. The IPM was a large extraordinary expense (around \$1,500). The balance for the year was in the black, \$327.

There is still a reserve of \$16,000 in GIC's.

Fran McQuail, gave her Vice President's report on highlights of the Board's activities for 1999; EFAO is trying a shared receptionist staff person with Maitland Valley Conservation Authority. She answers EFAO's phone line, referring inquirers to resource people (usually EFAO members) who have agreed to answer phone questions and does some secretarial work for the Board.

There were six farm tours this past summer, 2 in each region. All were well received.

The Board sponsored a farm scale seed saving and selection information meeting at Guelph which has resulted in the formation of a Spelt Breeding Club.

For the first time ever we had a booth at the International Plowing Match, held in September near Dashwood in Huron County. We shared a double booth with Ontario and Citizens for Renewable Energy. It was well received and felt

.....continued on page 23

The 1999 Eastern Ontario EFAO Symposium

by Linda Harvey

The 1999 Eastern Ontario EFAO Symposium was held again this year in Dixon's Corners, on Saturday, November 20. A good sized group of people attended, including many who have been active in the organization for the last few years and as well many new faces. As usual the program was interesting and thought-provoking, with something for (hopefully) everyone.

The initial speaker was David Thompson on market gardening. He has run or helped run a Co-Op market garden involving 10-12 people for 27 years. They currently have about 35 acres and cereals and 7 acres in herbs and vegetables. He talked about soil building, selecting and experimenting with growing methods, crop selection and marketing. He markets to, among other things, a regular clientele in Ottawa to whom he makes deliveries once a week. He suggested that growers might want to approach food-buying clubs in town, of which there are

several and which typically buy to supply 6-12 members.

He was followed by David Acres, who spoke on non-chemical weed control. His focus was on mechanical weed control and he showed us slides of a rather impressive array of machines and equipment designed to do exactly that - harrows, scufflers, rotary hoes, etc. for all occasions. He runs a farm equipment sales business and as such caters to both conventional and organic customers. He is, however, serious about organic methods of weed control and is running some test plots on his property which he manages in this fashion with his equipment. These also serve as demonstration plots for his wares and hopefully will spark the interest of some of his conventional clientele in these methods. I'm sure he will have some helpful things to share with us about his trials in the future.

Lunch was next - several homemade organic soups, with and without meat, then sausages, bread and dessert. Tasty and sustaining.



Service Directory

You could rent this space to promote your farm or business for \$50.00 per year. EFAO members only. For information contact Don Blakney at (705) 435-5610.

Why We Do It:

Organic Farmers on Farming By Diane P. Baltaz

With foreword by Ted Zettel

Approx. 150 pages **\$13.00** postpaid (no GST)

To Order Contact:
Diane Baltaz 94 Walnut St., Paris, Ont., N3L 2J7
Telephone (519) 442-1288

Eastern Ontario's Organic Grain Company

Certified organic mixed feeds for all your farm livestock, bulk or bagged, in Ontario, Quebec, Nova Scotia

Our dealers:

Quick Feeds, Ancaster, Ont.,
905-627-7171

Le Magasin du cultivateur, St-Andre'-Avelin,
QC, 819-983-2331

Dodds & Erwin, Perth, Ont., 800-465-7887
Bio Ag (Murray Bast), Wellesley, Ont.,
519-656-2534

Eganville Country Depot, Eganville, Ont.,
613-628-2272

Dixie & Egan Ltd., Addison, Ont.
613-924-1644

Doug Brown, Granville Ferry, NS,
902-665-5044



Marketing & processing your field crops:

soybeans, buckwheat, wheat, barley, corn, oats, rye, spelt

Berwick, Ontario K0C 1G0 Tel: (613) 984-0480

Www3.sympatico.ca/homestead.organics

Service Directory

You could rent this space to promote your farm or business for \$50.00 per year. EFA members only. For information contact D. Blakney at (705) 435-5610.

Association of Ontario



F.A.O.

"A Company You Can Trust"

World Wide Exporters of Organic Commodities
SOYBEANS ♦ CORN ♦ EDIBLE BEANS ♦ AND MORE!

Our business philosophy is one of mutual respect between the buyer and seller alike.

For '99 crop price offers, call Toll Free at


1-800-992-1818 and talk to Mike, x15, or John, x17,

American Health & Nutrition, Inc.

508 Waymarket Dr., Ann Arbor, MI 48103 Internet: www.organictradit.com

Ph: 1-800-992-1818 Fax: 734-994-4120 E-Mail: ahn@organictradit.com





WOODWINDS NURSERY

Box 21 - 13, Bluevale, Ontario
NOG 1G0

By appointment or chance (519) 335-3749

AULOCK

FINE TASTE AND BEAUTIFUL LANDSCAPE
as custom grafted fruit trees, orchard packages,
and native trees and shrubs

Pfenning's Organic & More

- Organic local and imported produce (year-round)
- Organic Groceries
- Organic Meats
- Organic Herbs
- Organic Cotton Clothing
- Distributor of Samsap Flour Grinder

57-1 Spindlers Rd. East, Baden, ON
Wed. 9-6, Thur. 9-8, Sat. 8-4:30


Phone: 519-634-8621 Fax: 519-634-9721

ario Natural Food Co-op
of a Premier Distributor of Natural Foods. Since 1975.

Serving the natural foods market with a wide selection of natural & organic foods and beverages, non-toxic cleaners, and personal care products.

We deliver to buying clubs, co-ops, health practitioners, and natural food stores.

Contact us!
Tel: (416) 503-1144 or 1-800-367-0364
Fax: (416) 503-2049. office@nfdc.on.ca
70 Finn Crescent, Etobicoke, ON, M9W 4Y9



Poechman Family
OCIA
Certified Organic

-ISA Brown Pullets
-Alfalfa Pellets
-Hairy Vetch Seed
-Custom Poultry Feed

RURAL SOCIOLOGY (cont'd)

Rural Environmental Planning for Sustainable Communities
F. Sargent, P. Lusk, Jr. River & M. Varela 1991, 254 pages
Toward Sustainable Communities. - Mark Roseland 1992
Boundaries of Home - Mapping for Local Environment
Edited by Doug Sterley 1993, 138 pages
Futures by Design the Practice of Ecological Planning
Edited by Doug Sterley 1994, 214 pages

SOIL ECOLOGY & WATER QUALITY

Articles

Life in the Soil. Stuart B. Hill. Proceedings of the Standing Senate Committee on Agriculture, Fisheries & Forestry, May 1984, 5 pages
Human (2 copies) John Schneider. Sir Sanford Fleming College (SSFC). March 1987, 9 pages
Earthworm Technology, A Wiggly Remedy for Environmental Problems. Steven Bridgins. The Futurist. August 1979, pp 287 - 290
Soil Conditions & Food Quality (2 copies) Stuart B. Hill Ecological Agriculture Projects (EAP), 5 pages
Long-term Effects of Organic and Conventional Farming on Soil Erosion (2 copies) John P. Reganold; Lloyd F. Elliott; Yvonne L. Unger. Nature vol 330 no 26. Nov./87
Compaction, Traction & Tire Arrangement. Randall C. Reeder; Thomas G. Carpenter. Agriculture Engineering, Ohio State University. July 1984, 10 pages
Ecological Soil Management (annotated Bibliography). S.B. Hill; R. Merrill; J.A. Ramsay; E. Coleman. Ecological Agriculture Projects (EAP). 1977, 17 pages
Study Measures Loss of Topsoil. Ian Wylie-Toal. Rural Voice. Fall 1988, 1 page
Soil Fauna & Agriculture: Past Findings & Future Priorities

SOIL ECOLOGY & WATER QUALITY (cont'd)

Here Today Here Tomorrow - Helen Aitkin & Agricultural Alternatives, 27 minutes 1992

Audiotapes

The 17th Annual Organic Conference 1998 at the University Of Guelph. Set A - 12 tapes, Set B - 10 tapes

VEGETABLE GARDENING

Books

The Organic Approach to Home Gardening. Carole Ruben. Friends of the Earth-Canada. 1989, 18 pages
Pilot Soil Test: A Study of 40 Organic Gardens, 1 Soil Analysis, Joseph P. Senfit. Rodale Press Inc. 1981
The New Organic Grower. Eliot Coleman 1989, 269 pages
How to Get Your Lawn & Garden Off Drugs. Carole Rubin 1989, 98 pages
Ecological Gardening Your Path to a Healthy Garden. Majorie Harris. 1991, 197 pages
Sell What You Sow. Eric Gibson. 1994, 302 pages
The Chemical - Free Lawn. Warren Schutty 1989, 194 pages

WEED & PEST MANAGEMENT

Articles

Weeds as Indicators of Soil Conditions. Stuart B. Hill; Jennifer Ramsay. Alive vol 19. 1978, pp 21-26
Biological Approaches to Pest Control. Stuart B. Hill In "Proceedings of the P.E.I. Conference on Ecological Agriculture". 1979, pp 174-196
Ecological Pest Control (annotated bibliography) Ecological Agriculture Projects (EAP) 8 pages
The Business of Bugs: Breeding Beneficial Insects. Susan Haldane. Harrowsmith pp 78-83
The End of Corn Rootworm. George DeVault. The New

COVER CROPS & PASTURE MANAGEMENT (cont'd)

Greener Pasture On Your Side of the Fence. Better Farming With Voisin Management Intensive Grazing 3rd ed. Bill Murphy. 1994, 352 pages

CROP PRODUCTION

Books

Best Management Practices: Field Crop Production Agriculture Canada 1992, 133 pages
United States Organic Crop Production: Practices and Potential. Richard R. Harwood. Oct. 1980, 11 pages
How to Grow Great Alfalfa and Other Forages. Harold Willis. 1983, 42 pages
How to Grow Top Quality Corn. Harold Willis. 1984, 58 pg
How to Grow Super Soybeans. Harold Willis. 1989, 50 pg.
Best Management Practices - Horticulture Crops Ag Canada
Best Management Practices - No Till - Making It Work. Ag. Canada 1997, 91 pages

ECOLOGICAL AGRICULTURE (GENERAL)

Books

From Land to Mouth - Understanding the Food System Brewster Kneen. 1989, 173 pages
Meeting the Expectations of the Land. Wes Jackson; Wendel Berry; Bruce Colman; (editors). 1984, 250 pages
Switching to a Sustainable System. Frederick Kirschenman 1988, 18 pages
The Environmental Effects of Conventional and Organic Biological Farming Systems. C. Arden-Clarke. June 1988
Alternative Agriculture. National Research Council. 1989, 448 pages
Agroecology: The Scientific Basis of Alternative

Agroecology: The Scientific Basis of Alternative Agriculture. 1982, 197 pages
Ecological Agriculture Projects (EAP) 14 pages
Ecology, Ethic & Feelings (2 copies). Stuart B. Hill
Hatrowsmith. pp 38-45
The Family Farm (2 copies) Andrew Nikitoruk
The Man From Henry County, Wendel Berry; Defending

Articles

RURAL SOCIOLOGY

The Permaculture Way. Graham Bell. 1992, 240 pages
Holistic Resource Management. Allan Savory. 1988, 564 pg
Holistic Resource Management Workbook. Sam Bingham; Allan Savory. 1990, 181 pages
Tree Crops - A Permanent Agriculture. Russel J. Smith

Books

The Permaculture Design Course Handbook. 25 pages.
Permaculture Design Course Handbook. 25 pages.
Interopting Trees With Agriculture Crops in Southern Ontario. University of Guelph. 34 pages.
The Permaculture Alternative, pamphlet XIV in Design Courses Series. Bill Mollison. Rural Education Centre, Wilton, NH. 1981, 21 pages
The Permaculture Alternative, pamphlet XIV in Design Courses Series. Bill Mollison. Rural Education Centre, Wilton, NH. 1981, 21 pages

ECOLOGICAL AGRICULTURE (GENERAL) (cont'd)

The One Straw Revolution - An Introduction to Natural Farming. Masanobu Fukuoka. 181 pages
Harmonic Farming. A Love Style. Werner M. Gysi, 160 pg
Organic Farming. Nicolas Lanpkin. 1990, 701 pages.
An Acres USA Primer. Charles; Fenzau, C.J. Walters Jr., 1979, 449 pages
The Natural Way of Farming - The Theory & Practice of Green Philosophy. Masanobu Fukuoka 1985, 284 pages
How to Make \$100,000 Farming 15 Acres. Booder T. Whatley. 180 pages
New Farmer & Grower, Magazine - Winter 1997
The Rape of Canada. Brewster Kneen 1992, 229 pages

Videos

General Presentation to the Soil & Water Conservation Society (St. Jacobs). Ted Zettel; (guest speaker). Video #4 1988, 45 minutes
Priorities in Sustainable Agriculture Research. David Patriquin; Richard Boone, (Iowa); Dr. Charles Francis (Nebraska). Video #5. February 3, 1990, 2 hours.
Organic Farming - Nature of Things. David Suzuki video #8, March 17, 1991
Trading Up. Brewster Kneen. Video #10.2 listening cassette
Promise of the Land. Smithsonian World. Video #13 1 hour
Agriculture Alternatives Conference. Wes Jackson; (speaker) video #14, Feb. 4, 1989. 2 hours

ENERGY CONSERVATION

Books

Small Farm Energy Primer. Small Farmer Energy Project of the Centre For Rural Affairs. July 1980 56 pages.
The Home owner's Guide to Planting Energy Conservation Trees - Global Re-leaf (2 copies)

Enhancement of Wildlife Habitat on Private Lands. Daniel D.J. Decker; R.A. Howard Jr; J.P. Lassole. 32 pages
Managing Small Woodlands for Wildlife. R.J. Gutierrez; Escher. Natural Food & Farming. Jan/Feb. 1993 p 33-34
Suggestions on the Planting & Care of Trees. Peter A. land. Natural Food & Farming. March/April 1993 p 25-31
Environmental Restoration: One man's fight to save our

Articles

MANAGEMENT & RESTORATION OF NATURAL AREAS

Hormone Copy Cats. World Wildlife Fund. 1995

Video

Health for the Farmer. - C.F. Stanford 1991, 97 pages
report National Wildlife Federation. 1994, 49 pages
Fertility on the Blink - The Legacy of the Chemical Age. 1994, 61 pages
Hormone Copycats, report. National Wildlife Federation

Articles

HUMAN HEALTH & NUTRITION

People & Farm Animals T.V. Ontario video #1, 30 min.

Videos

The Treatment of Cattle by Homeopathy. George Macleod 1991, 148 pages
The Treatment of Horses by Homeopathy. George Macleod 1977, 182 pages

The right-hand column on a number of covers contains a complete listing of titles in Books, articles, videos and journals available on loan for a one month period. A complete listing of titles is printed below. To order, write the Maitland Valley Conservation Authority (MVCA) at Box 127 Wroxeter, Ontario N0G 2X0, or call (519)335-3557. You can also visit the library and browse the shelves. The library is open 9:00 a.m. to 4:00 p.m., Monday to Friday, at the MVCA office in Wroxeter.

The Library is jointly operated by the MVCA and the EFAO.

ANIMAL HUSBANDRY

Books

- Livestock Waste Facilities Handbook 2nd ed. Midwest Plan Service. United States Dept. of Agriculture 1985
 Organic Dairy Farming. Kickapoo Organic Resource. 1995, 87 pages
 Ontario Shepherd's Manual. William Gardhouse. 1985
 The Draft Horse Primer. Maurice Tellen. 1977
 The Homesteader's Handbook to Raising Small Livestock Jerome Belanger. 1974, 246 pages

BIODYNAMICS

Articles

- Biodynamics: The Other Organic Gardening Method (2 copies). Mother Earth News. 1984, 4 pages

Books

- A Biodynamic Farm. For Growing Wholesome Food. 213 Pages. Lovel, Hugh. 1994
 Bio-dynamic Farming Practice. Sattler Wisinghausen 1992. 333 pages.

- Biodynamic Greenhouse Management - Heinz Grotzke 1990
 The Biodynamic Farm - Herbert Koepf. 1989, 245 pages
 What is Biodynamic Agriculture. Hebert Koepf 1976 43 pgs.
 Handbook on Composting and the Bio-dynamics Preparation George Carlin 1995, 34 pages
 The Spirit in the Realm of Plants. Rudolf Steiner 1984, 30 pg.
 Bio-dynamics - Three Introductory Articles - E.F. Pfeiffer 1956
 Primer of Companion Planting - Herbs Their Part in Good Gardening. Richard Gregg. 13 pages
 Compost-What it is-How it is made-What it does H.H. Koepf 1980, 18 pages

- Understanding the Honey Bee - C.T.G. Baker. 1974, 15 pages

COMMUNITY SHARED AGRICULTURE

Books

- Basic Formula to Create Community Supported Agriculture. Robyn Van En. Indian Line Farm, South Egremont, MA. 1988, 53 pages.

- CSA - A Community Supported Agriculture Group Organized by City Folks, How We Do it. Ottawa Organic Food Alternative. 1997, 34 pages

Videos

- Tall Grass Prairie Bread Co. CBC Country Canada video #2 1991 6:40 minutes
 Community Shared Agriculture. Video #3 Shared Farming - Towards A Sustainable Community C.S.A. Canada, video #9 1992, 9 minutes

COMPOSTING & NUTRIENT MANAGEMENT

Articles

- The Never-Never Land of N. George DeVault. The New Farm. 1981, 4 pages
 Potassium: A Case of Too Much, Too Often (2 copies) George DeVault. The New Farm 1882, 4 pages

COMPOSTING & NUTRIENT MANAGEMENT (cont'd)

Books

- Livestock Manure Storages. RJ Fleming. Ontario Ministry of Agriculture & Food. Feb. 1988, 4 pages
 Composting for Farm & Garden, Part 1: The Whys and Wherefores. Stuart B. Hill. Ecological Agriculture Projects (EAP) 1975, 2 pages
 Composting for Farm & Garden, Part 2: How To Do it The Wild World of Composting. Cecil E. Johnson. National Geographic Society. 1980. pp 273-284
 Biological Husbandry & the "Nitrogen Problem". David G. Patriquin. Biology Dept. Dalhousie University. 31 pages
 Biomass Energy From Crop Residues: Implications for Soil Management. Stuart B. Hill; Susan G. Johnson. Ecological Agriculture Projects (EAP) Sept. 1981, 26 pg.
 In "Organic Soils. Everything Depends on Nitrogen Levels. Thomas Nimmo. Ontario Farmer, 2nd Section. April 20/88
 Understanding Organic Fertilizers. Ellen Cohen. Rodale Press Inc. Feb. 1986, 6 pages

- Soil Fertility & the Nutritional Quality of Food (annotated Bibliography). Ecological Agriculture Projects (EAP) Composting of Poultry Wastes: Implications for Dead Poultry Disposal & Manure Management. J.T. Sims; D.W. Murphy; T.S. Handwerker. Journal of sustainable Agriculture, Vol 2(4). 1992 pp 67-82

- Be Good to Your Garden - COMPOST. The Municipality of the Metropolitan Toronto. 1989, 16 pages
 A Sense of Humus - 3 Easy Steps to Composting. Jim Merryweather. 7 pages
 Composting EAP 3 pages

Books

- Make Compost in 14 Days. Editors of Organic Farming Magazine. Rodale Press Inc. 1982, 63

- Best Management Practices: Livestock & Poultry Waste Management. Agriculture Canada. 1992, 49 pages
 Alternatives for American Agriculture: The Natural Fertility Alternative for Your Soil. Christian Agriculture Stewardship Institute (CASI) 24 pages

- On-Farm Composting Handbook. Robert (ed) Rynk. 1992 186 pages

Videos

- Nutrient Management OMAFRA Ag. Canada 1997, 69 pg
 Liquid Composting - Preserving Neighbours & Nutrients. Prince Edward Island Department of Agriculture. video #17 1988, 30 minutes

COVER CROPS & PASTURE MANAGEMENT

Articles

- Controlled Rotational Cover Cropping in the Bio-Extensive Market Garden. Anne; Nordell, Eric Nordell. 1996

Books

- Under Cover - A Guide to Using Cover Crop in the Maritimes. Janet; Scott, Jennifer Wallace. 1996, 51 pg
 Northeast Cover Crop Handbook. Marianne Sarrantantonio 1994

Living off the Land - A Spirituality of Farming. Diane P
 Sharing the Lessons of Organic Farming. Guelph Organic
 Conference Proceedings. 1998, 40 pages
 How to Buy and Enjoy a Small Farm. George Laycock.
 1978, 243 pages
 The Complete Homesteading Book. David Robinson.
 1974, 243 pages
 Growing It! Richard W. Langer. 1972, 365 pages.
 Sustainable Food Systems. Dietrich (editor) Knorr. 1983,
 416 pages
 Metro Farm - The Guide to Growing for Big Profit on a
 Small Parcel of Land. Micheal Olson. 1994, 498 pages
 An Acre U.S.A. Primer. Charles Walters Jr; C.J. Fenzau
 1979, 449 pages
 The Economics of Organic Farming - An International
 Perspective - N.H. Lampkin & S. Padel 1994, 468 pages
 (Second Helping). Brewster Kneen. 1993, 223 pages
 From Land to Mouth - Understanding the Flood System
 The Environmental Effects of Conventional & Organic/
 Biological Farming Systems. CF. Arden-Clarke. June
 1988, 156 pages
 Alternative Agriculture: An Introduction and Overview
 Institute of Alternative Agriculture (IAA) March 1984,
 49 pages
 March 1986, 61 pages
 Sustainability. Institute of Alternative Agriculture (IAA)
 Biotechnology in Agriculture: Implications For
 Agriculture (USDA). July 1980, 94 pages
 Team on Organic Farming. United States Dept. of
 Report & Recommendations of Ontario Farming U.S. Study

Books

The Unsettling of America: Culture & Agriculture. Wendel
 Berry. 1977, 228 pages
 The Hidden Wound. Wendel Berry. 1989, 137 pages
 Home Economics. Wendel Berry. 1987, 192 pages
 New World New Mind. Robert Ornstein; Paul Ehrlich.
 1989, 302 pages
 Caring for the Earth. IUCN; UNEP; WWF. October 1991
 The Man & His Legacy. Aldo Leopold 1987, 175 pages
 Sowing a Future for the Land. Land Stewardship Project,
 Winona County Program, Stillwater MN. 1988, 36 pages
 The One-Straw Revolution: An Introduction to Natural
 Farming. Masanobu Fukuoka. Rodale Press Inc. 1978
 Get A Life!...A Green Cure For Canada's Economic Blues.
 Wayne Roberts; John Bacher; Brian Nelson. 1993 127 pg
 Our Ecological Footprint - Reducing Human Impact on the
 Earth. Mathis; Rees, William Wackemagel. 1996, 159 pg
 Grassroots & Nonprofit Leadership - A guide for
 Organizations in Changing Times. D.; Lakey, G.; Napire,
 R.; Robinson J. Lakey. 1995, 216 pages
 The Ecology of Commerce - A Declaration of Sustainabil-
 ity. Paul Hawken 1993, 250 pages
 Whole Life Economics - Revaluing Daily Life. Barbara
 Brandt. 1995, 243 pages
 Simplicity Notes, Stories & Exercises for Developing Wealth
 Mark Burch 1995, 130 pages
 Integrating Sustainable Agriculture, Ecology & Environment
 Policy - Richard Olson editor 1992, 161 pages

An Introduction to Permaculture, pamphlet 1 in Design
 Course Series. Bill Mollison. August 1984, 17 pages
 Permaculture Design: A Warning, A Gift. Dan
 Hemmenway. Permaculture Binder. 1985, 8 pages

Articles

Production & Processing Standards (5 copies) Organic Crop
 Improvement Association (Ont.) Inc. Jan. 1986, 17 pages
 Organic Resource Guide. Canadian Organic Growers 1995

PERMACULTURE

ORGANIC CERTIFICATION & DIRECTORIES

Trees, Why Do You Wait? Richard Critchfield 1991 265 pg
 Woodlands for Nature C. Lampart; J. Riley; & J. Fieldhouse
 1997, 27 pages
 Trees, Shrubs & Flowers to know in Ontario. Sheila McKay
 & Paul Carling 12 pages
 Natural Invaders - Federation of Ontario Naturalists 15 pages
 Resource Directory 1998 - Source of Information, services &
 Planting materials for ecological restoration in Ontario 32 pg
 Managing Agricultural Drains to Accommodate Wildlife
 1997, 14 pages (3 copies)
 Fish & Wildlife Habitat Management - Best Management
 Practices. Ag. Canada & OMAFRA 91 pages (3 copies)
 A Citizens Guide to Wetlands & Woodlands Nida Ganzalez
 1969, 86 pages
 New Hedges for the Countryside-Murray Maclean 1992 275 pg
 Taking Stock - Preparing & Inventor of Your Woodland
 Stewart Hills and Peter Mitchell 1997, 46 pages
 Farm Forestry and Habitat Management - Best Management
 Practices. Ag. Canada & OMAFRA 1994, 41 pages (2 copies)

Home Grown Energy from short Rotation Coppice

George MacPherson 1995, 214 pages

The Canadian Renewable Energy Guide. - Duncan Noble &
 Robert Swartman 1995, 238 pages

FRUIT & SPECIALITY CROPS

Articles

Low-Spray Plan for Apples. Jack Ruttle. Rodale Press Inc.
 May 1986, 6 pages

Your Apple Orchard: Everything you need to know about
 growing apples (part 1) A.P. Thomson. Natural Food &
 Farming. Nov./Dec. 1992. pp 37-43

Your Apple Orchard: Everything you need to know about
 growing apples (part 2) A.P. Thomson. Natural Food &
 Farming. Jan./Feb. 1993 pp 27-31

Your Apple Orchard: Everything you need to know about
 growing apples (part 3) A.P. Thomson. Natural Food &
 Farming. March/April 1993. pp 45-49

Intercropping Trees With Agricultural Crops in Southern
 Ontario. Andrew M. Gordon 1991 Annual Report (final)
 Agroforestry Program, University of Guelph 1991 p 5-45
 Growing Nuts & Minor Fruits in Michigan. J. Lee Taylor
 Michigan State University. March 1972, 12 pages

Books

Ecological Fruit Production in the North. Bart; Richard,
 Jean Hall-Beyer. 1983, 270 pages

Herbs for Sale - Growing & Marketing Herbs, Herbal

Products & Herbal Know - How. Lee Sturdivant. 1994

Plant Propagation. J; Haber, E. Mahlstede. 1996. 411 pages

HWE SOLVES YOUR WEED PROBLEMS
TINE WEEDER

Easy and accurate adjustment of the tine socket. **ASK FOR FREE VIDEO!**
 Standard 3-point linkage. The hoses are covered with plastic material. No injury of the plant top because of long lines (EP).

Right earth work owing to the right number of lines (8 m 240 pieces)

Emböck
 Certified according to EN ISO 9001

Importer for North America
 HWE Agricultural Technology Ltd.
 B.P. 1618
 CON-Embrun, ON, NOA, 1W0
 Telephone & Fax: (616) 443-3389
 E-mail: lea@emboccat.com Internet: http://www.airboeck.at

HOCKLEY VALLEY Whole Foods
 Processors and Dealers
 of Certified Organic Grains
 • Contracting 1999 Crops •

SPELT
HULLESS OATS
REGULAR OATS
SOYBEANS

CALL: (519) 941-0056
 FAX: (519) 940-0244

WRITE:
 P.O. Box 66, Orangeville, ON
 L9W 2Z5

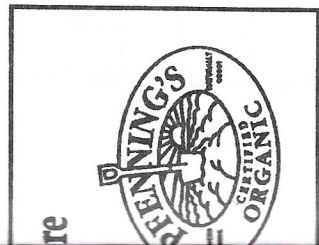
the Gentle Rain
 Stratford's health food store since 1979

- ~ Organically Grown Fruits & Vegetables
- ~ Wheat and Dairy Free Foods
- ~ Vitamins, Herbal & Homeopathic Supplements

(519) 271-0388 ~ Mon. to Thurs. 9-6; Fri. 9-7; Sat. 9-5:30

REBECCA STREET HEALTH CENTRE
 Dawn Cormier-Hazen N.D. Naturopathic Doctor..... 271-0763
 Alison Dale Reiki Practitioner, 3rd Degree Reiki..... 273-5188
 Ward C. Hazen D.C. Chiropractic/Acupuncture 271-0206
 Sergio Lappano M.D., C.A.F.C.I. Acupuncture 273-2180
 Margot Pronovost R.A.C. Reflexology and Reiki..... 348-9686
 Paul Rhodes R.M.T. Massage Therapy 272-2747

30 REBECCA STREET, STRATFORD



ly Farms
ganic
 519-364-5657

Stuart B. Hill *Quaestiones Entomologicae* vol 21 no 4
 EAP publication no 25, 1985. pp 637-644

The World Under Our Feet. S.B. Hill Seasons (Federation of Ontario Naturalists) vol 29 no 4. Winter 1989

Books

From the Soil Up (2 copies) Donald L. Schriefer. 1984
 The Rest of the Story....about Agriculture Today. Harold Willis. 1984, 221 pages
 Inner Space - The Soil and It's Life (3 copies). Spencer Cheshire. 1970, 40 pages
 Mainline Farming for Century 21. Dan Skow; Charles Jr. Walters. 1991, 204 pages
 Best Management Practices, A First Look; Practice Solution for Soil & Water Problems. Agriculture Canada. 1992
 Soil, Grass & Cancer. Andre Voisin. 1959, 287 pages
 Alternatives for American Agriculture CASI Soi. Analysis Training (2 copies). Christian Agriculture Stewardship Institute (CASI) 42 pages
 Best Management Practices - Water Management. Agriculture Canada. 1994, 93 pages
 The Soul of Soil - A Guide to Ecological Soil Management, 3rd ed. Grace; Smilie, Joseph Gershuny. 1995, 165 pages
 Agro-ecological Farm Plan - Do it yourself handbook, OATI 1998, 55 pages
 Conference Proceeding 40 pages
 Irrigation Management - Best Management Practices Ag. Canada & OMAFRA 1995, 104 pages
 Soil Management - Best Management Practices Ag. Canada & OMAFRA 68 pages
 Water Management Guide: For Livestock Production Water

Farm. 1986, 3 pages

Strip Intercropping for Biological Control. Joel Grossman; William Quarles. The IPM Practitioner April 1993, 1-11

Farmscaping and IPM. Shawn King; William Olkowski The IPM Practitioner. October 1991, pp 1-12

Control of Apple Scab. 20 pages
 European Apple Sawfly. November 1991, 4 pages
 Diatomaceous Earth: A Non Toxic Pesticide. Stuart B. Hill Macdonald Journal vol 47 no 2. May 1986, p. 42
 Common Garden Pests. Ecological Agriculture Projects (EAP) October 1982, 13 pages
 Pest Control in Sustainable Agriculture. S.B. Hill Proceedings of the Entomological Society of Ontario, vol 121 EAP publication no 32. 1990, pp 5-12
 Cultural Methods of Pest, Primary Insect, Control S.B. Hill Ecological Agriculture Projects (EAP) publication no 58, August 1989, 13 pages
 Pheromone Lures & Monitoring Traps - The Biological Approach to Pest Management. Agricultural Division, Cooper Mill Ltd. 8 pages

Books

Natural Pest Control Catalogue (2 copies) Natural Insect Control (NIC) 36 pages
 Weeds & What They Tell. E. Pfeiffer. 1950's 94 pages
 Basic Guide to Pesticides - Their Characteristics & Hazards Shirley A. Briggs. 1992, 283 pages
 All About Weeds. Edwin Rollin Spencer. 1968 333 pages
 Steel in the Field - A Farmer's guide to Weed Management Tools. Greg (editor) Bowman. 1997, 128 pages.
 Pest Management at the Crossroads Charles Benbrook 1996



Dave Reibling
President

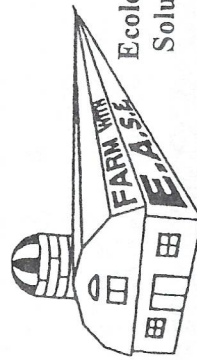
Oak Manor Farms Inc.
756907, Oxford Rd. 5, RR#1, Tavistock, ON, Canada, N0B 2R0
phone: (519) 662-2385

Verified Organic Grain Products

Chris Hoskins *Sheep Shearing*

"Specializing In
Small Flocks"

R.R. # 2
Wingham, Ont.
N0G 2W0
(519) 335-3170



Gary Skillen

Ecological Agricultural
Solutions & Energies

Box 580, Maxville, Ontario K0C 1T0
Tel.-Fax: (613) 527-3060 / 1-800-893-7645 / Res.: (613) 826-0599

ENVIRONMENTALLY FRIENDLY SOIL FERTILITY MANAGEMENT
FOR ECOLOGICAL AND ORGANIC CROPPING SYSTEMS

The afternoon session opened with the President's Report by Hubert Earl. He announced that he will be stepping down as president, for personal reasons, but will stay on in an advisory capacity and remain involved in the organization. The other big change, on an organizational level, is the formation of three Regional Committees - Western, Central and Eastern, whose mandate will be to plan and execute the arrangements for local EFAO activities such as farm tours, courses, membership renewals, presence at fairs, etc. Each Regional Committee is to have a budget of \$1,000 from the Board and extra funds can be applied for if needed. In addition, the three Regional Committees will divide up the tasks involving the whole organization, such as planning the Guelph Organic Conference, organizing the AGM, maintenance of the EFAO web page, etc. Members were elected to serve on the Eastern Regional Committee.

Hubert also spoke about some current issues facing the organization. Among them was the fragmentation resulting

from having many small organizations in the organic farming community and he encouraged cooperation. He stressed the importance of public promotion and education, particularly at this time - the public is looking for alternatives. The alarm over GMO's is one issue fuelling this, although not the only one. This alarm is not misplaced and we as organic farmers (and members of the human species) are encouraged to mount a coordinated effort to rid our environment of them. We also need to develop reliable local seed sources and where possible save our own seed. Soon!

The following speaker was Rita Stoller, on livestock management. Rita and her husband Walter ran an 80 head herd of dairy cattle for whom they produced most or all of their own grain and other feed on their 160 acre farm. She spoke about some of their management techniques, which emphasized fresh air, exposure to outdoors and a variety of feeds for each animal. She also talked about what a daunting task it was to do 'everything' and this gave rise to some lively discussion.

The final speaker of the day was Janet Duncan on organic certification. She does farm inspections and was very knowledgeable and candid with us about this process. She has farmed organically for eight years and raises mixed crops and has red poll cattle. She described some of the events and changes that have occurred on their farm over the years.

And then it was over. This next year promises to be a rather interesting one with a new Regional Committee to work with and some novel (scary?) things going on in the world at large.

Restructuring Gets Green Light

by Fran McQuail

Fran McQuail presented the Board's recommendation on restructuring into three regional chapters. These groups would meet regularly and be responsible for doing the organizing of activities and tours, etc., in their own area. The Board of Directors would only meet quarterly to do province wide business. This proposal was outlined in the Fall newsletter.

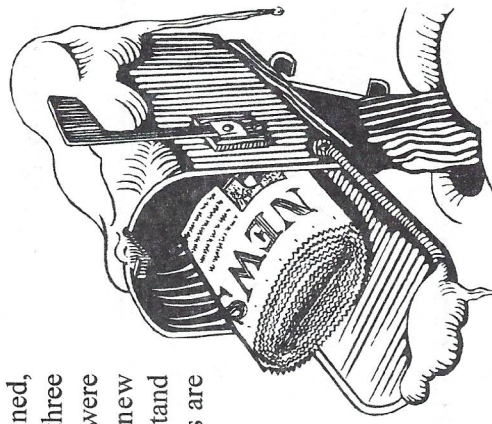
There was some discussion about how money disbursements to the chapters would work and how the chapters would maintain accountability for their budget. The Board's recommendation was that for this first year each Chapter be given spending authority for up to \$1,000. All bills would be paid by the Board Treasurer and each Chapter would be directed to not commit to liabilities greater than the balance in their allotment. Membership money and other moneys generated would go to the Board Treasurer.

The importance of all regions honouring newsletter deadlines and getting their information into the calendar of events was also brought up. A newsletter delayed by the absence of a regional report could jeopardize the timeliness of event announcements by other regions. The newsletter will serve a very important role in keeping the regions in touch with what's happening in other areas and the organization integrated as a whole. Another member suggested that each region submit quarterly reports to facilitate this.

Based on these recommendations, the Restructuring proposal was passed. Then nominations for the Western Region's three Board Directors were opened, with Ted announcing that three members of the old Board were willing to stand. No new nominees were willing to stand so the West's 3 Directors are

Steve Martin of Clifford, Fran McQuail of Lucknow and Dave Reibling of Tavistock.

Names were then accepted for the West Region Committee. These people accepted nomination to that committee; Larry Bender of Tavistock, Mike Beretta newly moved to Nobleton, Chris Boettcher of Brussels, Ben Cameron of Durham, Don Blakney recently moved to Dundalk, Marnie Cuff of Hanover, Pam Jordan of Elora, Johann Kleinsasser of Bright and James Thompson of Seaforth. The Board of Directors are also automatically part of this committee.



Central Regional
Committee Report
was not available at
time of printing

Central and East Regions' Committees get organized:

Central Region Committee (* denotes Board Director too)

Garth Beebe, Baileboro, Chairperson*
Natalie Warner, Baileboro, Secretary-Treasurer*
Duncan Armstrong, Co-Chair*
John Sweeting, Baileboro
Hilary Wear, Keene
Cathy Wilson, Cambellcroft
Ken Marisett, Picton
Robert Conover, Bewdley
Jim Wilson, Cambellcroft

East Region Committee (* denotes Board Director too)

Janet Duncan, Almonte*
Rob Wallbridge, Williamsburg*
Michael Krol, Williamstown*
Norm Porter, Smiths Falls
Hubert Earl, Addison
Tom Manley, Berwick

WANT TO GET INVOLVED??

The EFAO needs help with our booth at the upcoming Guelph Organic Conference, Jan. 29 & 30, 2000. If you can afford a little time and enjoy meeting lots of like-minded people, then give Marney Cuffa call at (519) 364-0890 or fax at (519) 364-7714.

Handling Sheep

by Pam Jordan

When we pay attention to the behaviour of our sheep, we can learn to manage them in a way that will lessen their stress (and ours!). Since handling sheep, either individually or as a flock necessary at least several times a year, it is useful to observe some basic tenets of their behaviour. The added benefit of handling your flock regularly is they will gradually become quieter and you can better track the health and condition of your animals.

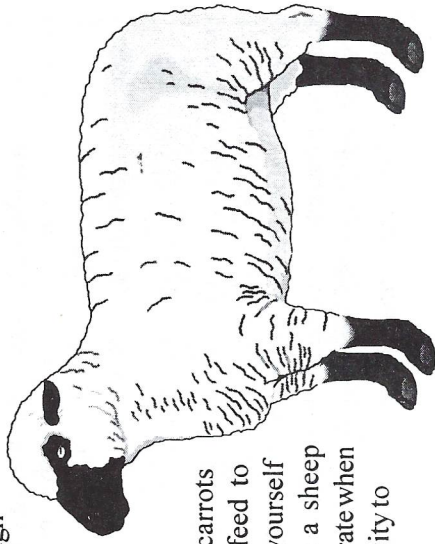
Sheep were and still are a prey species and consequently show a strong flight reaction to new objects or situations. Their fear response can lead to injury, bruising and even reduced reproductive performance. The primary sense they use for detecting predators is vision and they also use this to maintain contact with others in the flock. They use their sense of smell for recognizing individuals within the group and for determining what to eat.

If you have looked after different breeds of sheep, you may notice that some breeds have a greater fearfulness whereas some just seem to be born docile. Even within a flock there will be some individuals who are quite approachable, while others keep their distance. So there is a genetic factor to their fearfulness but some of their reaction comes from previous experiences and this is where the shepherd has a role to play. We can select against animals that are highly excitable and thereby remove ones that create panic amongst the others but it will be our careful management that does the rest.

Sheep have a strong flocking tendency and so when we handle sheep to move them from one area to another, it is most easily accomplished if they are kept as a group. It has been observed that a group of 5 or more sheep will move as a flock; fewer than that tend to scatter. A sheep will become quite agitated if separated from the flock and so if it is necessary to do so, try at least to have the animal where she can see the others. It is a

matter of developing a sense of where you should place yourself to keep the sheep moving but not panic them; of giving them time to see the open gate without them all trying to crowd through at once or turn back. To avoid having the sheep become bruised, take it slow moving them through a race and remove or pad sharp edges or corners. It helps to have a "pet" or trained sheep amongst the flock that follows willingly or is less afraid of new situations. When the sheep have to be handled in a way that causes stress, such as ear tagging or shearing, it is important to "neutralize" the memory of the aversive handling by giving food rewards afterwards. Otherwise, sheep can remember the location of a fearful event long after the treatment. It also helps to move the sheep through the gathering pen or race without subjecting them to the stressful treatment and in this way, lessen their fear of this area. I used to practice with groups of sheep so they would run into the race and while they lined up in there, I would pour grain into their troughs back in their "hone pen". When I'd open the end gate of the race, they would gallop back to their pen for their treat. So enthusiastic were they about this exercise that when I accidentally left a gate open they obediently trotted out and ignoring other options lined up in the race.

As we spend time with our flock, we gain knowledge of the factors affecting their responses and we can reduce the fearfulness they might have when we handle them. Take time when you feed them and move through



the flock; sit on a straw bale and watch how they interact with each other and you; fill your pockets with carrots or other tidbits to feed to them. You will find yourself thinking more like a sheep and they will co-operate when you use this sensitivity to handle them.

.....continued from page 15

worthwhile with both farmers and consumers coming through in significant numbers. We had handouts on GMO's in addition to having the Organic Field Crop videos going and samples of Ken Gacho's organically grown soybeans, sunflowers and open pollinated corn. A "did you know" question and answer board worked well.

Membership continues to grow, with the East having 54, Central area 77 and the West approximately 300.

The EFAO continues to be an active sponsor of the Guelph Organic Conference. Former EFAO president, Tony

McQuail, is a member of the planning committee which organizes it.

Don Blakney will continue on as editor of the newsletter. He has done a great job, putting together an interesting issue every time and getting it out promptly.

**“Popularity
almost always
leads to
deterioration
in quality.”**

Call Us!

**You can now reach
the EFAO by phone
at 519-335-6566.**

**The line is open
Monday through
Friday from 8:30
am to 4:30 pm.**

Stock Exchange

Please forward your advertisement along with a cheque for \$5.00 (per insertion, per issue) to Don Blakney, Editor, R.R. #1, Dundalk, Ont. NRC 1B0. Items *For Sale* must be from your farm.

Advisory

With our limited time and resources, the EFAO is not able to verify the details or claims i.e., certified seed or registered stock, made in the following advertisements. Please check these details yourself before buying.

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. (0300)

FOR SALE: 12 ewe lambs (10 months) Dorset cross. Call Larry @ (519) 655-2082 (1299)

FOR SALE: Rare and unusual varieties of apple and pear trees, plus custom grafting service - send us your particular favourites and we'll create new trees; all transitionally grown. Can work with CSA-gearred orders. Send \$2.00 for our full catalogue: Woodwinds, Box 21-13, Bluevale, Ont. N0G 1G0. Phone (519) 335-3749. (1299)

FOR SALE: OCIA certified stocker steers and replacement heifers. Call (705) 939-1285. (1299)

NOTE - EFAO MEMBERS: If you have not yet received the official Conference brochure containing the schedules, costs, early discount deadlines and other details, phone (519) 824-4120 X2558 immediately.

Highlights: Day & 1/2 Training Course (Thurs./Fri. a.m.) followed by 2 Friday afternoon 3-hour intensive workshops. Meet The Presenters Organic Buffet, Public Forum, Saturday: Eliot Coleman keynote + 20 workshops under 5 themes. Saturday Organic Banquet (COG). Sunday: 8 x 2-hour intensive workshops and at same time, the Sunday Biodynamic Program. Anytime Saturday or Sunday, browse the 75-booth Eco-Products Trade Show (University Centre). For info, call any of groups listed or photocopy/mail this coupon to: Organic Conference, Box 116, Collingwood, ON, L9Y 3Z4, or call (705) 444-0923; FAX: (705) 444-0380; E-Mail: <organicix@georgian.net>

Please return this coupon and we will mail full details

NAME: _____
 ADDRESS: _____
 CITY: _____
 POSTAL: _____
 PHONE: _____
 Please send Trade Show booth Workshops Hotelso
 me info on: Friday night Public Forum Sponsorships

Keynote speakers: Eliot Coleman & Barbara Damrosch, (Maine, USA) authors of numerous books, will take part in several talks & workshops. A total of over 30 speakers will appear during this 4-day event.

MARK THESE DATES - A 4-DAY CONFERENCE
 When: — Thursday thru Sunday - Jan. 27-30/2000
 Where: — University Centre, U. of Guelph, Ontario
 2-day Expo: — The Eco-Products Trade Show (Saturday/Sunday)
 Also: — Full-day Sunday Biodynamic Program

- OFFICIAL SPONSORS:**
- Canadian Farm Business Management Council
 - Canadian Organic Growers
 - Ecological Farmers Association Of Ontario
 - Feast of Fields/Knives & Forks
 - Ontario Agricultural Training Institute
 - Ontario Ministry of Agriculture, Food & Rural Affairs
 - Organic Crop Improvement Association (Ontario)
 - Organic Crop Producers & Processors/Pro-Cert
 - Quality Assurance International
 - RFA-Canada
 - Society for Biodynamic Farming & Gardening

TITLE: GROWING THE ORGANIC MARKET

FOR SALE: Herbal dewormer for goats, sheep, lambs, kids; non-toxic. Available in small and large amounts. Delivered by mail. Used successfully by several organic farmers. Call Tom at Homestead Organics (613) 984-0480. (0300)

FOR SALE: Double cut Red Clover seed. Call Charles Grant at (519) 864-1378 (1299)

FOR SALE: "British Large Black Pigs". Weaners and breeders. Excellent pasture breed, easy on feed, docile, great mums. "Red Poll Cattle". The need for more breeders of this docile, hearty, dual purpose breed is increasing. Red Poll bulls have proven themselves exceptional in beef cross breeding settings. If we don't have what you are looking for we likely know a breeder who does. Also, transitionally grown pork, Red Poll beef and Canadian Liniback veal (milk fed at mother's side) available in custom freezer orders. Buffalo Sunrise Farm. Marney, Paul or Tim (519) 364-0890 (0300)

FOR SALE: Suffolk Punch Draft Horses. Compact but powerful and tractable, Red Rock Jethro Tull standing at stud. Ken and Martha Laing, R.R.#5, St. Thomas, Ontario N5P 3S9, glnlaing@elgin.net (1200)

PROMOTION: Publication solely for promoting farm-based businesses in Victoria, Haliburton, Peterborough, Northumberland and Hastings counties. March 15th deadline. 10,000 free distribution. For info., free subscription if farm based in these countries:

From the Farm

R.R.#4,
Lakefield, ON K0L 2H0
sylvie.jerry@sympatico.ca
ph/fx (705) 654-4462 (1299)

WANTED: Anyone with knowledge, experience or information pertaining to training or working with oxen. I would love to talk to you. Also, anyone with ox yokes for sale or knowledge of anyone with the skills to carve ox yokes. Please call Marney Cuff (519) 364-0890 (0300)

WANTED: Feed grains needed (wheat, corn, barley, soys, other?). Also require rye, wheat, soybeans, hullless oats and **SPELT**. Call Peter Leahy at (705) 755-1081. (0900)

THE DRAFT HORSE CONNECTION evolved out of the 18 year old Eastern Ontario Workhorse workshop. The magazine that gives voice to the living tradition of Canadian horse farming. Interviews, ask the teamsters, how to's, health, equipment, annual resource directory and much more. Connect! Subscribe and join our "family", a unique forum for meeting people, sharing stories, having your questions answered and learning together. (0300)

SOUTHERN ONTARIO DRAFT HORSE WORKSHOP: Learn the skills of the teamster on a 100 acre organic cash crop farm powered by Suffolk Punch Draft Horses.

In the novice level, learn basic skills such as feeding, grooming, harnessing, hitching and driving single and 2 horse teams.

At the intermediate level, hone your driving skills with larger teams and a variety of hitches on various implements in the fields and woods.

- Novice dates: April 6-8, 2000 and October 12-14, 2000.
- Intermediate Dates: April 20-22, 2000 and Sept. 28-30, 2000.

Meals and sleeping included \$315.00 per person. We also offer a one day plowing match coaching day with Cecil Wells Sept. 2, 2000 - cost \$150.00. For more information contact:

Ken and Martha Laing

R.R. #5

St. Thomas Ontario N5P 3S9

(519) 775-2670

e-mail: glnlaing@elgin.net (1200)



AGROECOLOGICAL FARM PLANNING MANUAL: Members of the EFAO have developed a manual to assist fellow members in developing an environmental plan for their farm. A copy of the manual is provided to all members who take the Introduction to Ecological Farming course. Copies of the manual are \$10.00 and are available by contacting Phil Beard at (519) 335-3557. Resource materials needed are the Organic Field Crop Handbook, Forestry and Habitat on the Farm and Fish and Wildlife Best Management Practices. Copies of these reference materials are also available from Ted Zettel or Phil Beard. There is a cost of \$15.00 for the Organic Field Crop Handbook.

Special Notice: For those of you with long term advertisements, the onus is on you to renew. Please take a moment to check the bracketed month and year code at the end of your ad. If you would like to renew your ad, please forward your cheque (payable to EFAO) and any changes to,

Don Blakney, Editor

R. R. # 1

Dundalk, Ontario

N0C 1B0

519-923-6930

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

Duncan Armstrong 300 Water Street, Peterborough K9J 3C7 (705)755-1951
 Garth Beebe R.R.#1, Baillieboro K0L 1B0 (705)939-1285 fx: (705)939-1546
 Janet Duncan R.R.#1, Almonte K0A 1A0 ph/fx: (613)256-2933, dunbrae@sympatico.ca
 Michael Krol R.R.#2, Williamstown K0C 2J0 (613)347-7561, krolmh@glen-net.ca
 Steve Martin R.R.#1, Clifford N0G 1M0 ph/fx: (519)327-8755
 Natalie Warner R.R.#1, Baillieboro K0L 1B0 (705)939-6931, natalie@accel.net
 Fran McQuail R.R.#1, Lucknow N0G 2H0 ph/fx: (519)528-2493, mcqufarm@hurontel.on.ca
 Dave Reibling R.R.#1, Tavistock N0B 2R0 (519)662-2385, fx: (519)662-2435
 Rob Wallbridge R.R.#1, Williamsburg K0C 2H0 (613)774-2923, fx: (613)774-1105, tshorselogging@hotmail.com

Membership Application For Ecological Farmers Association Of Ontario

(Please Print)

Name _____
 Farm Name _____
 Address _____
 Town _____
 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. 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 _____

The cost of a thing is the amount of...life which is required to be exchanged for it, immediately or in the long run.

- Henry David Thoreau

Visit our website at www.gks.com/efao

We invite members to submit articles, so this will be a truly *farmers'* journal. To this end, we have the following submission dates. Due to printing and mailing schedules, these dates are firm. Submissions received after these dates, will be included in the next issue.

Spring issue - March 1
Summer issue - June 1

Fall issue - September 1
Winter issue - December 1



Ecological Farmers
Association of Ontario

News

Box 127,
Wroxeter, Ontario
N0G 2X0

