Ecological Farming in Ontario

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On the cover

Kristyn Leach of Namu Farm in Central California will be Keynote Speaker at the EFAO Conference in 2021. She is also one of the producers for Second Generation Seeds, a seed collection devoted to the preservation and improvement of heirloom Asian herbs and vegetables.





What We Do

Established in 1979 by farmers for farmers, the Ecological Farmers Association of Ontario (EFAO) is a membership organization that focuses on farmer-led education, research and community building. EFAO brings farmers together so they can learn from each other and improve the health of their soils, crops, livestock and the environment, while running profitable farm businesses.

Vision

We envision an Ontario where thriving ecological farms are the foundation of our food system, and where agriculture protects our resources, increases biodiversity, mitigates climate change, and cultivates resilient, diverse, equitable communities.

Mission

EFAO support farmers to build resilient ecological farms and grow a strong knowledge sharing community.

Ecological Farming In Ontario

Ecological Farming in Ontario is published quarterly by EFAO as a benefit of membership to help keep farmers and supporters informed and in touch with one another through articles on relevant farming topics, current farmer-led research, upcoming events and other news of interest.

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Deadline for Spring 2022 Issue: Jan. 15, 2022

Help make *Ecological Farming in Ontario* a farmer's journal! Submit articles, photos, opinions and news to editor@efao.ca. We reserve the right to edit submissions for space and/or clarity.

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A Message from the Executive Director It's Conference Time!

Dear Members,

onference time is the EFAO staff team's equivalent to the farm in June. We're setting up systems, seeding workshop ideas with members, and cultivating new relationships. There's lots of virtual hooting and hollering as speakers confirm their participation and new sponsors come on to support the event. We're very grateful to have Cassie Wever, Events & Resources Manager and Naomi Krucker, Conference Coordinator leading the effort with their incredible organization and enthusiasm for farmer-to-farmer knowledge sharing.



This year's gathering will be EFAO's 8th annual conference, and our 2nd virtual one, and will be taking place **November 29 – December 2, 2021.** The theme, **Cultivating Common Ground,** reflects EFAO's efforts over the past year to broaden the network of farmers and organizations we work with, and to work to bring more equity and diversity to EFAO as an organization, membership, and community. We recognize that real strength comes from working together and bringing different perspectives and skills to the critical work of building resilient ecological farms and communities.

The conference kicks off on Monday, Nov. 29th with our annual Research Symposium, a chance for members who have undertaken research trials as part of EFAO's Farmer-Led Research Program to share their observations and findings, and learn from others. The research team at EFAO – Sarah Larsen (née Hargreaves), Rebecca Ivanoff and Dillon Muldoon – have been in their element over the past few weeks, analyzing and making sense of the data that is coming in from the hard work of this year's farmer-researchers. Attending the Research Symposium is always a real highlight of the year for me. It is incredibly inspiring to see research in the hands of farmers – the questions and findings are practical, relevant and very compelling.

The evening keynote and plenary sessions are an opportunity for us to create a platform for the big topics and conversations that have been taking place in ecological agriculture over the past year. These will include panel discussions on Land Access, Regenerative Grazing (with a discussion about Practical Farmers of Iowa's documentary *Livestock on the Land*) and an inside look at the remarkable work and momentum of Farmers for Climate Solutions and its national advocacy for climatefriendly farming policies and programs. We are excited and honoured to have Kristyn Leach (featured on the cover) joining us as our conference keynote speaker this year. Kristyn runs Namu Farm in Central California, where she predominantly grows crops of the Asian diaspora. The farm's focus is to adapt both East Asian subsistence farming practices and seed cultivars to the challenges of production farming in dry, hot conditions. The farm uses ecological farming practices such as reduced tillage and closed loop fertility management. Kristyn's Second Generation Seeds line, a project with Kitazawa Seed Company, is devoted to helping Asian communities discover and deepen their cultural heritage through seeds.

We are also thrilled to be highlighting EFAO's work and partnerships with other farm organizations around the Living Lab – Ontario initiative. EFAO's two inspiring farmerresearcher participants, Ken Laing and Brett Israel, will be sharing their ongoing innovations and learnings around reduced tillage in organic soybean production and organic notill vegetable production (check out page 20 for some exciting preliminary results!).

If you haven't already registered for the conference, please do! Visit conference.efao.ca to register.

It's going to be a lot of fun. I hope to see you there!

Sincerely, Ali English



P.S. Please note that EFAO's AGM will not be taking place at the conference this year. We recently changed our fiscal year which requires us to move our AGM to April. Please keep an eye out for an E-News with more information, including a call for new Board members.

EFAO NEWS

Get Ready for the 2021 EFAO Conference: Cultivating Common Ground

November 29th – December 2nd, 2021

or our eighth annual conference, EFAO is working hard to bring you new learnings, opportunities to hone your craft, grow your business, and connect meaningfully with other farmers. In addition to four days of informative sessions, there will also be an increased emphasis on ways to socialize and connect, virtually. We're excited to introduce a new conference program tool that lets you assemble your own customized schedule, and a social hub that will help you mix and mingle between sessions just as if you were strolling the halls of the conference venue!

Information about accessing these platforms will be shared in the days leading up to the conference. We encourage attendees to explore them in advance.

To avoid technical issues, we recommend using the latest version of Google Chrome as your conference browser.

Featuring:

- Plenary Events on Regenerative Grazing, Land Access, and Farmers for Climate Solutions
- Farmer-Led Research Symposium
- Zack Smith on Unique Livestock Arrangements
- Kristyn Leach of Namu Farm
- Jesse Frost, Ken Laing on No-Till Vegetable Strategies

EFAO Conference 2021

Cultivating Common Ground

Here is a sneak peak at some of the incredible presenters lined up for EFAO's 2021 conference! Don't miss out on the opportunity to hear from some of the most innovative voices in the world of ecological agriculture.

Register now at conference.efao.ca!

Kristyn Leach

ack Smith

- Reducing Tillage in Organic Field Crops
- Silvopasture with Steve Gabriel
- 5+ Community Conversations on topics requested by members
- 4 | Winter 2022 | Ecological Farming in Ontario

aomi Krucker has been helping with the organization of EFAO's annual conference since 2015, and she is back for another year! Naomi is passionate about event organizing and loves the opportunity that the conference provides for EFAO's network of farmers to celebrate and learn together each season.

Naomi holds a B.A. in International Development Studies from the University of Guelph. Her international experiences in agriculture ultimately led her full circle back to the family farm. Naomi manages Manorun Organic farm, a CSA vegetable and livestock farm in Hamilton. Working for the EFAO and setting down roots in her community have provided meaningful ways to tackle important farming and food system issues. The EFAO team is extremely grateful to Naomi for her support. Thank you Naomi!



Policy & Advocacy Update

EFAO's presence on the Farmers for Climate Solutions (FCS) coalition has solidified this fall, with our Board President Brent Preston being named Interim Director of the project while Karen Ross is away on parental leave. Additionally, EFAO's Executive Director Ali English has been appointed to FCS's newly created Governing Body, **Communications and Government Relations Manager Laura Northey** is sitting on the Communications Working Group, and EFAO Member Brenda Hsueh is sitting on the Member Engagement Working Group. Equity and Organizational Change Manager Angel Beyde has also just wrapped up work as an advisor to FCS's recent Equity Project. The team is thrilled to be a part of such an important initiative that unites organizations from across Canada toward the shared goal of making agriculture a climate solution.

Looking ahead, FCS is continuing to advocate at the provincial and federal levels for making its priorities central to the consultation process for the Next



Agricultural Framework. In Ontario, EFAO is working with the National Farmers Union – Ontario, Ontario Sheep Farmers, and the Organic Council of Ontario to further these advocacy efforts.

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Greta Kryger of Greta's Organic Gardens

Greta Kryger is the founder of Greta's Organic Gardens, one of Ontario's first organic and heirloom seed companies. On the occasion of her retirement from the seed business, and in celebration of Greta's successful seedy career, EFAO asked her to fill us in on her history in the seed production world.



Tell us about your life before you became a farmer and seed grower. How did you come to the work of seed keeping?

I grew up on a farm in Denmark but we did not do any seed saving. Seed saving came much later in the early 90s when I moved to a hobby farm in Eastern Ontario.

What inspired you to become a farmer, seed saver, and eventually the founder of a successful seed company?

My family and I moved out of Montreal in 1991 to a small farm. We started a big garden and got chickens and hens. I was hoping to find a way to make a living in the country.

I met another farmer who was selling produce at the Ottawa Organic Farmers' Market. They were looking for more vendors, and I joined them for a few years.

At the same time I met a member of Seeds of Diversity (which was called Heritage Seeds at that time) who gave me a few tomato varieties, mentioning that if I liked them and wanted to grow them again I would have to save my own seeds. That's how it all started.

Also as a market grower I was looking for unusual varieties. Varieties that I liked disappeared from seed catalogs,



and if you wanted to keep them you had to produce your own seeds.

In the early 90s there were not many, if any organic seeds available. It was enough trouble finding untreated seeds. So it made sense to start an organic seed company.

What was it like to start your own seed company? How has the business evolved over the years?

In 1992 at the Ottawa Organic Farmers Market, we decided to have a seed exchange one day after the market, which went well. So the year after that, the first Ottawa Seedy Saturday was held at the same location as the farmers market. I sold seeds at this event and have been selling seeds at Seedy Saturdays and Sundays ever since. Seedy Saturdays were important as they created a place where market gardeners and seed savers could sell and exchange seeds.

Around 1996 or 1997, I sent out a small seed catalog, a couple of pages only, and it got bigger every year after that.

When you started, why did you choose to offer certified organic seed?

I started out farming organically but did not get certified until 2002 when I moved to Ottawa to farm.

How did the percentage of seed you grew yourself and that which you purchased from other growers change over the years?

In the beginning years I was just selling what I produced myself, but customers



were looking for seeds that were difficult to produce here in Ontario, so I found organic suppliers outside my region. For example, most biannual seeds are more demanding than annuals. Carrots, beets and most brassicas need to be stored over the winter and replanted in the spring to produce seeds. On top of that, you are dealing with easy cross pollination from, for

example, the wild carrot (Queen Anne's Lace). So having other sources for those seeds was helpful.

As you began your seed business, who were your mentors and teachers or places you looked for guidance?

There weren't any. I knew a few seed savers around, but not many experienced people. I just learned by reading books and magazines. There weren't a lot of resources, and it was challenging to find information about specific things, like isolation distances, crop population, etc.

Do you have any recommendations for people starting a seed business now?

My advice is to start slowly. Get to know your crops as you go, and check out the other seed businesses in the seed saving community. Right now we have a lot of small seed companies across Canada, and I think what we really need is an organic seed company that can handle more bulk for market gardeners.



How did you decide what seeds to include in your catalogue? Do you have a favourite kind of seed or favourite variety to save? Why do you love them?

I included what I grew myself then added what I think customers would like and that I could find certified organic seeds for. My favourite would be tomatoes, because they are easy to grow and save seeds from, but also for the different flavours you can find. You can have tomatoes and they will each have a distinct flavour, totally different from the next one.

You've worked not only to grow good quality seeds but also to breed new varieties. What led you to do this breeding work? How important is breeding for organic systems?

Everytime you grow a seed crop you do a bit of breeding by selecting seeds from the best plants/crop or pulling out what you don't want. That also leads to asking the question "what are we missing?" Can we create a better variety that will do better than what we have now? New varieties for organic production are important because they won't be getting the same inputs as the conventional ones, so you want to choose qualities that work in that environment.

You've won awards and received a great deal of public appreciation over the years: why do you think your work has struck a chord with people?

I have been going to a lot of events and talking with people about growing plants and saving seeds, teaching people how to do it for themselves for a while. I went to the Guelph Organic Conference for the first time in 1998 and have been going since. People come and ask me if I have a certain variety and we talk about what is special about it, and I might try to find it to grow or just tell the person where they can find it. So it's creating a network and knowing what is happening.

You've sold Greta's Organic Gardens to your son, who lives in Montreal. How do you anticipate the business will change under new ownership? Will you still be involved?

It is a seed company now, so they will not be growing seeds. They will be relying on other seed growers to produce the seeds. I will be involved, helping to keep it going, and also I am still working on a breeding project that the company will receive the results of.

You are transitioning your lease of the land with the National Capital Commission in Ottawa to a younger seedkeeper, Manish Kushwaha. Can you tell us about your relationship with younger seed savers and your role as mentor?

Manish has worked on the farm, growing his own seed crops, since 2019. It is interesting and challenging working with a younger person. Most younger people want to do things too fast and try to do too much at once. We mostly talk a lot about how to do things, and he makes his own decisions about what and how he get it done.

Is there anything else you would like to share with the ecological farming community?

I am looking forward to the next EFAO in-person conference.

LIVESTOCK

Forays into Silvopasture



Val Steinmann and her family are the stewards of Heartwood Farm, in Erin, Ontario. Since 2004, Val has been immersed in a journey to co-create an ecological farm that is committed to supporting biodiversity and regeneration. Heartwood produces craft cider, maple syrup, grass-fed meats, and community.

Q: Tell us about Heartwood Farm's recent forays into silvopasture. How did you get started? What have you undertaken so far?

We started with a field that had erosion patterns typical on rolling hills after being used for cash crops. To remediate that pasture we converted it from cornfield to pasture and hay, and began doing managed grazing. We decided to try working with the contour using a keyline system approach, inspired by Mark Shepard. We were inspired by the idea of increasing biodiversity, so as a natural extension we began planting fruit and nut trees and native species into that keyline system to mimic natural savannah. That was our first real foray into the potential for silvopasture to increase the diversity we could grow on the same acreage, and into learning about all of the ecological benefits to integrating livestock, grassland, and woody perennials.

I was so inspired by Steve Gabriel's workshop at the 2020 EFAO conference. I bought his book and read it cover to cover, and realized there were opportunities on our 40 acres to work with land that was neither ecologically nor agriculturally productive, and that we could actually improve both through silvopasture.

I was intrigued by how I might work with sheep to get that nice combination of grazing and browsing. This farm has a lot of wildlife corridors and thus, a plethora of predators. Before we could bring small ruminants back to the farm, we needed to figure out which livestock guardians to choose. A dog wouldn't work with farmstay programming, so we chose llamas. Llamas are ideal guardians — they eat the same things as sheep, they're quiet, and they're fairly easy keepers.

We recently set up fencing in a hedgerow to observe how the sheep and llamas interact with this environment. I love watching them — they eat the goldenrod, wild grape, they strip the burdock right down and eat Norway maple. They're opening it up, and now I think I can seed the understory with forages.



learnings from the 2020 conference have you been able to apply in practice?

Steve Gabriel's work was inspiring because I realized how similar our little farm is to his, and the potential it holds. Areas of old pine plantation on our farm that we hadn't paid attention to were suddenly of interest. I was inspired to spend time over the winter getting familiar with them and letting Steve's ideas percolate. There were a few silvopasture meetups as well, and it was inspiring to hear other people talking about these ideas.

In order to begin remediating old plantations, I needed the help of a forester to do some thinning. I hired Pam Jackson, EFAO member and part of the Erin Soil Health Coalition. She is trained as a forester and has interest in developing pasture-based systems on her family's farm. She understands how forestry is a part of protecting the natural landscape, and she's also willing to imagine that we could learn to think differently about forestry management as a way to benefit both the natural environment and agricultural productivity.

Q: What challenges have come up so far? What benefits (in land, livestock, etc) have you seen so far on your farm? What has been your biggest challenge in implementing silvopasture?

The biggest challenge so far is financial. There are significant costs associated

with silvopasture, such as buying livestock, fencing, etc., and it's hard to make a business case for doing this work. Regenerative agriculture is a call to remediate or heal the land, and that work requires investments of time and energy that are not necessarily all about immediate return on investment. Restoring degraded land has a collective benefit. I'm considering creative ways of asking the broader community to support that work. I've been inspired to see other farms doing this kind of thing. For example, Topsy Farm on Amherst Island put out to their community an invitation to buy a foot of hedgerow.

Working with a different species and learning how to use electronet fence and other portable electric fencing in a messy woodland zone rather than a pasture is a challenge. I worry about predators getting at the sheep when they are amongst trees and hedges, even with the llamas. Another challenge has been adding another species that needs separate fencing. If I can find a way to keep the sheep grazing in the original silvopasture zone with the cattle, that would solve this issue. Initially the cattle were really weirded out by the llamas!

Another challenge is getting good at any one thing with such complex systems. Complexity and diversity inspire me and energize me. If we can set something in motion and not micromanage it, maybe

ecological principles will guide it, and we can get out of the way. However, sometimes this means that things set in motion aren't always completed.

As far as benefits, I'm intrigued to see the impact that the sheep have, such as opening up hedgerow overgrowth. I'm too new at this to be able to discern whether that impact is exactly what it should be, but I like what I'm seeing. They put on good condition over the summer, despite the heat and humidity. I think they benefited from a cooler, shadier environment during the hottest parts of the summer. And they're eating things we would normally consider to be problems or weeds.

Q: What has been your greatest learning so far?

The big aha for me was recognizing that on our particular farm, there are naturalized zones not managed as farmland, but that are also not thriving. I've learned that many parts of the farm have been disturbed by humans, and they're languishing. I hadn't previously fathomed how they might benefit from human intervention, and could even be brought under the umbrella of agricultural production.

The part that's captured my imagination is the area of overlap in the tension between agricultural productivity and a conservation ethic: How can we feed

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our community in ways that actually support biodiversity and remediation? I think that's a really hopeful area for farming, and there is potential to develop a deeper knowledge of the intersection between ecological and agricultural knowledge and productivity.

For example, Pam was curious to know if the tree bylaw officer would allow her to submit a prescription for a farm logging plan identifying the use of sheep as a site prep strategy for planting an oak savannah. That's not a typical strategy, but it's much more appealing than using Roundup to kill the invasives and clear the land.

Q: What questions and areas of future learning have been coming up for you as you undertake these projects?

These silvopasture approaches may have implications for how we eat in the future. There may be foods we could introduce into our diets that would create a market and a potential revenue stream for a farm using silvopasture practices. This would mean we could make use of important zones on our farm without upsetting the ecological balance.

tried some of these techniques this spring but I still have a lot to learn. I'm also interested in learning to make tree hay to reduce feed costs. I would love more opportunities to learn locally and experientially about silvopasture. Q: What is your silvopasture vision

are different styles of cutting the tree

above grazing height so that the tree

sprouts new growth. You can chop and

drop the growth for livestock fodder. I

for Heartwood Farm? I'm interested in collaborating on research projects, through EFAO, U of G, or others. I'd love to be able to observe, monitor, and collect data. Different partnerships have already brought in more expertise and perspectives to our farm and we'd like to build on that. I want to be able to tell the story of this remediation in a more detailed way than I can on my own. For example, how do we monitor and measure biodiversity increases? How well do the sheep and lambs do in this setting? What kind of soil improvements can we make in an

Credit Union Another thing that I'd like to learn more old plantation? Can we establish a vital about is coppicing and pollarding, which

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oak savannah in a spot where we now have dying Scots pine? Can the forestry prescription that land owners can access be expanded to encourage land use that has ecological benefits as well as agricultural benefits?

My vision also includes inviting the non-farmer community to see what we're doing and to share the story of silvopasture on our farm. People are fascinated with learning from the keyline system, how we move the cattle twice a day to mimic bison, and the diversity in the hedgerows. We charge for those tours, and that's definitely part of my vision, that there could be some revenue within sharing that ecological knowledge.

Interested in learning more about silvopasture? Check out Steve Gabriel's session at the 2021 EFAO Virtual Conference! Conference details can be found at conference.efao.ca. EFAO will also be hosting Silvopasture Meet-Ups after the 2021 conference to support further learning and connection. If you have an idea for a silvopasture speaker or field day, please email cassie@efao.ca.







agricultural communities, we're committed to the sustainability of farmer livelihoods.

Food and Farming Challenges & Opportunities for the Anishinabek Nation

Lynn Moreau is an EFAO member and Lands and Resources Coordinator for the Anishinabek Nation. EFAO recently had the honour of joining several Regional Round Tables that Lynn facilitates, that focused on Agriculture and Food within the Anishinabek Nation, to speak about EFAO's work. We followed-up with Lynn to share a bit about her work with the broader EFAO community.

Can you please tell us a bit about the Anishinabek Nation?

The Anishinabek Nation (AN) is a political advocate for 39 member First Nations across Ontario. The Anishinabek Nation is the oldest political organization in Ontario and can trace its roots back to the Confederacy of Three Fires, which existed long before European contact.

The Anishinabek Nation represents First Nations throughout the province of Ontario from Golden Lake in the east, Sarnia in the south, to Thunder Bay and Lake Nipigon in the north. The 39 First Nations have an approximate combined population of 65,000 citizens, one third of the province of Ontario's First Nation population. The Anishinabek Nation has four strategic regional areas: Southwest, Southeast, Lake Huron and Northern Superior. Each region is represented by a Regional Deputy Grand Council Chief.

The Anishinabek Nation's head office is located in Nipissing First Nation, just outside of North Bay, Ontario and has satellite offices in Fort William First Nation, Curve Lake First Nation and Munsee Delaware Nation.



Anishinabek Agriculture & Food (anishinabekagriculture.ca).

Could you describe the collaboration between the Anishinabek Nation and OMAFRA, which you facilitate. What is your role as Lands and Resources Coordinator?

As a Lands Coordinator, my role is to increase awareness and knowledge of the agricultural opportunities for AN communities, and to encourage local agri-food economic development. My role consists of coordinating the Round Table sharing sessions that aim to provide agricultural information, resources and tools to our communities, agricultural businesses and entrepreneurs. With training opportunities available, I act as a resource for communities to help them develop the skills needed to succeed in the agricultural sector.

Could you share a bit about your experience and interest with growing food, and what drew you to this work?

I have always been a gardener, and have always grown my own food, I have over 20 years of experience in the environmental field, beginning with the public service and then moving on to the consulting industry where my focus was on assisting First Nation communities in the areas of land use planning, waterpower and economic development related projects. As a youth, I worked in the horticulture industry and in 2019 I started a small agricultural business with my husband. Green Legacy Farm is located in Bonfield, east of North Bay, and we farm chicken, have a small apiary, and small market garden. When an opportunity arose for me to work in this field for the Anishinabek Nation, it was in perfect alignment with my interests and experience. I have always enjoyed assisting First Nation communities to grow economically and within this role I have an opportunity to contribute to this growth.

You have been working on an asset and community mapping initiative related to agriculture in Anishinabek communities. What have you learned so far?

The Covid-19 pandemic has led to an enhanced interest in local food production and security, for necessity's sake. Opportunities have been created for enhanced local production of food, using new technologies that provide for year round growing. The interest in aquaculture projects is growing and so are investments in infrastructure such as greenhouses and four season container growing. There is a rejuvenation in traditional food sources such as maple syrup production, hunting, fishing and wild rice and berry collection. Some communities are investing in bee yards.

You've launched a new website for Anishinabek Agriculture & Food (anishinabekagriculture.ca), and a Food and Agriculture Online Map. What are some of the ideas or intentions behind these new resources?

The idea behind the online food map is to identify our assets, our Anishinabekowned food businesses including producers, restaurants and food consumers. The idea is for people to be able to network with others who are doing the same thing to gain experience and expertise, and to link food producers and consumers. Everyone needs to have a mentor when they are starting out, and the food map encourages networking between individuals, businesses and external organizations who may be able to offer support. It answers the questions of where food is being produced, outside of just heading to the grocery store. It also allows our producers to market their products and services, sometimes even within their own community.

Could you share stories of one or two inspiring farming and gardening initiatives that are taking place within the Anishinabek Nation, in Ontario?



Mr. Andrew (Stitch) Manitowabi, of Wiikwemkoong First Nation, displaying the Iroquois white corn being grown in two locations on Manitoulin Island to enhance local food security.

The community of Wikwemkoong has emerged as a true leader in the agriculture field. This year, Wikwemkoong Lands department started large corn gardens and they are now harvesting the corn for the entire community. The Ontario Works department has started a backyard chicken program, and established several community gardens to feed the local community and support the food bank. They are in the process of planning to establish a beef herd, also to supply the local food bank with meat. They have also put on canning workshops for the community and distributed seeds and provided water delivery and tilling to residents for their gardens.

Sheshegwaning has established two food related businesses — Odawa Island Fisheries is co-owned by John O Foods and Sheshegwaning First Nation and produces rainbow trout. Odawa Freshwater Gardens is an aquaponics container farm producing sustainable and local greens year round. This business will soon grow by establishing a second container. This year, the community established a Farmer's Market vending some locally produced

> foods, which is a first for the Anishinabek Nation.

What are some of the challenges that Anishinabek communities face in terms of food security and agriculture?

One challenge is the lack of local infrastructure such as good road access and three phase power to establish proper sites. Another challenge is the lack of meat inspection and processing facilities in proximity to our farms. Some communities face predation issues with wild dogs and wild predators such as bears. Land use planning considerations on reserve can also sometimes be a barrier.

Is there anything else you would like to share with other EFAO members?

The Anishinabek Nation values the opportunities EFAO has created to learn about many different kinds of agriculture, both online and in person and the opportunities EFAO has created for networking and learning from other farmers. Our role as stewards of the land align well with the EFAO's core values of ecological sustainability in farming. We look forward to continuing to build our relationship with the EFAO.

A Letter to EFAO Members



SoilHealth.ca knowledge to grow

Dear EFAO Members,

Since you're already familiar with the many benefits of testing your soil, and have heard all about the importance of soil health, I won't repeat what you already know here.

Most of you reading this

newsletter will also likely be familiar with how EFAO is fighting back against climate change by supporting programs like Farmers for Climate Solutions and successfully advocating for the On-Farm Climate Action Fund.

Here's a thing you don't know:

SoilHealth.ca has been completely upgraded 'from the ground up' and is ready to join the rally for a healthier climate! We're here to help with the fight against greenhouse gases, and we're going to do it together with farmers who want to have healthy soil, while also helping to create a healthier planet.

SoilHealth.ca is a soil testing lab

located in Burlington (Halton) and proudly serves all Ontario. We're not like some other labs that test soil just because their equipment can provide a simple, basic report. We aren't interested in testing cosmetics or pharma or industrial products. We're 'ab-soil-utely' only interested in testing and understanding soil. You could say we only 'dig' soil! Sure, we like to make soil fun, but all joking aside, we take testing seriously. We know that fast, accurate, and precise data matters. Farmers empowered with good data have the knowledge to grow more and do more to fight climate change.

Our upgraded flagship service is

a new Soil Health Test Kit. Ordering a kit online is easy, and our website has been designed to share everything you need to know and what to expect. Your kit is shipped to you with all the materials you need to collect and return a soil sample for testing. When your sample arrives at our lab, we examine your soil for its biological, chemical, and physical properties and measure over 40 separate soil health indicators.

We developed our testing array

based on the leading soil health assessments, frameworks, models, and protocols currently in use across North America. We also closely watched the work done by EFAO's Soil Health Benchmark Study, that pinpointed which soil health indicators are most useful for farmers.

We are convinced that soil health

indicators need to be meaningful metrics that can robustly measure changes in soil properties. Plus, they need to serve as the basis for making real world decisions. Every test we conduct is accurate, precise, repeatable, and can help you achieve your intended goals.

Environmental stewardship is

important to us, so we've picked some testing methods because they use fewer chemicals, consume less fresh water, and reduce our own environmental footprint. Even the packaging for our new test kit is made using less energy and generates far less pollution!

We have posted an example of a Soil Health Report to our website under the FAQs & Resources tab. If you look around a bit, you may *'unearth'* a few special surprises.



Realistically, if you can't make

sense of the results of a soil test report, then it's not worth the 'cents' you paid! With that in mind, we focused a lot of attention on creating our Soil Health Report so that it can be interpreted without needing an 'alphabet soup' of degrees.

If you do need help interpreting

your results and developing strategies to use your results toward reaching your goals, we can support you with help from trusted P.Ag and CCA experts.

Whether you're new to farming,

or a seasoned professional, our Soil Health Report will let you see your soil from a different view. We use specialized microscopes to observe your soil and share photos and descriptions of soil microbes from your sample. We let you literally peek '*deeper*' into your living soil by giving you a unique, up-close glimpse, of your microscopic soil livestock!

SoilHealth.ca is a start-up,

'sprouting-young' soil testing laboratory with plenty of growth potential. We're showcasing our new Soil Health Test Kit, but we have plans to expand our soil testing services with more choices and testing options.

We know it takes time and trust

to earn the privilege of working with one of the most important resources on your farm: your soil! Visit our website to discover what motivates us to do soil testing and consider letting us test yours.

I'll close this letter to members

by sharing that even as a child, I always preferred digging in soil instead of the sandbox. These days, I'm thrilled that the topic I'm most passionate about and have spent so much time studying and researching –soil health– has finally gained global recognition as a real solution for the worsening crisis of climate change.

If you have a specific question

we would be thrilled to hear from you. Connect with us by email at info@soilhealth.ca.

Happy Growing in Healthy Soil!

John Kenneth Filice SoilHealth.ca CEO & Founder

P.S.

No laboratory is fully complete without a lab rat, so we've got a special Boston Terrier variety named "Jasper" (named for the mineral of course, not the park). He's quicker at digging holes than I am...but he's far less precise!





RESEARCH

Call for Curiosity 2022

Get involved in Farmer-Led Research

ovember is a great time to start thinking about your burning on-farm questions!

- Did you observe something on the farm this year that sparks your curiosity, and has you looking for answers?
- Are there new crops or varieties you want to trial on your farm?
- Are you interested in farmer-led research but want to be part of a multifarm trial to try it out?
- Do you and/or some farmer friends have a need for a new locally adapted variety?
- Would you like to reduce emissions on or improve the regenerative capacity of your farm, and want to test a new way of doing so?

Working in cooperation with EFAO's Farmer-Led Research Program, you will receive financial support and individualized technical support to help answer your questions with confidence.

How to get involved

In addition to online resources, we're a series of upcoming events to help you learn more. Find detailed information about the program at efao.ca/CFC2022

Research Symposium

An online gathering where EFAO members share their findings and insights from the 2021 research season.

EFAO's Farmer-Led Research Program Call for Curiosity 2022

Looking to get involved with EFAO's Farmer-Led Research Program? Here are some important dates and deadlines!

October 2021

Start thinking about the observations you've made and the questions you want answered!

Application Opens! efao.ca/funding

November

January 2022

or by appointment

efao.ca/funding

Drop-In Virtual Office Hours

Wednesdays in Jan, 1-2pm

Jan 31: Application Deadline!

March - October Research season!

efao.ca/rhythm-of-farmer-led-research/

Virtual Research Symposium Nov 29, 11:30am - 1pm & Nov 29, 2pm - 4 pm <u>conference.efao.ca</u>

December

Virtual Research Workshops Dec 14, 1-2pm: Soil health, cover crops & no-till Dec 15, 1-2pm: Seeds & breeding Dec 16, 1-2pm: Grazing, pasture regeneration, livestock *efao.ca/events*

February

Early February: Applicants meet with staff to review submitted project applications. Late February:

Applicants are notified of funding decisions.

EFACE ECOLOGICAL FARMERS ASSOCIATION OF ONTARIO

If you are interested in conducting research or want to learn about this year's projects, please join us!

Research Brainstorming Workshops

The virtual Research Workshops are an open space to join fellow farmers, farmer-researchers, and research staff to discuss your curiosities for the upcoming season.

Participants will have the chance to brainstorm, network, strategize on ideas, and learn in community with other farmer-researchers. Farmers and farmer-researchers of all experience levels are welcome.

Virtual Office Hours

Thinking about applying but not sure if your idea will work? Talk to a member of the research team. They're friendly! Check efao.ca/ CFC2022 for appointment times and sign-up.

Applications

The deadline for applications for the 2022 farmer-led research season is January 31, 2022 by 11:59pm.

Once you submit an application, EFAO's research staff will contact you to review and discuss your application. EFAO's Research Advisory Committee will then evaluate the applications and applicants will be notified of funding decisions in late February/early March.

Research Advisory Committee

We are looking for members to be a part of the Research Advisory Committee. Terms last for two years and members are compensated for their time. If you

are interested, please contact Sarah: sarah@efao.ca.

FIELD CROPS

An Entrepreneur's Path to Soil Health

By Maureen Balsillie

Norm Lamothe is going back to biodiversity. An entrepreneur by training, Norm and his wife returned to the family farm in Cavan in 2015. Lamothe had previously run several successful start-ups in the Aviation and AgTech sectors. The farm has been in his wife's family since 1902 and while it started at 87 acres, every generation has added some land, so they now crop more than 450 acres.

As they began to transition back to the farm, it quickly became apparent that the path they were headed down was not sustainable for their balance sheet, or the environment. Previously, the farm had over 1500 hogs, and all of the fields were in a 2 crop, corn-soy rotation.

The transition hasn't always been smooth. Woodleigh Farms, owned and operated by Lamothe and his wife, Emily, experienced a devastating multibarn fire in 2018. While the family is still devastated by the event, they've used the disaster as an opportunity to diversify their farm even further. They've added a passive solar-powered greenhouse where the old barn was



located and have started a small nursery.

Another way they have begun to diversify their farm is in their field crop rotation. Lamothe added wheat into the rotation for the first time in 2015 and has slowly expanded to a three crop rotation in all of the fields. Participation in EFAO's 2020 Small Grains



program allowed them to expand their rotation even further, to include oats in 2020. It also supported them to build confidence around using cover crops. They are now incorporating cover crops into all of their field crops.

"We farm profits per acre, not bushels per acre,



so it's easy to make an extended rotation make sense," says Lamothe. My ideal rotation is now oats-wheat-corn-soy with an underseeded cover crop in all crops."

To make the farm successful, Lamothe has relied on his history as an entrepreneur. He uses a data driven approach to everything they do on their farm. Historically, most people consider farming to be 5% science and 95% art, but Lamothe disagrees. They collect data wherever possible, and doing so has allowed Lamonthe to get a better understanding of the cycles of his farm, in order to learn what works and what doesn't. They have embraced technology, using GPS for all of their planting, and have been able to reduce their inputs significantly through precision innovations such as split nitrogen application with drone, and satellite technology.

As they began looking for other ways to reduce their inputs, the Lamothes began looking for alternative sources of nutrients, in order to reduce their reliance on commercial fertilizers. In 2019, they began a composting program which allows them to transform off farm waste into nutrient dense soil and apply it directly into their fields. They have several contracts with local municipalities to compost yard waste, and are looking to continue to expand that aspect of the business. They began applying compost in the off season, which makes nutrients available early in the spring in order to establish strong cover crops.

For his cover crops, Lamothe has been experimenting with a variety of mixes. While there is always a legume in the mix, generally a red or crimson clover, mixes can include peas, vetch, sunflower, tillage radishes, buckwheat and rye.

The process of increasing diversity can have its challenges. Issues with terminating cover crops has been the biggest one, so far. It has occasionally led them to increased tillage due to certain covers establishing too early. However, in the long run, they are hopeful that establishing a good 4 crop rotation will help them break long-term pest cycles and will allow them to keep



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their tillage as low as possible. They've also looked at using mowers before seeds establish to keep biomass high while terminating enough to slow the establishment of pests.

Overall, the Lamothes are very happy with the path their farm is taking. Farmer friends and neighbours will often joke about how little money can be made growing small grains. The occasional snide comment about small grains doesn't faze Lamothe.

"We've lost 50% of our soil organic matter in the last 100 years, so what happens if we do it again in the next 100 years?" Norm wonders. "Soil health is integral to our business plan going forward, from growing small grains and covers, to our compost amendments."

Lamothe is very interested in the carbon story and ways farmers can play a role in that story. He thinks that programs like EFAO's Small Grains Program that essentially pay farmers to sequester carbon are a simple way to meet the moment and support farmers directly who are doing their part.

MARKETING

The Sacred Dimension of Customer Relationships

by Brent Klassen

In May 2020, my son Kieran, who works at Heartwood, returned from running customer deliveries with a gift bag that a fairly new customer gave him. Its contents blew us away. Two dozen homemade cookies slathered in caramel sauce (made with one of our ciders), a gift-wrapped jar of the caramel sauce, a gorgeous and whimsical painting of a heart made of wood (this customer is an artist), and a hand-written note thanking us for our dedication, craftsmanship, and inspiration.

All we did was fulfill an order she placed online.

Sure, her previous order – her first included a hand-written welcome note expressing our gratitude. And yes, Kieran always has time to stop and warmly chat with the customer he's delivering to. And this was two months into the spring 2020 lockdown - a trying time to be sure. But for this customer, those circumstances elevated the transaction well beyond the limits of money-for-product. She made us a painting, for Pete's sake! A painting that sits beside me as I write this article. serving as a testament to what I'm calling the *sacred dimension* of customer relationships. (Sa'cred [2b]: "entitled to reverence and respect" - Merriam-Webster.)

In business, we learn that the customer is the person or entity on the other end of a transaction, someone who's agreed to convert some fraction of our inventory into money. It's a functional, if uninspired, definition. Lacking any measure of humanity, it invites the alltoo-familiar inclination to manipulate the customer into impulse and other ill-advised purchasing behaviours.



At the other extreme, the "customer is always right" ethos can produce a subservient mentality preoccupied with the customer's every capricious demand. Here the unbalanced customer relationship tilts in the opposite direction as good service is tantamount to ceding power and we begin to resent our customers and the businesses that we've created to serve them.

The imbalance in both scenarios arises from relationships that are primarily self-interested — each party only looking out for itself. Not very sacred.

I recall attending a talk at a cidermakers' conference (yes, there is

such a thing!) in which the presenter, when asked about a particular quality control measure, paused for a moment, then said thoughtfully: "What I make is going to touch my customers' lips. It's going into their bodies." For him, a customer drinking his cider was almost sacramental, and for the first time I began to think of customer relationships as having a sacred dimension built on exchanges worthy of "reverence and respect".

For us as farmers and food producers – people involved in bringing wholesome things to the plates and glasses of our customers – surely this notion rings true: we don't just sell stuff, we participate in a form of communion with people who trust and depend on us – our customers.

At Heartwood, we have another customer whose

teenage son struggles with acute anxiety. She often brings him to the farm when she comes to shop because he finds respite in spending time with the animals. She wrote a testimonial in which she referred to Heartwood as "a healing kind of place."

While there is this sacred dimension, our relationship with her as a customer is highly quantifiable. We know how much she's spent, how often she shops, and which of our products she's most likely to buy next. We can even predict her Customer Lifetime Value. Those metrics are important — critically so, if we want to sustain a thriving business. But they are merely the outer shell, the observable properties of a much deeper relationship she has to a "healing kind of place".

So how do we reconcile the idea of Key Performance Indicators (KPIs) on the one hand, with the sacred dimensions on the other?

I think we start by not setting these things at odds with each other. They are two sides of the same coin. They are the left-brain (analytical, data-oriented) and the right-brain (intuitive, experiential) of an integrated view of the customer. For me, the metaphor of "customer journey" is a compelling way to codify these two domains into an integrated whole.

What's in a journey? A journey has a start, an end, and a bunch of waypoints in between. It's a pathway that imagines the experience, feeling, or transformation that we want to create for — or better yet, co-create with — our customer. Beyond simply imagining that pathway, a well-designed journey lays out the tools and processes that embed those experiences into the very heart of our operations.

I think about several different categories of customer journey that incorporate a sacred dimension as well as a business outcome. For example, journeys of *Being Found* result in customer acquisition; journeys of *Welcome* can result in subsequent purchase; journeys of *Engagement* create customer retention; and journeys of *Rediscovery* can retrieve customers who have gone dormant. Each journey is imbued with intention and care, and answers the questions: "What experience are we trying to create for our customer?", and "What is the business outcome of delivering it well?"

Some may find this language disingenuous and self-serving, but I don't believe it is. For if we truly believe that business can be a transformational force for good, then we need to believe in the depth of our customer impact, and we need to believe in the authenticity of our communications.

One of the pillars of EFAO's Theory of Change is doubling the number of farmers practicing ecological agriculture. But if counting members is a business outcome, the sacred dimension lies in deepening member relationships. To that end, we've begun using the language of Member Journeys as a way to first imagine, and then build, the kinds of experiences we want to create with and for our members.

And you know, cultivating the sacred dimension of our customer or member relationships should be no more difficult than acknowledging the simple fact that farming is sacred work, entitled to reverence and respect.

I welcome your thoughts: brent@heartwoodfarm.ca.

Brent Klassen and his wife Val Steinmann produce grass-fed livestock, orchard fruits, maple syrup, and, of course, craft cider, on their farm in Erin, Ontario. Prior to establishing the cidery, Brent was the founding partner of two marketing firms: Blue North Strategies and Blue ID. Brent currently serves on EFAO's Board of Directors.





No-Till Organic Potatoes: Preliminary Results from a Living Lab

By Ken Laing

We are getting some exciting results from our survey of no-till organic strategies for vegetable crops as part of the Living Labs — Ontario project at Orchard Hill Farm. We wanted to share the strategy that we used for potatoes, along with some preliminary results.

1. First, we used a RJ Equipment notill transplanter to plant potatoes into standing rye/hairy vetch on April 27. **2.** The flail mower was then used to chop down the cover crop May 24 to mulch the crop just as it started to emerge.

3. This residue provided very good weed control as can be seen in the picture of the growing potato crop June 25. There are 2 rows 24" apart in the 60" bed. No hand weeding or mechanical tillage was used for weed control.







4-5. On August 30th, we successfully dug part of a bed to demonstrate that a slightly modified potato digger with coulters mounted to cut through the residue at the 2 edges and the addition of "carrot blades" would enable a commercially available machine to function in the very firm soil which has not been disturbed for one year.

6. The estimated yield, at 37,000 lb/ac or 370 cwt/ac, is very respectable. The variety used was Orchard Hill Rose: a red skinned, white fleshed selection made at Orchard Hill Farm for its high resistance to potato leafhopper, our

main pest problem. The reduction in tillage for weed control and hilling offers very significant savings in labour and machinery costs and soil degradation. The 2022 season will see replicated trials with tilled controls and an evaluation of more common potato varieties in this organic no-till system.

Ken Laing is a longtime EFAO member and supporter. He and his wife Martha founded Orchard Hill Farm near St. Thomas, Ontario, in 1979. Orchard Hill is now primarily managed by Ken and Martha's daughter, Ellen.



You can find ongoing updates and results of Ken's trials on the EFAO website, as well as on his Facebook page: facebook.com/NoTillVegEFAO. Ken will be presenting some of his ideas on No-Till Organic Vegetable production using mechanization at the 2021 EFAO Conference. Visit conference.efao.ca for more information and to register.



FARMERS WRITE

Re-wilding

By Amy Cheng

Soaked by the rain, season after season. Burnt by the sun, season after season. These seasons mark us, Mother Nature's tattoos.

Etched on our skin, records of our time with her. Lines bracket eyes that gaze with pride and fatigue; freckles on cheeks that hang in worry and rise in contentment; sunspots decorate callused hands capable of brute force and delicate seeding.

Beneath our skin in joints and muscles, perennial aches reside. A 30 year old moves like a grandmother, pushing themselves up with their hands on their knees.

Inner aches sing nightly songs of labour from seasons past: seeding, planting, weeding, harvesting ...

hoping, doing, learning, rejoicing ... all of our days sing these melodies from our bones.

Beyond our physical bodies, in the intangible spirits of our hearts and minds, we are forever shaped by farming. Our inner rhythms beat with the seasons, more akin to plants and animals than to humans tamed by concrete, glass and steel.

All feels right when there is dirt on our hands as we labour from spring to fall, and all feels right when we walk over cover cropped fields ready for winter rest as we too prepare to pause. A duet of internal and external cadences.

Like seeds programmed to germinate and stretch towards warmth and light, we are pulled outwards in spring by an involuntary stirring deep within.

When the July sun blazes, bodies, minds, and hearts toil relentlessly.

Squinted smiles turn towards the sun, as our hands submerge into living soils to greet the life below.

Everyday, the symphony of life plays on, and the days and weeks are never long enough.



Harvesting at dusk at Red Pocket Farm and my friend / mentor who cleared a path to farming for me through his land sharing. Photo by Amy.

As October leaves fall, we exhale relief and celebration; sitting has never felt so good. Slowness is coming and we long for quiet, cold fields. We squirrel away the season's abundance, arranging squashes and jars of tomatoes like proud trophies.

Finally, December snow drifts in and we settle into stillness. Our bodies move gently while our minds compost the year. We ponder what has past and reimagine for next season.

In March, when the "drip-drop" of maple sap can be heard, the metronome of another season begins. With bated breath, we watch the last islands of snow dissolve into a sea of brown and yellow cover crops. Our bodies and hearts ask if we are ready to persevere through another symphony that will be breath-taking while heart-breaking, joyous but overwhelming, profound though difficult.

So what of this existence...in sync with Mother Nature's rhythms, living and breathing the elements. Experiencing human nature that is not separate from Nature, but remembering that we are nature too, another ecosystem organism meant to exist in balance with all others.

Is this what Masanobu Fukuoka meant when he said that "the ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings"?

I read this line in my first year of farming; pondering its mystery,



The boots of many farm interns exploring a new life path, at Everdale Farm. Photo by Amy.

unknowing my future and how farming would shape me.

One thing I know is that this existence is not easily undone, unlike a pair of shoes we slip off or a jacket we remove. This elemental way of being begins to course through one's veins, becoming the marrow in our bones. A kind of re-wilding, that once experienced, I'm not sure can ever be undone.

Amy Oi Ning Cheng is based in Toronto and began farming in 2011. Her farming work has included owning / operating Red Pocket Farm, and also farming as the market garden manager for the Black Creek Community Farm.

Farmers Write is an opportunity for EFAO members and friends to share real-life short stories or poetry on topics inspired by life as a farmer.

Farmers Write topics are intentionally broad – please feel free to express in a way that makes sense for you and your story. We aren't as concerned about style and perfect writing as we are about great stories or ideas that others might find truth in. We suggest 250 to 300 words but are happy to help edit, or consider a longer story. We are able to publish stories anonymously if that helps you to be freer in your writing.

To submit your story, please visit efao.ca/farmers-write or send your typed, double-spaced submission to: EFAO 5420 Hwy 6 North, Guelph Ontario, N1H 6J2.

Please include your email address and phone number. If you cannot type, please print clearly. **Upcoming Topics** Spring 2022 – Transitions Deadline January 15 Summer 2022 – Stories our Grandparents Told Deadline April 15

How to Place a Classified Ad

Send your ad (up to 40 words, plus contact info) to admin@efao.ca. Classifieds are \$15 for EFAO members and \$25 for non-members, and \$0.25 per word above 40 words.

Classifieds also appear on the Opportunities page of the EFAO website.



IN REVIEW

The No-Till Market Garden Podcast

By Aden Spurr

When I was contacted by a friend to suggest presenters for the 2021 EFAO conference, the first person that came to mind was Jesse Frost, aka Farmer Jesse, of Roughdraft Farmstead. Farmer Jesse is known for his great Youtube content, but the reason I suggested him for the conference is because of his role in the excellent No-Till Market Garden (NTMG) podcast.

As we all know, there are as many ways to farm as there are farmers! When I set out to start my own farm, I was a little overwhelmed at where to start. I had a couple of great internships under my belt, but had a desire to try out something different, specifically with an eye to no-till/low-till. There was a lot of information out there for large scale no-till field crops, but I found slim pickings on the 1-3 acre market garden size. That's when in 2018 I stumbled on the first NTMG podcast. The whole first season was a real eye opener! Every episode showcased a farmer that was utilizing different no-till techniques, usually informed by their climate and available resources.

What I really like about the podcast is the non-dogmatic approach to the world of reduced tillage. And how each episode dealt with the specific farm's context, and wasn't trying to sell you "the only way to grow". This approach meant that you didn't feel shamed if tillage was a tool in your tool box. I learned that, in fact, tillage can be of much benefit if used correctly. I also learned to look around and find the abundance that my region had. Some farms had access to free wood chips, or leaf mulch. Others were close to the sea, and could utilize the seaweed that would wash up. And some had large acreages in cereals that made for abundant straw mulch. I realized that my neighbours and I had



a lot of old spoiled hay that was quite suitable as an organic mulch. I also found it super informative, because Farmer Jesse not only focused on the good, but also the bad. It can be quite disheartening looking at endless perfect farm Instagram profiles, so hearing about the successes and the failures of the farms really helped steer me in the direction I'm heading now.

Another great thing about NTMG is how they highlight and acknowledge other aspects of farming not related to reducing tillage. From health and safety for farmers, racial inequities and bias in agriculture, Indigenous peoples as the root and future of the ecological farming movement, the different ways farms can be structured and run, to different marketing schemes, etc. The content is well rounded, and often gets me asking questions and seeking answers that I didn't even know I needed!

I now wait for each new episode with great anticipation! And also love how it is growing, now offering specific podcasts related to winter growing,



ARKET GARDEN

flower farming, and cooperative farming! I can't recommend it enough.

I'm so excited to hear Farmer Jesse speak at this year's EFAO Conference. If you're interested in reducing or eliminating tillage, the experience and perspective he has gained from being the voice of NTMG will definitely be of interest to you!

Aden Spurr (he/him) stewards the fields and gardens at his family's funny farm, Quaker Oaks Farm.

Jesse Frost will be participating in two sessions at the EFAO Conference:

- No-Till Vegetable Farming: Large Scale, Mechanized Systems (with Ken Laing)
- No-Till Vegetable Farming: Small-Scale Vegetable Farms with Isabelle Spence-Legault

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