



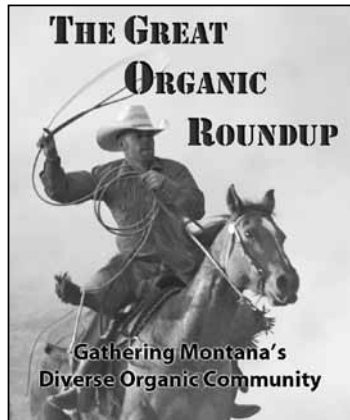
Organic Matters

MOA's 9th Annual Conference: The Great Organic Roundup

By Lou Ann Crowley, MOA Board Member/Conference Chair

When your work's all done this fall, hitch up the wagon, load up your family and friends and head for "The Great Organic Roundup," December 9-10 at the Mansfield Center in downtown Billings.

Our goal this year is to gather Montana's diverse organic community together and strengthen the connections among producers, processors, consumers, certifiers, retailers, and researchers. Organic production and sales are well established in Montana now and the conference will tap into the knowledge and experience of those who have dedicated themselves to upholding the standards and philosophy through years of trial and error, success and failure. Our focus is on where organics stands now, some of the challenges we face and some of the new areas where we can expand.



The Conference will feature roundtable discussions to talk about organic seed production, what local producers in the Billings area are accomplishing and what programs the NRCS is offering to organic producers. There will be sessions on the GMO challenge, spray and drift problems and the latest on projects from MSU researchers. We also have excellent speakers for our luncheons and a few surprises as well.

There will be time for learning, sharing, networking and having fun. We have planned a wonderful evening on Friday with a great meal, annual awards and well-known local entertainment. We will also have our Silent Auction, Winter Table Raffle and Organic Product Exchange.

continued on p. 2

Organic and Local: Ten Spoon Farm Tour Report

By Jim Lindquist, MOA Board Member/Newsletter Chair

Back in 1998, Andy Sponseller and Connie Poten decided to become certified organic wine producers in the Rattlesnake Creek area of Missoula, Montana. Ten Spoon Vineyard and Winery is currently one of two certified organic vineyards in Montana and they have won numerous awards for their quality organic wines.

Going organic gave them more control of the quality of their wines. "I believe wine tastes cleaner and fresher without sulfites. Our customers frequently comment on the drinkability of our wines in regards to headaches and stuffiness," states Andy, Ten Spoon's Winemaker. "And

of course, our organic wine avoids all the pesticides and herbicides that make their way into conventionally grown wine fruits."

In September, MOA and Ten Spoon Winery collaborated on a farm tour, highlighting what it takes to produce quality certified organic wines in Montana.

Freshness is a must, and helping local organic producers is good for everyone. In addition to using their own organic grapes grown at the vineyard, Andy and Connie support regional organic

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Montana Organic Association is a 501(c)6 non-profit organization dedicated to advocating and promoting organic agriculture for the highest good of the people, the environment and the State economy.

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Organic Matters occasionally includes guest articles and opinions. While we review these for relevance to our mission, the opinions in these articles may not reflect the opinions or policy of the Montana Organic Association.

Editor: Susan Waters
MOA Newsletter Committee:
Jim Lindquist - Chair
Tara Blyth
Doug Crabtree
Lou Ann Crowley
Daryl Lassila
Susan Waters

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T I M E L E S S

MOA Conference *continued from p. 1*

So, please come and join in celebrating Montana's diverse organic community.

Organic meals and snacks will be provided. Vendors will also attend to display their unique and cutting edge products and information. Lodging will be available at a special rate at the Hilltop Inn or Riversage Inn, just a short walk away. If you'd like more information or would like to sign up as a vendor, advertiser, sponsor or volunteer, visit www.montanaorganicassociation.org or call Lou Ann Crowley at (406) 721-4331.

Read more about the Conference, starting on page 5, and register today.

What's New at the Processors?

by Daryl Lassila, MOA Board Chair

Upon interviewing my people of knowledge about the beef markets and more people about the vegetable markets, it stirred up a past experience I witnessed at a sporting goods store. It was a hot summer day's doorbuster sale. In the glass counter, staring through the fingerprints and some say drool, lay the last gun for sale. At the glass counter, two potential buyers are shopping and debating their purchase of the gun. This wasn't a pretty sight—two men arguing over who got to purchase and take home this one last rifle. Short of a fistfight and calling the cops, it was settled.

Back to the produce aisle, I asked if the organic vegetable market was fading. No, the market is holding and even picking up in the larger stores despite consumers and restaurants watching their dollars and spending wisely. One store manager stated they have their regular customers, but more and more new faces come looking for organic vegetables to avoid pesticides. The stores report never having to throw rotten or unsold vegetables in the dumpster. And, I would hope they never had any arguments over the last zucchini.

Beef, as they say, is what's for dinner. Well, after my investigation, someone is having dinner without the beef. From Denver to the West Coast, the demand for organic beef is running high, but the supply is short. What about the demand in Montana? The customers are buying it up in the local stores. They are bringing in articles about organic beef and asking the butcher if it's true. He says, "yes," they buy it, and come back and buy again.

With all of this in mind, let's hope we don't have to fight for our food.

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Farm Tour Report *continued from p. 1*

farmers by buying fruit from them, such as apples, pears and Flathead cherries. Andy says it's also important that all their employees are universal, in that they can do all the jobs at the winery. It makes the hard work of winemaking more interesting and his employees can gain valuable experience in all aspects of organic wine production.

Like all farmers, Andy and Connie have to deal with the elements and pests. An extensive eight-foot deer fence takes care of most of the four-legged pests. Birds can be a problem, but there are some hawks that have been helping out in that area. Andy approves, quipping, "Raptors are our friends." Frost is a big concern in spring and fall, but spraying water over the grape vines can raise the temperature a few degrees, keeping the fragile grapes above 29 degrees F. Hail can really spoil any farmer's day, as they can testify about the hail event that occurred at the vineyard last July.

Andy explained that grapes like well-drained soil. To help with this and to add nutrients, they use various cover crops, such as winter peas, rye and lentils. They like to use a flail mower so as not to disturb the soil too much. They'll also add trace minerals and compost made from the wine pulp, leaves, vine trimmings and cow manure.

Starting an organic winery is not a quick deal. It takes five to six years for a vine to mature. Once started though, they can live for 50 years or more. Andy and Connie are in the process of adding another 2-1/2 acres of grapes to their vineyard, thanks to a grant from the Growth Through Agriculture Program. The fence is up and the trellises are going in. After transplanting bare-root vines to the developed plot, they are allowed to get a little bushy the first year. Cutting back each plant to a stub the second year allows one bud to take off and the vine to develop roots. Additional pruning in the years to follow helps produce a well established vine.

After Andy showed us around his vineyard, he enlightened us on the life of an organic winemaker, often less glamorous than imagined, but deeply satisfying nonetheless. We were all able to sample his wares, which was arguably the best part of the farm tour.

Some parting advice for wine drinkers: "All wines will oxidize and turn to vinegar after opening! Sulfites or not, protect your wine investment by utilizing an air removal device to 'pump down' your bottle . . . that is, if you have any wine left! "


This fall, Ten Spoon is open Thursdays through Saturdays, 5-9 PM, for wine tasting. You can purchase a small tray with three samples of your choice. Or, you



Harvesting grapes at Ten Spoon. Photo by Susan Waters.


may buy a glass or bottle and sit out on the porch over looking the beautiful vineyard and lower Rattlesnake Valley. It's pretty nice. If you want to stock up for the winter or that gathering of family and friends, you can purchase a case or two of your favorite organic wine at a local outlet, or visit their website at www.tenspoon.com.

Thanks, Andy and Connie, for producing such a quality organic product. And, a big thanks from MOA for being such gracious hosts for the farm tour.



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On the Farm by Nate Powell Palm

Every year autumn gives me that stretch of great weather where, even when I'm 1500 miles away from Montana, I can use those much needed extra days to prep my farm for winter. From ordering that last load of hay to arranging the preg-checks and subsequent sales of the open cows, this recent great weather has made it possible to slow the pace of frantic. Stockpiling the hay, convincing my brother to tighten the fences in the winter pasture and making sure the chicken coop is ready for anything has an autumn calmness to it. I will pay for that.

After doing research and weighing the pros and cons, I decided to move my calving season from early March to June 1. However, I should have accepted long ago that one of my flaws as a rancher is that I have a bull who usually messes up my breeding plans. As my cows come in with consistently non-June due dates, I pick up where I left off in the last edition of this column—building a proper bull pen.

Finding fence posts that meet organic standards was much harder than I anticipated. All I wanted was to

keep a 2000 lb. bovine confined and what the world seemed to want was eight hundred dollars in shipping fees. In early August, I purchased 8" by 9' untreated juniper posts to fortify the new bull pen and went to work building the panels that would keep Bubba in and keep me from getting calls at school that my bull was once again on the lam. I would finally be able to put an end to unpredictable calving dates (well, maybe).

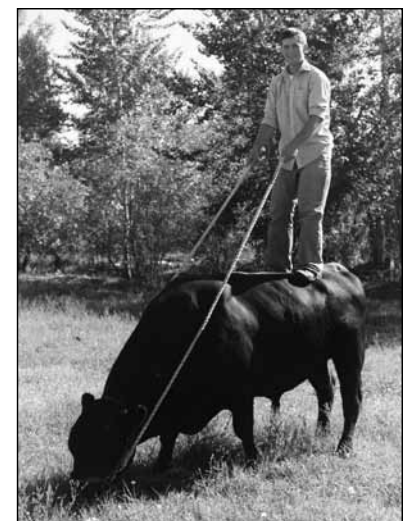
The summer also led me to try marketing my beef through a hamburger stand at the local market. This was an illuminating experience that taught me it was possible to flip burgers while holding down the tent awning in gale winds. Marketing is harder than it looks. An article in the business insert of the local newspaper sold more beef in a shorter time than 4 days at the markets.

The downside of my dual rancher/student status is that all of my marketing and herd planning has to take place through e-mail and hours of phone calls. I physically miss my animals. In order to get my farming fix while in Iowa I've jumped headfirst into the Grinnell Sustainable Agriculture Project. The piglets for this project have become my social venue. I'm currently working on certifying a nearby field to develop a model where Grinnell will raise 100% of the produce and meat that it needs for its dining hall. The project has given me a way to keep close to my real life, while interest in it has grown exponentially.

It turns out that college students are yearning for experiences that connect them with the source of their food. And to top things off, Jo Luck, director of Heifer International, told us last week that through projects like ours, we can "re-teach youth the dignity and great pride that come along with the farming profession."

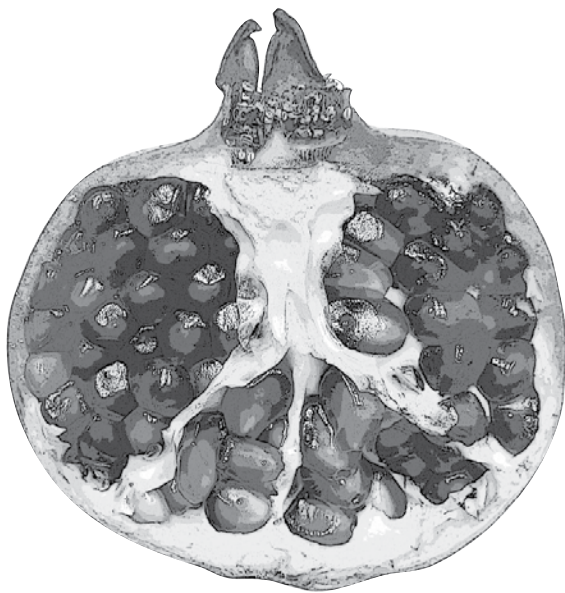
As I write this, my last *On the Farm* article, I have just finished my mid-terms at Grinnell and am now gearing up to spend the next week at the IOIA's organic inspector certification training in Farmington, Minnesota.

Good luck with your organic endeavors and hope to see you soon at the conference or out in the fields.



Nate Powell Palm and Bubba

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9th Annual Conference
December 9-10, 2011

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2011 Conference Preview

Conservation Support

Session Preview by Jeff Schahczenski

Did you know that since 2009 over \$2.5 million dollars has been provided to 85 transitioning and existing organic farmers and ranchers in Montana to assist them in improving conservation benefits on their farms and ranches through the national Environmental Quality Incentive Program Organic Initiative (EQIP- OI)? Did you also know that 486 Montana farmers and ranchers--including many organic farmers and ranchers-- received over \$15 million dollars in federal support by taking advantage of the relatively new Conservation Stewardship Program (CSP), rewarding them for their current efforts at conservation and for their willingness to pursue even higher levels of stewardship?

If you want to learn more about the Natural Resources Conservation Service (NRCS) voluntary working lands conservation programs and want to help us plan for improving future access to these great opportunities for organic agriculture, then be sure to attend the first session of the Montana Organic Association meeting in Billings, Montana December 9-10, 2011 from 10:00 to Noon—with a brief coffee and cookie break!

This first early conference session entitled "Conservation Support for Organic Farmers," will feature:

- Tim Quелlette, Assistant State Conservationist for Program from the Montana NRCS, who will speak on the past, present and future of CSP and EQIP-OI in Montana.
- Doug and Anna Crabtree of Villcus Farms will speak of their experience with both the EQIP-OI and CSP in their early efforts at farming.
- Clay (Tuna) McAlpine long time organic grain, beef and pork producer will talk about his two CSP contracts.
- Jeff Schahczenski, Agricultural Economist with the National Center for Appropriate Technology in Butte will speak about a major national conservation innovation project that will help to further integrate these conservation programs with organic production systems.

The goal of this session is to bring you up to date on the programs and allow plenty of time to answer your questions. We'll also create a dialog on how the many inherent conservation benefits of organic systems can further our national obligation to care for our soil, air, water and wildlife that sustains and enhances our lives.

2011 Conference Agenda

Friday, December 9, 2011

9:00-10:00 Registration and Vendor Setup

10:00 Welcome from Daryl Lassila, MOA Chair

10:05-12:00 Improving Access to Conservation Support for Organic Farmers

Learn about the programs of the Natural Resources Conservation Services' Voluntary Working Lands Conservation Programs and how you may be eligible.

Tim Quелlette, NRCS; Doug and Anna Crabtree, farmers; Clay McAlpine, producer; Jeff Schahczenski, Agricultural Economist with the National Center for Appropriate Technology

12:00-1:00 Lunch – Sandwich Bar

1:00-1:20 Montana's Organic Community with Bob Quinn of Kamut International

1:20-2:00 Growing Seed Potato in Montana - Where Does Organics Fit?

Dr. Nina Zidack, Director, Seed Potato Certification Program, MSU

2:00-3:15 Panel Discussion: Montana State University Department of Agriculture Programs

Get the latest on current research and information on new projects.

Jeff Jacobsen, Dean, Department of Agriculture; Clain Jones, Extension Soil Fertility Specialist; Perry Miller, Sustainable Cropping Systems Professor; Bruce Maxwell, Land Resource and Environmental Sciences Department; Fabian Menalled, Cropland Weed Specialist

3:15 – 3:30 Break

3:30-4:30 Drift Watch Program and Knowing Your Rights: Presentation on implementation of new program for producers and applicators to avoid drift and what legal steps to take if drift occurs.

Lynn Jones, Department of Ag Drift Watch Steward and Attorney Mark Mackin

4:30-5:00 Food Trade Sustainability and Leadership Association. Learn how one Montana company is working to explore greening activities in the supply chain of organics. Hear from MSU Sustainable Food and Bioenergy Systems Senior class explain their capstone project - a comprehensive sustainability investigation (CSI)

5:00 Introduction of the New 501c3, Organic Advisory & Educational Council

Ole Norgaard of North Frontier Farms and Sam Schmidt of Montana Milling discuss the creation of the Council.

5:15 Fundraiser Social for the MOA Scholarship Fund

Funds raised will go to make it possible for more people to attend the Conference and learn about organics

6:15 Dinner

7:00 MOA Awards Presentation: Lifetime of Service and Leadership in Organics

8:00 Evening's Entertainment

Saturday, December 10, 2011

8:30-10:15 Growers Roundtable

Listen to members of four family farms as they talk about their experiences on the farm and how it may help you.

Open discussion follows.

Facilitated by Perry McNeese, Good Earth Market, with: Dick Espenscheid, Wholesome Foods in Bridger; Jack and Bonnie Martinell, Bridger; Mary and Barbara, Danly Farms; Laurel, Jacob and Courtney Cowgill, Conrad

10:15 Break

10:30 National Organic Standards Board (NOSB) Update
Learn what new rules are being set at the national level and how they can affect you.

Barry Flamm, Environmental representative from Montana

10:45-11:15 Organic: The Label and Its Future – Panel and open discussion of terms and how to avoid consumer confusion

11:15-12:00 GMO Discussion – The Risk of Contamination: Montana's Response

12:00-12:45 Lunch, with special speaker, Ron de Yong, Director, Montana Department of Agriculture

12:45 – 1:15 Member Meeting with Board Elections

1:15-2:00 Organic Seed Roundtable - Where Do Montana Growers Fit In?

2:00-2:45 A Thorn in Your Side: How to Deal with Thistles and Other Nuisance Weeds and Pests

Growers discuss their challenges and solutions

2:45-3:30 The Oil Barn, A Sustainable Oil Project - Benefits and opportunities of an on-farm oil seed press. Bob Quinn, Kamut International and Andrew Long, Oil Barn

3:30- Closing

Montana Organic Association 9th Annual Conference
The Great Organic Roundup: Gathering Montana's Diverse Organic Community
December 9-10, 2011

Mansfield Health Education Center at St. Vincent's Hospital, 2900 12th Avenue N., Billings, MT

Participant Registration Form

(please register early so we know how many meals we need to order)

Name(s) _____

Farm or Organization _____

Address _____

City, State, Zip _____

Day Phone _____ Evening Phone _____

Fax _____ Email _____

Conference Registration

Early registration for conference, meals, entertainment X \$110. \$ _____

Early registration for Saturday only X \$55... \$ _____

Early registration for conference @ Student Rate/per day X \$35... \$ _____

Late Registration after November 19, (add \$10 per person) X \$10... \$ _____

(Meals cannot be guaranteed for very late registrants)

Dinner and entertainment, Friday X \$35 .. \$ _____

Food Preferences: Omnivore _____ Vegetarian _____ Vegan _____	I'd like to donate an item(s) to the raffle/auction Item description: _____ _____
For questions regarding donations contact: Linda Lassila at 406-452-0565	

MOA Membership

Individual..... \$30..... \$ _____

Household..... \$50..... \$ _____

Farm/Ranch/Business \$75.... \$ _____

Organic Business \$250..... \$ _____

Life..... \$750..... \$ _____

If financial limitations may keep you from attending, a limited number of scholarships are available based on merit and need. Please contact us to explore scholarship or work/trade opportunities.

Scholarship Fund

Please consider a donation to the Scholarship Fund to assist those in need \$ _____

Total (please make checks payable to: MOA) \$ _____

Please note: Refunds are not available for cancellations made after December 1, 2011

Please return this form to: Lou Ann Crowley, 105 Mount Ave, Missoula, MT 59801

For further information or questions, please call or email Lou Ann at 406-721-4331

lcrowley@onewest.net

For more conference information, visit: www.montanaorganicassociation.org

Notice of Director Elections

by Ole Norgaard, Former Board Chair

Four vacant positions on MOA's Board of Directors will be filled at the annual business meeting at 12:45 PM on December 10, 2011, at the Mansfield Center at St. Vincent's Hospital in Billings, Montana.

The terms that Directors serve are three years in length and Directors can be reelected. The Board of Directors usually meets in person two times each year and as needed by conference calls. Other volunteer committee work will also be expected. Directors will be reimbursed for travel and communications expenses if they choose. Since MOA is not in a position to provide monetary compensation for Board work, Directors will receive board experience advising a growing, statewide organic organization.

If you are motivated to work toward strengthening, educating and promoting organics in Montana and are interested in serving on the Board of Directors, please contact Ole Norgaard, Chair of the Nominations and Elections Committee, at (406) 538-3607. Nominations will also be accepted from the floor prior to the election.

Other Conference Activities

Silent Auction: helps raise funds for MOA projects and provides a delightful variety of goods and services for our attendees to choose from.

Winter Table Raffle: win food supplies for a month, dinner for four or a Thanksgiving meal.

Organic Product Exchange: bringing back an old tradition of a "farmers' market" at the Conference. This is a great way to try out fellow producers' fruits, grains, vegetables and other products and keep our purchases truly local. For more information and to reserve a table, call Judy at (406) 862-6362.



Seeking Awards Nominations

by Doug Crabtree, Awards Chair

The MOA Awards Committee is seeking your nominations for two awards to be presented at the Annual Conference in Billings.

The "Lifetime of Service" award will go to an organic producer, handler, retailer, researcher, service provider (or other) who has demonstrated a long-term commitment to organic agriculture in Montana. Previous recipients are: Robert Boettcher (2005), Barry Flamm (2006), Bob Quinn (2007), David Oien (2008), Jim Barngrover (2009) and Laughing Water (2010).

A "Leadership in Organics" award will go to an organic producer, handler, retailer, researcher, service provider (or other) who demonstrates an on-going commitment to advancing the adoption, practice and success of organic agriculture in Montana. Previous recipients are: Margaret Scoles (2005), Jon Tester (2006), Jonda Crosby (2007), Mikel & Nancy Lund (2008) Jon & Amy Kvaalen (2009) and Andre' Giles (2010).

Written nominations may be submitted by MOA members no later than November 10, 2011, by email (preferred) or regular mail to the Awards Committee members listed below. Please provide the following information with your nominations:

- Nominee's Name, Address, Phone and Email
- Describe the nominee's connection to organic agriculture (50 words or less)
- Why the nominee should receive the award

Current and immediate past members of the MOA Board of Directors and members of the Awards Committee cannot be considered for these awards. It is preferred, but not required, that nominees be members of MOA. Please include your contact information as well.

Awards Committee

Doug Crabtree
433 West Lawrence ST, Helena MT 59601
d.crabtree@bresnan.net

Judy Owsowitz
6505 Farm to Market Rd, Whitefish MT 59937
terrapi@aboutmontana.net

Jody Manuel
48444 Rudd Lane, Havre MT 59501
(406) 945-0990
jcmanuel@mtintouch.net

Conference Scholarships Available

If financial limitations may keep you from attending the conference, a limited number of scholarships are available based on merit and need. Please contact Lou Ann Crowley at (406) 721-4331 to explore scholarship or work/trade opportunities.

Hotel Information

MOA has reserved a block of rooms at a discounted rate of \$65.20/night at the Hilltop Inn (1-800-878-9282) or the Riversage Inn (1-800-231-7782). Please book your room early to ensure your MOA room discount and be sure to mention that you're with MOA.

Registration

See details on the registration form that is included in this newsletter.

Business Opportunities Available

For vendor, sponsor or advertising opportunities at this event, please contact Jim Lindquist at (406) 583-7722.

NRCS's 2012 EQIP Program

Attention organic farmers and ranchers: The NRCS will soon be announcing the 2012 Environmental Quality Incentive Program Organic Initiative (EQIP) for Montana. While application to this program can be done at any time, if you are interested in obtaining support in 2012, make sure to contact your local NRCS soon about details. Since 2009, over \$2.5 million dollars has been provided to 85 transitioning and existing organic farmers and ranchers in Montana to assist them in improving conservation benefits on their farms and ranches. Maybe this is the year to transition or explore win-win conservation practices that can help your bottom line.

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NOSB Update by Barry Flamm

Visit www.montanaorganicassociation.org/nosb.htm

The next National Organic Standards Board Meeting will be November 29- December 2, 2011, at the Hilton Savannah DeSota Hotel in Savannah, Georgia. The formal announcement and agenda is published in the Federal Register. Written public comments and requests to speak at the meeting must be received by midnight ET on November 13.

On the opening day, Board procedural matters will be addressed followed by what is always a National Organic Program Report by Deputy Administrator Miles McEvoy. The remainder of the first day the Board will receive public comments, as well as on the third day.

On the second day, Board committees will present their proposals. We can expect the following: The Compliance, Accreditation and Certification Committee (CACC) presented at the Spring meeting a discussion document on "Evaluation of Material Review Organizations." Excellent public comments were received that were considered by CACC in developing a recommendation, which will be considered by the full Board. Also, CACC will present recommendations on "Unannounced Inspections" and "Inspector Qualifications." The Policy Committee will present recommendations which are of special public interest. Indeed, one recommendation, "...strengthening conflict of interest procedures," originated from the public at the Spring Board meeting. Other recommendations involve committee transparency, public comment procedures and NOSB membership and leadership transition. The Livestock committee will present a series of important recommendations on animal welfare and stocking rates. The Crops and Handling committees will be primarily presenting their recommendations on petitioned materials and for materials due to "sunset" in 2013.

The Spring 2012 meeting has been set for May 21-24, 2012, Hotel Albuquerque at Old Town, Albuquerque, NM.

I have now served nearly four years on the Board, next year being the last. I was appointed to one of the three environmental positions in a year of no other appointments. In fact, there was no appointment made the following year. My point is that there will be only one scheduled vacancy for the next two years! If you are interested, it is not too early to get prepared to submit your application next year. Bob Quinn was on the first NOSB Board at a very formative time for the organic program, doing an excellent job and starting a "Montana legacy," which I would like to see continued. I would be pleased to answer any questions you

have about serving on the board. My phone number is (406) 883-2858.

I hope you had a good organic season and I look forward to seeing you at the MOA Annual Conference on December 9-10 in Billings.

What's New in Retail?

by Molly Galusha, Buttercup Market and Cafe

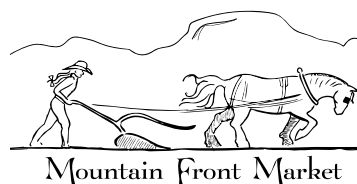
Nestled in the heart of the University District of UM in Missoula, the Buttercup Market and Café is a new local neighborhood grocery and café in an old space that once was Freddy's Feed and Read. Renovated and remodeled, the Buttercup has a warm and friendly feel to it. Owner Molly Galusha emphasizes seasonal, locavore fare in both the market and cafe. The Buttercup offers a full coffee bar, delicious pastries made by Margret Ambrose-Barton, homemade breakfast and lunches from Chef Graham Roy, and a small neighborhood grocery store. Organic, Montana-produced meats, grains, dairy, honey, and produce are available as well as local beer.

Finding quality product at a wholesale price is challenging. Many of the producers are so small that it is not feasible for them to pursue organic certification. Still, they are in practice organic, abiding to the guidelines of organic production. Almost all sell at the Farmers' Markets and are not set up to wholesale. Storage is a huge problem and extending the availability of fresh produce is daunting. Educating customers, training them to bring in their own containers and cups for instance, is constant. Quality is emphasized over quantity. Selection is limited to a few necessities instead of endless variety and multiple labels of the same product. Knowing the farmer is very comforting to customers reeling from national food recalls.

Slowly but surely the market is gaining traction and becoming a staple in the neighborhood. A haven for University students and staff, a destination for the surrounding neighbors, an outlet for local farmers, ranchers, and entrepreneurs, The Buttercup is successfully revising the definition of "convenience store."

Buy Fresh, Buy Local!

Produce • Meat • Cheese • Flour • Grain • Eggs • Peas • Lentils



Monday - Saturday
11 a.m. - 6 p.m.

(406) 466-2684

501 Main Ave. N., Choteau, MT
Owner: Jill Owen



Fall is the perfect time to put up your harvest so you can enjoy organic delights from the garden all year long. Combined with hearty, organic whole grains and meats or meat substitutes, you'll be dining from your harvest for months to come. Complete your meal with a fresh dessert recipe from Sandi (on the right).

To Your Health

Sandi Shanks, MOA Member and Former Board Secretary

The frost is on the pumpkin, and it is time to "put the garden up." There is nothing that quite compares to the satisfaction one gets when opening the pantry door and seeing all those beautiful jars of home-canned tomatoes, applesauce and other goodies from the garden. It is truly a labor of love since it is so time consuming. I have found that freezing my harvest takes much less effort. I freeze my tomatoes, wash, pat dry, quarter, and in the freezer they go. I even use my canning jars to freeze my applesauce, but it works best in a non self-defrosting freezer. Apple pie filling...freeze it. This is great in the winter—mix up a batch of pastry, thaw out the filling, pour off some of the extra juice, and presto, home grown apple pie. Cooked down pumpkin for pies—freeze it. I often freeze raspberries in the summer and make my jam in the winter. The luscious aroma of the jam is a welcome reminder that Spring will soon return.

Cooking Down Pumpkin

Cut pumpkin in chunks, removing seeds and membrane. Place in roasting pan with 1 inch of water and cover if desired. Bake @ 350 degrees for 45 min. to 1-½ hours. Drain off water, scoop out pumpkin, puree, and run through colander, let drain until most of the water is out.

Pie Pastry

3 cups flour, 1-¼ cups shortening (I use Spectrum Organic), 1 tsp. salt, 5 ½ tbs. cold water, 1 tsp. vinegar, 1 egg. Sift together flour and salt, cut in shortening. In a separate bowl, mix egg, vinegar and water, stir with fork into flour mix. This makes enough pastry for a double crust deep dish pie.

Apple Pie Filling

6 to 8 large tart apples (about 6 cups), cored, peeled and thinly sliced, ¾ cup sugar, 2 tbs. all-purpose flour, 1 tsp. cinnamon, dash of nutmeg and 1 tbs. of butter. Combine sugar, flour and spices, and mix with apples. Line pie plate with pastry, fill with apple mixture, dot with butter, adjust top pastry, bake @ 400 degrees for 50 minutes.

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"The farmer is the only man in our economy who buys everything at retail, sells everything at wholesale, and pays the freight both ways."

-John F. Kennedy

Bulgur with Chicken and Vegetables

A hearty and filling dish that goes great over Bulgur, Couscous or Pasta. Recipe courtesy of Kamut.com

Ingredients:

1 Chicken breast cut into bite-sized pieces	1 Big Squash sliced
2 Big Potatoes (cubed)	1 Medium diced onion
1 Cup cooked Garbanzo Beans	2 Tablespoons of Butter
1 Eggplant	16 oz of Tomato Juice
1 Tablespoon Paprika	2 Cups Water
2 Big Carrots (cubed)	Salt

Preparation

Sauté onion in butter. When onion turns golden add the meat and stir for 10 minutes. Next add the tomato juice. Add water and leave until meat is well done. Add potatoes and carrots first and after 5 minutes add the rest of the vegetables (including what's left from harvest or has been put up). Cook until all veggies are done. Add salt to taste. Serve over cooked KAMUT® Khorasan wheat Couscous, Bulgur or Penne.

Fabulous Lasagna Recipe

Recipe courtesy of Kamut.com

Ingredients

1 Pound Package KAMUT® Khorasan Lasagna Noodles	2 Cups Water
1 Pound Ground Beef	2 - 6 oz. Cans Tomato Paste
¾ Cup Chopped Onion	1 Teaspoon Sea salt
1 Teaspoon Chopped Parsley	1 Pound Cottage Cheese
	1 Pound Mozzarella
	1/2 Cup Grated Parmesan

Preparation

Cook lasagna according to directions on package. To make sauce brown beef, add onion, parsley, water, tomato paste, pepper & salt. Bring to a boil and let simmer gently about 30 minutes. In a greased pan arrange alternate layers of lasagna, meat sauce, & cheeses. You can get creative and include toppings put up from harvest time as well. Always start with noodles and end with mozzarella cheese. Sprinkle top with Parmesan. Bake at 300 degrees for 30-40 minutes.

Calendar of Events

www.montanaorganicassociation.org/events.htm

Northern Plains Resource Council, 40th Annual Meeting November 11 -12, Billings Crowne Plaza
www.northernplains.org

AERO Specialty Crops Conference
November 17-18, Great Falls, MT

AERO will bring together researchers, educators, farmers, policy makers, processors and other stakeholders to enhance the competitiveness of specialty crops in Montana. This conference will be of interest to many MOA members, so keep an eye on AERO's website at www.aeromt.org for more information.

MOA's 9th Annual Conference - The Great Organic Roundup: Gathering Montana's Diverse Organic Community

December 9-10 at the Mansfield Center in Billings

A knowledgeable selection of local and national speakers will be on hand to provide information on the state of organics around the globe, up-to-date research to improve our crops and products, nutritional news and other pertinent topics. Organic meals and snacks will be provided. Vendors will also attend to display their unique and cutting edge products and information. If you'd like more information or would like to sign up as a vendor, advertiser, sponsor or volunteer, call Lou Ann Crowley at (406) 721-4331 or visit www.montanaorganicassociation.org/conferences.htm for the latest information. (Also see the Conference section of this newsletter, starting on p. 5.)

Organic Seed Alliance Seed Growers' Conference
January 19 - 21, 2012, in Port Townsend, WA
For more information, visit www.organicseedalliance.org

Organic Matters Ad Rates

See www.montanaorganicassociation.org/omadrates.htm for details or call Jim Lindquist at (406) 583-7722.

MOA Needs You

As MOA grows and develops, involvement by members becomes evermore essential, whether it takes the form of voicing your opinion or lending a hand. Here are some ways for you to become involved...

Join a committee. MOA has committees that oversee each of its strategic goals. Consider joining the Communications, Conference, Farm Tours, or Fundraising committees. Contact Daryl at (406) 788-7423 or email mtorganic@hotmail.com for more info.

Become a member. The simplest way for you to advance MOA's current efforts and future goals is to provide financial support through membership. Just fill out the form on the right and send it in.

Join MOA Today!

Each membership level delivers a quarterly newsletter devoted to sharing the latest news and information about the association and the organic industry, discounts to MOA events, special mailings on legislative alerts and events, and the networking and educational opportunities presented by joining others who share interest and experience in the field of organics.

Other member benefits include eligibility for a Workman's Comp premium discount, safety training, and other services to assist you in your organic endeavors.

The business level categories offer discounts on advertising in our print publications and an online directory listing on the MOA website. The Lifetime Membership gives you permanent access, listings, discounts and the satisfaction that you're supporting the farmers, ranchers, processors, distributors, retailers, students and researchers who make organic food available and accessible.

Join today and support organics!

Please sign me up as a MOA Member!

Name: _____

Farm or Business: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Membership Levels: (effective May 1, 2011)

- Individual.....\$30
- Family.....\$50 (includes two memberships)
- Farm/Ranch/Business....\$75 (includes a 5% discount on newsletter ads and an online directory listing)
- Organic Business.....\$250 (includes a 10% discount on newsletter ads and an online directory listing)
- Lifetime.....\$750

Please fill out this form,
make checks payable to MOA and mail to:
MOA, PO Box 570, Eureka, MT 59917

Montana Organic Association

PO Box 570
Eureka MT 59917

(406) 788-7423
mtorganic@hotmail.com
www.montanaorganicassociation.org

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Mark Bruckner
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Laura Garber
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A View from the Chair

It is the planting season for a lot of us, myself included. Next years' crops are being planted. Heck, I don't even have this years' harvested yet!

Using all my trucks for harvest, seed cleaning and planting makes me think I'm short on trucks, but I'm not. It's just a very busy time—both on the farm and in the office for organizing the MOA Conference. This year's event is shaping up to be a great one and we'll be offering interactive sessions and timely organic information. There will be roundtable discussions with producers throwing their problems out there, finding out someone else has the same problem, and working together to find the solution. NRCS will share their latest resources and answer your questions.

In my mind, everyone should attend the informational session on learning how to get your organic operation's location on the map that commercial spray pilots use. This is a brand new program and only works if you are on the map. While attending this session, you will learn the do's and don'ts of chemical trespass.

Planning the conference is no simple task. A handful of people have committed many, many hours out of their already full schedule to plan this conference. This is where we need your help. Pick up the phone or email and register NOW. Early registration helps us plan the meeting rooms, food quantities and supplies. This is also the perfect time to join or renew your membership with MOA and claim your MOA benefits Also, make your room reservation NOW to take advantage of the MOA hotel discount. As an incentive, one lucky person will win \$50.00 cash by registering early.

Two days of visiting old friends and learning new tricks of the trade are priceless. But wait, there's more—we will wine and dine and entertain you.

Personally, I can't wait for the conference. It's kind of like Christmas with family.

Let's visit at the MOA Conference in Billings.

Be safe.

Daryl Lassila, MOA Board Chairman