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NOFA-NH E-Newsletter: January 2023

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Dear Friend of NOFA-NH,

Happy New Year! We are excited to dig into another year of building a resilient, just, and sustainable New Hampshire food system with our robust community! We have much to look forward to in the coming year, including:

- A special Food & Climate Panel in collaboration with Seacoast NH Permaculture
- Our <u>21st Annual Winter Conference</u>
- Our Annual Bulk Order Program
- The return of our Organic Gardening Series this spring
- And so much more!

Organic, regenerative growing is more important today than ever before, as we face the very real threats that climate change, food insecurity, and species extinctions pose. Through education and advocacy, NOFA-NH is working to build stronger, more equitable, local, and regional food systems for a healthier planet and healthier communities.

If you haven't already, please consider <u>becoming a NOFA-NH member</u> or <u>making a contribution</u> today and join our movement to grow a stronger organic community and more resilient food system in our home state, region, and beyond.

Yours in Good Health & Healthy Food,

Team NOFA-NH

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Join Us at Our 21st Annual Winter Conference In-Person or Online

Join us on Saturday, February 11th inperson at Southern NH University, or online via Zoom, for over 25 hands-on workshops & panel discussions to hone your skills & cultivate community resilience with topics including:

- Increasing winter production
- · Getting involved in NH politics
- Timber framing
- Managing stress on farm
- No-till for organic growers
- · Engaging children in gardening
- Fermentation
- Community food security
- · And so much more,

in addition to the Green Market Fair, delicious organic food, book signings, & community art installations! An online track will be available for those seeking an athome learning experience.

Join us in welcoming Keynote Speakers Mark & Kristin Kimball of Essex Farm NY, who will



share their keynote address: Essex Farm to Consumers: Community Focused Practices That Helped Us Grow.

"Providing hundreds of products for our year-round full food membership has changed how we think about food. Working with our farm team, other farmers, and the community has changed how we think about the world. Now, in our 19th season, we are excited to share stories with all of you. Join us as we share what's worked, what hasn't, & what we are looking forward to in the next 20 years."

You can explore the full conference offerings and schedule, and register at www.nofanh.org/winterconference. NOFA/MOFGA members save on registration! We can't wait to see you there!

2023 Bulk Orders Due February 21st

NOFA-NH's annual Spring Bulk Order is a collective buying program for organic farming & gardening supplies. Small-scale gardeners & large-scale farmers alike are invited to participate! Shop online at bulkorderstore.nofanh.org or fill out our paper form and mail it to NOFA-NH, 84 Silk Farm Road, Concord, NH 03301. The Bulk Order Deadline is February 21, 2023. Pickup March 18-19, 2023.

Bulk Order products include soil amendments, potting soil and compost, pest & weed control products, organic cover crop seed, farming & gardening supplies, seed starting supplies, animal nutrition & more... Special orders are accepted!

*Although NOFA-NH membership is not required to participate in the Bulk Order program, non-NOFA members will add 10% to their order.



2022 Year-End Fundraiser Update: We Exceeded Our Goal!

With the help of our generous members, donors, sponsors, and grantors, we surpassed our year-end fundraising goal and raised a total of \$41,295!

When you donate, become a member, renew your membership, give the gift of membership, or sponsor NOFA-NH today, your contribution ensures we can continue to serve and advocate for this vibrant community of NH farmers, gardeners, eaters, educators, and activists in 2023 and beyond!

Thank you for supporting NOFA-NH's efforts as we move forward together into the New Year and for being a part of our growing community!



Food & Climate Panel: Carbon Market Pitfalls & Better Strategies for Regenerative Organic Farming Practices January 18th

Join NOFA-NH & Seacoast NH Permaculture TONIGHT, January 18, 2023 at 7 PM for an online panel discussion of Food and Climate: Carbon Market Pitfalls & Better Strategies for Regenerative Organic Farming Practices. Panel speakers include Cat Buxton of Grow More, Waste Less, Caroline Gordon of Rural Vermont, Stephen Leslie of Cedar Mountain Farm & Cobb Hill Cheese, and Julie Davenson of the Regenerative Food Network, Southshire Meats, & NOFA-NH.

This webinar will offer participants an opportunity to discuss methods to more fairly acknowledge farmers' contributions to land care through Payments for Ecosystem Services (PES). It will also highlight the drawbacks and vulnerabilities to cooptation that are contained in some of the proposed measures. Plan for a lively Q&A session!

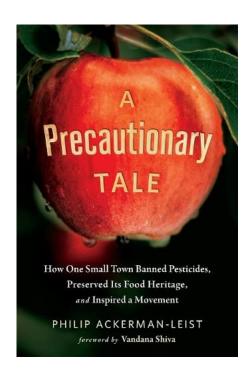
To learn more and register, please visit www.nofanh.org/pes.



A Few Spots Remaining for 2023 Winter Book Study: <u>A</u> <u>Precautionary Tale</u>

This winter join NOFA-NH and <u>Seacoast NH Permaculture</u> for a 5-part Zoom book discussion of <u>A Precautionary Tale: How One Small Town Banned Pesticides, Preserved Its Food Heritage and Inspired a Movement by Philip Ackerman-Leist. We will meet every other Thursday: January 5, January 19, February 2, February 16, and March 2 from 7:00 PM - 8:30 PM.</u>

There are a few spots remaining! Those interested can join in on the second session. Learn more and <u>register here</u>.



Share Your Story in The Natural Farmer

The Natural Farmer (TNF), the newspaper of the Northeast Organic Farming Association, is now accepting articles for our upcoming issues! Share your story with other farmers, gardeners, and homesteaders across the Northeast and beyond. They are seeking the following submissions: interviews, personal essays, technical pieces, photographs, seasonal recipes, book reviews, and opinion pieces on trending topics in agriculture.

TNF is published quarterly. Upcoming issues and themes are:

Spring 2023: Water & Agriculture (submissions due February 1)

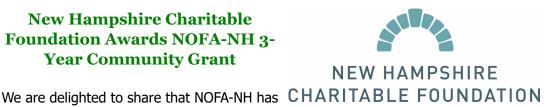
Summer 2023: Farm workers (submissions due May 1)

Fall 2023: Scaling Up (submissions due Aug 1) **Winter 2023:** Farmers of Color (submissions due Nov 1)

Submit your article here. If your writing is published in TNF, you will receive a free year subscription to the paper. Questions? Email TNF Editor Elizabeth Gabriel: tnf@nofa.org.



New Hampshire Charitable Foundation Awards NOFA-NH 3-**Year Community Grant**



received a \$60,000 Community Grant from the New Hampshire Charitable Foundation to be distributed over three years, to help support our general operations and further our mission to actively promote organic, regenerative, ecologically sound farming, gardening, eating, and land care practices for healthy communities.

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

2023 Farm Bill - NOFA Priorities & Public Review

NOFA's Farm Bill Principles advocate for a Farm Bill that:

- Actively invests in and protects the integrity of organic and agroecological practices as a core solution to our climate and biological crises.
- · Ensures fair treatment and just livelihoods for farmers and workers throughout the food and farming system.
- Invests in rural communities, increases fairness and resilience of local and regional supply chains and breaks up consolidation in agriculture.
- Centers racial justice across all programs and repairs past and ongoing racialized harm.
- Promotes food sovereignty for disadvantaged communities and ensures nutrition security for all.



 Eliminates the use of toxic substances on farmland and in our food system while supporting a just transition for farmers.

Learn more about NOFA's Farm Bill Principles <u>here</u>.

The House Agriculture Committee is seeking direct input from producers, stakeholders, and consumers on how various farm bill programs are working for them as an integral part of the review process of the 2018 Farm Bill and for preparation for the 2023 Farm Bill. You can submit your review here.

Weekly Market Bulletin Organic Produce Prices

Each year, the NH Department of Agriculture, Markets and Food collects and summarizes retail produce prices from farm stands throughout New Hampshire. NOFA-NH & the NHDAMF are seeking price lists from organic farmers around the state. These prices will appear in the Weekly Market Bulletin newsletter, which is published by the NH Department of Agriculture, Markets and Food.

The summary includes price ranges for different crops from the various organic farm retail outlets. The weekly information is reviewed and used by producers throughout the state and region. This is completely anonymous. No names are tied to the price information in any way.

Find a sample price sheet here. You can submit your price sheet to marketbulletin@agr.nh.gov each Monday at noon to be included in the following Weekly Market Bulletin. If you have any questions, please contact Terri Sheridan at 603-271-3551, or email: marketbulletin@agr.nh.gov.



Local Food for Local Schools Reimbursement Bill

The NH Farm to School Network has submitted the **Local Food for Local Schools Reimbursement program** as a bill to the New Hampshire legislature for the 2023 Legislative Session.

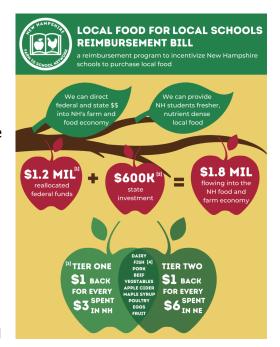
The reimbursement program will incentivize New Hampshire school districts and food service directors to purchase locally grown and produced food for breakfast and lunch services in cafeterias across the state, boosting youth health and wellness, agricultural viability, and specifically:

- Providing New Hampshire students access to fresher, nutrient dense local foods
- Annually channeling \$1.8mil federal and state funds directly into New Hampshire's farm and food economy.
- Educating New Hampshire students about the variety of fruits, vegetables, and other products grown and produced both locally and regionally.
- Showcasing to students the economic and professional opportunities available in the food system.

Sign on to support the bill as an <u>Individual</u> or <u>Organization</u>.

Sign up here to stay updated on the progress of the bill and receive information about support and advocacy opportunities.

You can also download and distribute the newly published "Local Food in Local Schools" storybook here.





Two Great Events from the **Cheshire County Conservation District this Winter**

The Cheshire County Conservation District has two wonderful and FREE upcoming events:

- · Attend the first of their 2023 Birding on the Farm Series at Green Wagon Farm in Keene, NH on January 21st
- Join them for a virtual presentation and round table discussion on soil steaming! Learn how other farmers are utilizing soil steaming on their farms on February 6th

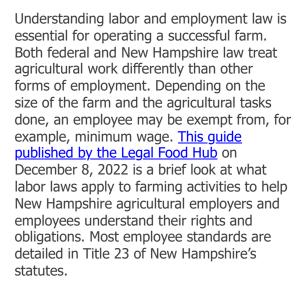








Legal Food Hub Publishes Agriculture Employment Rules for NH





Announcing the 3rd Symposium of the Northeast Healthy Soil Network

Please save the date for the 3rd Symposium of the Northeast Healthy Soil Network - Transitioning to More Regenerative Practices in the Northeast: Towards Inclusive and Fair Compensation for Farmers and Other Soil Health Stewards, to be held March 16th & 17th in-person at UNH's Durham campus and virtually via Zoom, hosted by Food Solutions New England, UNH, Southshire Farm, Tufts (GDAE), and Dartmouth College.

A consortium of research and farmer advocacy institutions have come together to host the next Symposium on healthy soils in the Northeast United States. The network consists of individuals across the region who are concerned about how farmers who are providing numerous ecosystem services (increasing soil health, sequestering carbon, enhancing healthy waterways) to their communities are benefitting from this service provision. This conference is focused on the current debates about climate smart commodities, regenerative agriculture, and carbon sequestration that are shaping our farming system in the Northeast.

We will be sharing a registration link for the symposium in upcoming E-Blasts & E-Newsletters!



The Threats Pesticides Pose to Pollinators – and Us

We rely heavily on insect pollinators to produce our food – over three-quarters of the crops we consume require pollination. According to some studies, a steady decline in insect populations is resulting in a 3-5% loss in the production of plant crops, which in turn is affecting human health and longevity.

These three articles from The Guardian, PAN, and Beyond Pesticides delve into this crisis and the potential effects on people and planet.



Join the FREE Vital Communities' Farmer Climate Cohort

Promote the positive role your farm plays in climate resilience while connecting with fellow farmers as we change the story about farming and climate change in the Upper Valley.

Climate Farmer Stories is a project to promote the critical role farming plays in climate and community resilience, involving farmers and artists from the region. Farms produce more than food – share your story! Farms selected for this cohort will gather for farm tours and activities, receive 10 hours of marketing assistance, art/sound story materials for their farm by local artists, and \$3,000 for marketing activities. You will reach new customers through their traveling Climate Farmer Stories exhibit and help educate the public on the value of ecological farming.

Apply by February 1st to join the <u>2023</u> Climate Farmer Cohort.

Question?

Contact Nancy@vitalcommunities.org.



NH Food System Statewide Gathering Request for Ideas Due Jan. 31st

The Request for Ideas period for the 2023 NH Food System Statewide Gathering is open! Do you have stories, innovations, skills, information, or ideas that you think would benefit New Hampshire's community of food system professionals? The NH Food Alliance is looking for content that centers collaboration across sectors and provides learning and skill building opportunities to foster sustainable growth in our food system.

The gathering will be held on May 11, 2023 and is a chance to come together with other food systems professionals to celebrate the



progress we've made and build relationships for the work ahead of us.

Submit an idea by January 31, 2023! Ideas for breakout sessions should incorporate two (or more) of the NH Food Alliance network's focus areas and fall into one of the proposal structures listed on the NH Food System Statewide Gathering webpage.

The NH Farm to School & NH School & Youth Garden 2023 Webinar Series

The NH Farm to School and the NH School & Youth Garden networks are hosting their 2023 Webinar Series for teachers, schools, and educators from across New England covering a variety of farm to school and school garden topics, including orchards as a school garden component, farm to school procurement, farm to school funding, and the arts and gardening. Browse the upcoming webinars and register!



2022 Census of Agriculture

The Census of Agriculture, taken only once every five years, looks at land use and ownership, operator characteristics, production practices, income and expenditures. For America's farmers and ranchers, the Census of Agriculture is their voice, their future, and their opportunity. Learn more and download the census form. Responses are due February 6, 2023.



Food System Opportunities: Learn, Join, Read!

- Read Trademark Registration
 Increases Cost of Misusing the USDA
 Organic Seal
- Apply to Vend at the Concord Farmers' Market by February 23rd
- Sign up for The Rodale Institute's Free 2023 Webinar Series
- <u>RFP for the</u>
 <u>Lease/Management/Operation of The</u>
 <u>MacBain Farm Borough of Closter NJ</u>
- Explore Universal Meals Policies Can Strengthen a Just and Resilient Local Food System from the National Farm to School Network
- Attend Decompositions at Pontine Theatre February 3rd – 5th
- Register for Organic Regulation Trainings May & October 2023



Funding Opportunities

- ARPA Grants for NH Meat Processing Infrastructure &Training
- Monadnock Food Co-Op Farm Fund: Applications Due February 1st!
- <u>Dairy Innovation & Alternative</u> <u>Management Grant</u>
- <u>Dairy Processing Research &</u> <u>Development Innovation Grant</u>
- Organic Dairy On-Farm Storage & Handling Grant
- CCCD's Conservation Opportunity Fund
- NH Conservation Districts Climate Resilience Grant



Farm & Food Jobs

- New England Feeding New England Project Director
- Food Solutions New England Policy Network Director
- Land for Good Administrative Assistant



January Recipe: Elderberry Switchel

Protect yourself against cold and flu season with this delicious and immune boosting beverage!

Ingredients:

3 3/4 cups water

1/4 c dried elderberries (or 1/2 cup frozen)

1 tablespoon ginger grated (or 1 tsp ground ginger)

3 tablespoons raw honey

3 tablespoons raw apple cider vinegar, with the "Mother"

1 pinch sea salt

Preparation:

Add water and elderberries to a small sauce pot. Bring to a simmer over medium-high heat. Cover and turn heat down to medium. Simmer for 30 minutes and remove from heat. Allow to cool until just warm (you can put it in an ice bath to speed this up).

Add ginger and honey to a quart-sized mason jar. Pour warm elderberry decoction into the jar and stir to combine, then add the apple cider vinegar and sea salt (make sure that the decoction is not hot, just warm).

Serve over ice and enjoy!



Welcome Renewing Members

Thank you to our NOFA-NH Members who renewed their memberships in December 2022.

<u>Fertrell Company</u>, Edith Pucci Couchman, <u>New Hampshire Interfaith Power and Light</u>, <u>Slopeside Farm</u>, Brosie Farm, Matthew Savage, <u>Found Well Farm</u>

Classifieds

Root 5 Farm is welcoming new and experienced farmers (Fairlee, VT)

Posted January 5: We're offering long-term leadership roles for career farmers and also have open positions for new farmers to deepen their knowledge of organic growing and work alongside experienced farmers. Apply at www.root5farm.com/employment-opportunities.html.

Cedar Circle Farm Seeks Sales Manager, Annual & Perennial Department Manager & Vegetable Production Manager (East Thetford, VT)

Posted January 5: We're a community-focused certified organic vegetable and berry farm with a deep commitment to developing regenerative agriculture systems and educating others. Learn more and apply at www.cedarcirclefarm.org/about/employment#sales.

John Deere & Farm Equipment - Live Auction Wednesday, January 18 @ 10AM (Morrisville, VT & Online)

Posted December 21: Register from 9AM; JD 4240 & 2030, New Holland Balers, 1957 Bel Airs, QD Fork Set & Grapple Bucket, 1992 Ford F250 w/ Plow & More! 1878 Cady Falls Road, Morrisville, VT; THCAuction.com 800-634-7653 (NH Lic.#3058). Auction link.

Branch Hill Farm is Hiring a Farmer-Educator (Milton Mills, NH)

Posted December 17: Looking for someone passionate about BOTH growing vegetables on a small-scale AND transforming the lives of teens through your leadership!

Contact branchhillfarm@gmail.com to learn more and apply.

Windswept Farm Is Hiring (Andover, NH)

Posted December 1, 2022: Would you like to work on a farm this season? Learn and bring your knowledge to growing a variety of vegetables and fruits to be delivered to farmers' market. Email tjgallagher13@yahoo.com for more information and to apply.

Grow Your Profits

Posted December 1, 2022: Keeping honey bees as pollinators will increase your yield! White Mountain Apiary has everything you need to become a successful beekeeper. We offer online beekeeping classes, honey bees, queen bees, beekeeping equipment and support. Visit www.whitemountainapiary.com/store or call 603-444-6661 for more information

Upcoming Events

January 5 - March 2, 2023 — <u>Book Study: A Precautionary Tale</u>, (NOFA-NH & Seacoast NH Permaculture)

January 11 - March 29, 2023 — Edible Ecosystems Emerging: 5 Part Winter Series, (Seacoast NH Permaculture)

January 18, 2023 — Food & Climate Panel, (NOFA-NH & Seacoast NH Permaculture)

January 18, 2023 — <u>Acquiring Your Farm with Land For Good</u>, (Land For Good)

January 18, 2023 — NH Young Farmer's January Meeting, (NH Young Farmers)

January 18, 2023 — Women in Agriculture Wellness Series: Farming While Pregnant, Disabled, or Chronically Ill

January 20, 2023 — NH Food & Nutrition Security Summit, (NH Hunger Solutions)

January 21, 2023 — Birding on the Farm, (CCCD, Green Wagon Farm)

January 26, 2023 — <u>Unlawning Your Life – A How To Lesson</u>, (PAN)

January 27, 2023 — Lakes Region Farmer-Buyer Meet & Greet, (UNH Extension, Belknap CCD, NH Farm to School)

January 30, 2023 — Fellow Farmer Sessions: Producing On-Farm Fertility, (Real Organic Project)

January 30, 2023 — Cultivating Roots: Basic Classroom Hydroponics, (NH Farm to School)

February 3, 2023 — Network Cafe Series: Reduce and Reuse Food Waste, (NH Food Alliance)

February 4, 2023 — <u>The Northeast Disability and Agriculture Conference</u>, (Connecticut Grown)

February 6, 2023 — Fellow Farmer Sessions: Incubator Farms, (Real Organic Project)

February 6, 2023 — Virtual Soil Steamer Workshop, (CCCD)

February 9, 2023 — Orchard to School, (NH Farm to School, NH School & Youth Garden)

February 11, 2023 — NOFA-NH Winter Conference, The Art of Food & Farming: Skill Sharing for a Brighter Future

February 15, 2023 — Farm to School Procurement, (NH Farm to School, NH School & Youth Garden)

February 16-18, 2023 — OEFFA Conference, (OEFFA)

February 18-19, 2023 — NOFA-VT's 41st Annual Winter Conference (NOFA-VT)

February 20, 2023 — Fellow Farmer Sessions: Labor on the Farm, (Real Organic Project)

February 21, 2023 — Bulk Order Deadline

February 26, 2023 — Real Organic Virtual Symposium, (Real Organic Project)

March 5, 2023 — Real Organic Virtual Symposium, (Real Organic Project)

March 6, 2023 — Fellow Farmer Sessions: Egg Production, (Real Organic Project)

March 16, 2023 — Funding School Gardens, (NH Farm to School, NH School & Youth Garden)

March 16-17 — Northeast Healthy Soil Network Symposium, (NHSN, FSNE, UNH, NOFA-NH, Tufts)

March 18-19, 2023 — Bulk Order Pickup Weekend

March 20, 2023 — Fellow Farmer Sessions: Growing Grains, (Real Organic Project)

April 3, 2023 — Fellow Farmer Sessions: Ruminant Grazing, (Real Organic Project)

April 6, 2023 — Gardening with Games & the Arts, (NH Farm to School, NH School & Youth Garden)

April 17, 2023 — Fellow Farmer Sessions: Greenhouse Management & Plant Propagation, (Real Organic Project)

April 18 - 19, 2023 — <u>Virtual Farm to Institution Summit</u>, (FINE)

April 27 - 28, 2023 — <u>In-Person Farm to Institution Summit</u>, (FINE)

May 11, 2023 — NH Statewide Food Gathering, (NH Food Alliance)

May 30-31, 2023 — Organic Specialist Training for Crops, (Vermont Tech)

May 30-31, 2023 — Organic Specialist Training for Livestock, (Vermont Tech)

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