

Spring 2018

Spring 2018 • Vol. 39 No. 2

Northern Plains
Sustainable Ag



EDUCATION/COMMUNITY/ENVIRONMENT

LaMoure, ND • www.npsas.org

The Germinator



*The best
time for
new beginnings
is now!*

Anonymous

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Mission Statement:

"Northern Plains Sustainable Agriculture Society promotes sustainable food systems through education, research and advocacy."

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The Germinator is published quarterly (Jan., April, July, Oct.).

Northern Plains Sustainable Agriculture Society is a
501(C)3 non-profit organization.

Northern Plains Sustainable Agriculture Stewardship Fund (NPSASF) is a
501(C)3 non-profit organization supporting the educational work of
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- NPSAS quarterly newsletter, the *Germinator*
- Connecting you with mentors
- Local food programs
- My Neighbor's Acre fund
- Scholarship fund
- NPSAS lending library



As I write this, we are getting the biggest snowfall of the '17-18 winter, at least 8 inches on the ground and it's still falling. Looking outside, it appears that we are squarely in the throes of winter and there seems to be no end in sight. But when I look at my calendar, I know that spring is coming, it's just around the corner. And things may look cold and white, but warm and green is going to be here soon. This time of late winter / early spring is one of transitions. Sometimes it's a week of warm weather followed by a cold snowfall. But spring always comes!

We are in a similar state of transition here at NPSAS. We are maturing as an organization and that means updating policies, making strategic changes, defining directions and fixing mistakes. The board has hired professionals, consulted with experts, asked membership for help, and fixed some pretty big issues. And at times, it has felt like a never-ending winter. But just like spring, I know that the better days for NPSAS are right around the corner.

We're moving to Fargo for the 2019 Winter Conference, because we simply outgrew our space in Aberdeen. What a blessing to say "We have so many attendees, they don't all fit in one convention space!" With the move, we have the opportunity to do new and different things. Another example of spring for NPSAS!

We have grant opportunities that we are pursuing. If these grants are awarded, there will be staff changes and programming changes. We have new opportunities in digital and social media and those will also bring changes in look and interaction with our organization on a wider scale.

Just like our gardens, pastures and fields are preparing for big changes in the coming months, so too is our beloved organization. And just as I anticipate the growth and promise of spring, I eagerly anticipate the changes in our organization.

A happy and glorious spring to us all!

Annie

Save the date:
40th Annual NPSAS Winter Conference
January 24-26, 2019 • Holiday Inn, Fargo, ND

Dawn Sky

Dawn sky opens,
stars and northern lights
retired.

Orange and gold are
richly displayed
on the eastern rim.
The gentle temperature
of an early spring day
can only
truly be appreciated after
the cold of a
northern winter.
A morning
on the prairie
without wind—
this must be
a smile from
God.

TJ
3/12/94

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Board Meeting Minutes

NPSAS Board Meeting Minutes---501(c)(3)

Via GoToMeeting/Teleconference, November 21, 2017

Present: Annie Carlson, Gretchen Harvey, Les Miller, Curt Petrich, Owen Trangsrud, Lynn Brakke, Sean Hyatt and Jonathon Moser.

Consent Agenda: Annie called the meeting to order and Gretchen took the roll.

Action: Motion made and approved to accept the consent agenda which includes the minutes of the of the 501(c)(3) meeting on October 17, 2017.

Executive Director's Report: Jonathon's comments focused on his efforts to finalize contracts for keynoters at WC 2019. He is still learning how the pre-conference planning works from a staff perspective. He suggested some improvements for how to vet potential speakers and less-well-known workshop leaders.

There was a discussion about fundraising processes and Curt emphasized that we make sure to adopt a system that is tested as effective. There will be an appeal letter that will be sent out soon. Another suggestion is to offer updates to members about how the fundraising campaign is progressing. Board members will call and thank donors personally. Another idea for the future is to have more planned conversations (booths at events) with prospective members letting them know the value and mission of NPSAS, keeping in mind that membership is not necessary the most effective donor base.

Financial Report: Curt suggested adding some color to balance sheets by month. Jonathon is still adjusting accounts to make them more logical and orderly. Curt would like to see a burn rate each month, which serves as a net worth indicator. Jonathon will keep working on the financial record keeping and by next year we will have some useful comparison data. He also intends to separate out the salaried staff numbers on our P&L because right now it's a bulk number. Action: Motion made and approved to accept financials as presented

Research Committee: Edd Goerger is interested in purchasing the trailer at cost, owned by NPSAS and being stored at his place. NPSAS paid \$3,850 for it but have only used it a few times to move totes of grain around. The decision was made to wait until after the December FBC meeting, after which we'll have a better idea if we will use it to move drills or grain around going forward.

Lynn raised a question about the Dylan wheat he raised for NPSAS research. Likewise, he would like to know when NPSAS intends to take delivery and purchase of TM23. Currently, storage costs are accruing. The research committee needs to discuss and make decisions about these issues and in the future, goals and plans for the grain or crops need to be firm prior to planting. On the agenda for the FBC meeting are these commercial questions about crops, seed and flour. Owen volunteered some storage space for equipment needs. All topics need to be part of a larger discussion about how much equipment and inventory NPSAS wants to carry. The FBC meeting is scheduled for December 7 in Medina at the ICS office.

Benefit Review Committee: Making progress but no report at this time except that Jonathon found out what LSP offers for insurance.

Jonathon requested that the discussion of 2019 Conference sponsorship levels be tabled until after 2018 WC.

New Business: Time tracking policy revision for the policy

manual states that employees fill out timesheets twice a month. Jonathon wants to implement time-tracking software with staff instead, and in addition to a monthly summary for each pay period. Jonathon will draft a new policy and will submit to the board for a vote in December.

Board Member elections: Sean is up for re-election and is willing to continue serving the organization. Lynn would like to rotate off the board at this time. There are nine total board positions. Currently, 2 are vacant. Sean, Owen, Annie and Jonathon will have a call to discuss forming an ad hoc nominating committee.

50/50 raffle idea at WC: one raffle Friday and one Saturday. Circulating at meal times. Action: Motion made and approved to have board members sell raffle tickets at WC.

Jonathon suggested sending Steve Dahlberg a thank you for his board service of 8+ years and a gift card to a food cooperative.

Adjourned: 8:55 am

Respectfully submitted, Gretchen Harvey, secretary.

NPSAS Board Meeting Minutes---501(c)(5)

Consent Agenda: Annie called the meeting to order and Gretchen took the roll. Motion made and approved to accept the consent agenda, which includes the minutes of the 501(c)(5) meeting on October 17, 2017.

Financial Report: Jonathon offered a high-level summary of the financial reports. Business memberships look strong and support both the *Germinator* and the WC. Basic memberships are down but look hopeful as many members renew at the end of the year and just prior to WC. Action: Motion made and approved to accept the financial report as presented.

Advocacy Report: Curt reported on his work with respect to dicamba issue. He attached to an email his notes and a letter that a group of concerned organizations and business leaders to Commissioner Goering in ND. Individual state plans to address the dicamba are: ND will announce their decision in the next three weeks; SD will announce their decision after the first of the year; MN has not made a decision when they will announce their decision.

Old Business: Lynn offered a brief update on the fundraising progress for the Jim Stordahl scholarship fund. Once the funds raised reach 5K, this will trigger a matching funds commitment from NPSAS. Lynn along with 2 extension educators are on the committee.

Jonathon has not yet drafted a policy for sharing membership information with other like-minded organizations. He intends to have a policy revision drafted for the board prior to the December meeting. The bylaws need not be changed in order to revise the policy. But because the membership approved the existing policy in 1998, it is a good idea to submit the updated policy for member approval at the annual meeting in January '18.

New Business: Annie wants to step down from chairing advocacy committee, although she will remain active as a committee member. It would be good if the chair is proactive and sets agendas that are strategic about how to approach the issues on behalf of the membership. The use of survey tools could also enhance this process of focusing priorities, as would joining with other organizations about issues that cross state lines.

Adjourned: 7:40 am

Respectfully submitted, Gretchen Harvey, secretary.

NPSAS Board Meeting Minutes---501(c)(3)

Via GoToMeeting/Teleconference, December 19, 2017

Present: Annie Carlson, Gretchen Harvey, Les Miller, Curt Petrich, Owen Trangsrud, Lynn Brakke, Sean Hyatt and Jonathon Moser.

Consent Agenda: Annie called the meeting to order and Gretchen took the roll. Action: Motion made and approved to accept the consent agenda which includes the minutes of the of the 501(c)(3) meeting on Nov. 21, 2017.

Board would appreciate having written report sent before the day of the meeting. Jonathon should feel free to assign board members tasks to help with at WC. Donor "thank you" calls are being made.

Financial Report: Jonathon presented financial summaries with detailed reports. With a more "normal" budget in 2018, and if we manage FBC at break even, we will have about 60K loss per year. This predicts about a 7-year runway to turn this trend around. We haven't had an accountant look at our books in 3 years but have budgeted for doing so in 2018. There are a lot of decisions to be made re: FBC operations going forward. If we are to follow the Carver model of policy governance, the board should be focusing on the overall financial health of the organization. Action: Motion made and approved to accept the financial reports as presented.

Research Committee: Working on getting labels prepared so that we can sell 5# bags sifted and whole wheat einkorn flour at Winter Conference. We also want to get samples to bakers. Still have inventories of Einkorn and Dylan to utilize. Action item: Selling the FBC trailer to Edd. Some discussion on identifying funding for an FBC chair and to create a job description. Jonathon will create a description for January meeting.

(Ad hoc) Nomination Committee: Lynn and Sean will be on the ballot running for second terms. An additional 2 nominees have not yet been identified. There is a long list requiring follow up. Board members wanted to know how the process will work from start to finish. Sean, Annie and Owen are on the nominating committee. Jonathon will finish making calls to test interest among the long list of candidates. Vetting of potential candidates and recommendations to be sent to the board for approval.

New Business: Annual Budgets: Jonathon offered some commentary on budgets. Curt indicated that the goal should be to cut losses of 60K annually by half (30K) for 2018 and (again 30K) in 2019 and that by 2020, we would achieve a break even budget. Jonathon will continue to present some version of these working budgets vs. actual for major categories: WC, summer events, etc.

Curt requested that we see an action plan for cutting losses. This need not be part of the budget, but shown as a list of what we are going to do to address losses beginning in 2018. For example, what mechanisms can we employ to increase revenue: conferences, grants, other. Lynn would like to have a conversation about how FBC can fund its own work perhaps through partners that benefit from the research. We want to make sure each project is covering itself because we cannot afford to subsidize this work. Instead, we need to capture income earned as a result of this work for the general budget. Action: Motion made and approved to accept the proposed 2018 C3 budget as presented.

Adjourned: 9:22 am

Respectfully submitted, Gretchen Harvey, secretary.

NPSAS Board Meeting Minutes---501(c)(5)

Consent Agenda: Annie called the meeting to order and Gretchen took roll. Action: Motion made and approved to accept consent agenda including minutes of 501(c)(5) on Nov. 21, 2017.

Financial Report: Jonathon explained the financial summaries that have been created to simplify reporting. He will continue to make detailed reports available on email. Board members appreciate budget vs. actual and the color coding. We request the colors used remain consistent across statements. Similar summaries will be used at the annual meeting.

Action: Motion made and approved to accept financials as presented.

Proposed C5 budget for 2018 summarized. We need to develop plans to attract more members. Jonathon noted the chapter leaders' handbook and member recruitment concept he is working on. He would like to see a membership recruitment push in March and April beginning with reaching out to those who attended WC but did not become members. This would require explaining membership benefits. A plan for this effort should be filled out in Feb./March meetings. Action: Motion made and approved to accept the proposed 2018 C5 budget as presented.

Old Business: Policy update for sharing member information was submitted over email. Some are concerned that information sharing is a one-way street. We agreed to discuss the issue of reciprocity another time and to update the policy as recommended now.

Action: Motion made and approve the following policy change and to present to membership at the annual meeting. The NPSAS list of members shall be available to members only. The membership list may include names, phone numbers, e-mail addresses, and types of commodities raised by members. NPSAS does maintain an online membership directory on its website. This is an opt-in membership directory, meaning a member must approve their information appearing on the website. The information on the directory is open to the public and not exclusive to other members.

Old Business: The Advocacy Committee still needs a chair. Board members would like to see a process developed for advocacy work. All agreed that having summary white papers on important topics is a good first step. Gretchen and Lynn will ask ND Senator Tim Mathern about finding interested candidates to take on this work and report back to Annie. We agreed to discuss developing a process for advocacy work at our February meeting.

Adjourned: 7:37am

Respectfully submitted, Gretchen Harvey, secretary.

NPSAS Special Pre-Conference Meeting of the Board

Via GoToMeeting/Teleconference, January 22, 2018

Present: Annie Carlson, Gretchen Harvey, Les Miller, Curt Petrich, Owen Trangsrud, Lynn Brakke, Sean Hyatt and Jonathon Moser.

Annie called the meeting to order and Gretchen took the roll.

Winter Conference board tasks and assignments were determined.

The sale of the FBC trailer to Edd for cost with agreement that FBC can use was discussed. Action: Motion made and adopted (Owen and Sean) to sell FBC trailer to Edd for cost with written agreement that allows NPSAS/FBC to be able to use if it's not already committed that day.

Action: Motion made and adopted to nominate Lisa Watkins to stand for election to a term on the board of directors at the upcoming Winter Conference/annual meeting.

Annie recommends that we put nomination calls on October calendar and challenges associated with same in the future.

Annual meeting agenda will present the minutes and high level financial summary. The only business this year is holding a

Continued on page 26.

UK backs bees



UK's environmental secretary, Michael Grove, has announced that the UK will back a total ban against an entire class of insect-harming pesticides. Neonicotinoids, the most widely used insecticide, harms bees. The European Union temporarily banned three neonic compounds in 2013 and at that time the UK opposed the ban. Grove also notes that a post-Brexit farming subsidy system will channel more money toward environmentally sustainable farming.

Source: *The Guardian*

Glyphosate ban?

Negotiations on reducing the use of glyphosate herbicides in Germany have been ongoing and a complete glyphosate ban is being discussed. German Agriculture Minister Christian Schmidt voted last fall in favor of renewing the controversial weedkiller without consulting Chancellor Angela Merkel, placing the glyphosate debate in the public spotlight. A possible ban in Germany may affect the upcoming Bayer-Monsanto megamerger, as Monsanto receives a considerable profit from the sales of Roundup, a glyphosate-based herbicide.

Source: *Sustainablepulse.com*

Female farmworkers solidarity



A letter written on behalf of approximately 700,000 women working in agricultural fields and packing operations across the United States expressed the solidarity of Latina farmworkers with the women in Hollywood who have come forward with stories of sexual harassment and assault. The letter also highlights the high degree of harassment faced by female farmworkers in the United States and the risks they face in taking a stand.

Source: *Time*

Preservatives harm gut

Researchers from the University of Massachusetts, Amherst, found an impact on gut biomes from the "food safe" antimicrobial compounds added to preserve foods. The preservative compound polylysine appears to temporarily alter the gut microbial communities in mice, impacting microbial function. Researchers argue that this finding demonstrates the need for additional research on the effect of preservatives on gut microbiomes.

Source: *The Boston Globe*

Alternative farm bill

Congressman Earl Blumenauer (D-OR) is taking on the 2018 Farm Bill, the legislation that shapes our food and agriculture policies. Blumenauer's introduction of the "Food and Farm Act" is a major departure from the historic Farm Bill, implementing reforms that promote sustainable agriculture, nutrition and environmental conservation. Blumenauer's campaign is for a "fair Food and Farm Bill that will help everyone eat local, support local farms, protect the land and the environment, and provide healthy food for all of us."

Source: *Civil Eats*

Protecting GIPSA

The Organization for Competitive Markets (OCM), a Nebraska-based think tank working on agriculture and trust policy, has filed a lawsuit to reinstate the Farmer Fair Practices rules, also known as GIPSA. The GIPSA rules were withdrawn by the U.S. Department of Agriculture (USDA) in October before they could go into effect. OCM is challenging USDA's decision, claiming that the agency "re-stacked the deck for multinational meat packing corporations at the expense of independent farmers."

Source: *New Food Economy*

Corporate consolidation

Five of the largest 12 mergers of publicly traded companies between 2015 and 2016 were in the agrifood sector. These mergers raise concerns that the growing consolidation of the food industry is leading to more monopolies and buyers' cartels that squeeze small producers and promote poor working conditions along the food chain. Researchers also note that corporate mergers are likely to lead to risks in future food production and an inadequate response to global hunger.

Source: *Friends of the Earth, Europe*

Healthy family meals

New research out of Canada finds that children who routinely eat meals together with their family are more likely to experience long-term physical and mental health benefits. The study found that children who experienced high-quality family meal environments at age six demonstrated higher levels of general fitness, more social skills, and less physical aggression at age 10. This finding comes at a time when fewer families in Western countries are eating meals together than in decades past.

Source: *Scienceblog.com*

App for farmworkers



A team of graduate students from the University of Southern California has created a mobile computer application that will alert California farmworkers when temperatures top 95 degrees and allow them to report unsafe working conditions to state regulators. The name of the app, CalorApp, is drawn from the Spanish word for heat, calor. The app will launch this summer 2018 with farmworkers at two Californian companies.

Source: *Civil Eats*

Cold hurts wheat

 January's cold snap reduced the U.S. Department of Agriculture's (USDA) projection of winter wheat production in the central plains and southern corn belt. Winter wheat — planted in the fall and harvested in late spring — is the dominant type of wheat grown in the United States. USDA projects that this year will see the smallest wheat harvest, at 45 million acres, since it began recording that data in 1921.


Source: *Fern's AG Insider*

NAFTA'S health impacts

Mexico's entry into NAFTA's free trade market has led to unexpected health consequences, namely an influx of cheaply priced, low-nutrient, and high-calorie food products that have contributed to the rise in obesity and diet-related diseases. Prior to signing on to NAFTA, only 7 percent of Mexico's population was obese. Today, diabetes is the leading cause of death in the nation.

Source: *The New York Times*

Toxic glitter

 Glitter may help you get your sparkle on but is generally made of plastic and aluminum bonded with polyethylene terephthalate, which takes centuries to decompose. When washed down the drain, glitter collects toxins in seawater, turning into little balls of endocrine-disrupting chemicals eaten by sea creatures (and then, sometimes, by us). Don't despair, glitter fans — biodegradable glitter made of mica- and mineral-based ingredients is now on the market and is less harmful to our ecosystem health.

Source: *Mother Nature Network*

CA limits pesticides

As of January 1, California farmers are prohibited from spraying many pesticides within a quarter-mile of all public schools and licensed day care centers between 6

a.m. and 6 p.m. on school days. This limit was issued by the California Department of Pesticide Regulation and is the first statewide standard of its kind. The new regulation also requires growers to report annually on all the pesticides they expect to use near schools.

Source: *Associated Press*

The "Plantscraper"

A Swedish company, Plantagon, is introducing the "plant scraper," a vertical greenhouse that is part urban farm and part skyscraper. Designs for the first landmark plantscraper, the World Food Building, are complete and the company is crowd-sourcing funds. According to developers, plant-scrappers require less energy, have a smaller carbon footprint than industrial agriculture, and can serve as part of the solution to the global food crisis.

Source: *Business Insider*

Food is medicine



A "Food is Medicine Working Group" has been established as part of the U.S. House Hunger Caucus. The working group aims to emphasize the link between nutrition programs and health outcomes and take steps to better align agriculture and health policy. Policies the group might take up include incentives to buy fruits and vegetables, bolstering Supplemental Nutrition Assistance Program education, looking at "medically tailored" meals to help fight disease, and programs that allow doctors to give their patients prescriptions for produce.

Source: *Politico*

Dicamba cutoff

North Dakota agriculture commissioner Doug Goehring announced new rules for the use of the weed killer, dicamba, in 2018. The new rules include a ban on spraying when temperatures top 85 degrees and a total cutoff of dicamba after

June 30 to minimize chances of damage to neighboring crops. North Dakota is the fourth state to enforce tougher dicamba rules, after Missouri, Arkansas and Minnesota.

Source: *FERN's Ag Insider*


Ag-gag is unconstitutional

The 9th Circuit Court of Appeals has struck down Idaho's "ag-gag" law, confirming a lower court ruling that it is an unconstitutional violation of free speech. Eight other states have passed ag-gag laws to criminalize animal rights activism that uncovers abusive conditions on factory farms. The decision marks the first time a federal appeals court has ruled against an ag-gag law, potentially creating a new precedent.

Source: *Food & Power*

More maple syrup

National per capita consumption of maple syrup has increased 155 percent over the past 35 years. There has been a slight increase in the number of maple farms, with Vermont showing the largest increase in new farms. Significant gain has been made in the number of taps used per farm, producing higher maple syrup yields.

Source: *Farming Magazine* 

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~ Since 1986 ~

Stiegelmeier awarded 2018 NPSAS scholarship



Ben Stiegelmeier was born and raised on one of the pioneer organic farms in South Dakota. The passions for hard work and producing healthy food were instilled at a very young age. He worked in every aspect of the farm alongside his mother and older siblings after

his father's death in 2002. Ben knows first-hand both the blessings and the trials of farming. Bumper crops, neighbors, breakdowns on a Saturday, weeds, and overcoming huge losses have all been complicated blessings that this farm kid has had to navigate. Some of them were more fun than others, but by the grace of God now they are all settled.

Now as a college student there are a new and completely different set of difficulties to overcome. Classrooms, books and dress pants are a huge change from the saddles, tractors and coveralls of the past.

Here is a little story to illustrate this. During finals week a professor asked how the adjustment to student life had been.

Ben answered, "It was really hard at the beginning. Now, it is still an up-hill climb, but it's not quite so steep."

"You know what they say about up-hill climbs," my professor inquired.

"What's that?" Ben asked.

He replied, "They build muscles."

By going to school, Ben hopes to become a more effective communicator and advocate of agriculture in both the public and private spheres. This is just one way he continues to grow as a champion of learning new information, growing better crops and informing fellow citizens that producing healthy food is important for a stable civilization.

Ben thinks it is crucial to support the next generation in agriculture. "It is very humbling," he added, "that there are people who see enough potential in me to warrant such a generous investment. Members of NPSAS and friends, thank you for helping me 'build muscles.'"

The NPSAS scholarship fund was established to support the training of the next generation of sustainable/organic-minded youth. The goal is to increase the number and diversity of individuals that aim to improve human health and environmental quality and/or the sustainability of their community. At least one award of \$1,000 is distributed annually. This is a one-time award per applicant.

Please visit www.npsas.org for an application form and complete list of details. 🌱

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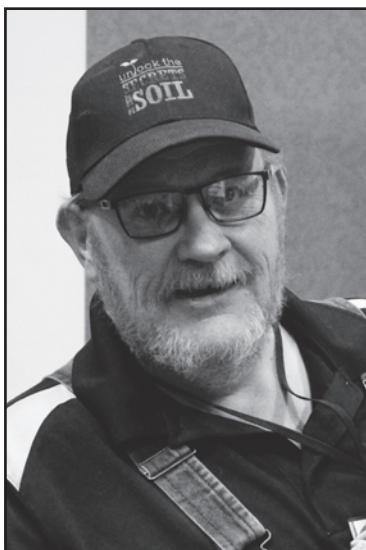
Meet the newest members elected to the NPSAS Board of Directors

Roger TeSlaa

Roger grew up in Rock Valley, IA on the family farm. He excelled at 4-H and FFA through his school years and attended SDSU attaining a degree in Livestock & Agriculture in 1979. Roger is married to Lora TeSlaa and has a daughter Bethany. She, along with her husband, Josh, have 3 children, Jeremy, Teegan and Nevea.

Roger worked in the meat processing industry for several years while raising hogs on his farm south of Inwood, IA. After a botched well repair, and losing all of his livestock, Roger was introduced to a fellow named J.R. Hovelsrud. J.R. and Roger partnered up finishing another batch of hogs while Roger helped him mix feed along with livestock vitamins and minerals. As business expanded for J.R., he asked if Roger would open a store front and produce all the livestock products for J.R.'s northwest Iowa customers. And so was the beginning of Nature's Best in 1986. Since then, Roger and his mentor, Clifford Willis, formulated livestock vitamins and trace minerals and crop products such as foliar sprays, soil amendments and inoculants.

Their 'journey into the soil' drove Roger and Clifford towards overall soil health and the expansion of Na-



ture's Best. Although Roger's pal Clifford is gone, Nature's Best is alive and well, serving many customers of the Northern Plains; conventional, sustainable and organic alike. Roger is a true "Student of the Soil" always learning and evolving, striving for soil health, while appreciating what the earth has provided and never assuming he has things figured out.

Roger expanded once again in 2014, with the purchase of a fertilizer plant in Albany, MN providing Nature's Best products and custom fertilizer to new and existing customers in central Minnesota.

Roger has been a member of NPSAS for 7 years and became a board member in 2017. Throughout all the conferences and trade shows that Roger and Nature's Best attends throughout the year, NPSAS has always been the favorite. "It's just a warm, friendly and fun environment, Roger says, "it just feels like family." Roger is known to the NPSAS family as "BIBS" and enjoys being the auctioneer during the live auction every year. He looks forward to offering the NPSAS board with a new, fresh set of eyes, with a strong business sense in regards to the future and the bigger picture.

Krysti Mikkonen

Krysti Mikkonen is from rural Frederick, S.D. She has been in marketing for more than 20 years and digital marketing for 12 years working with small- to medium-sized businesses in various industries. She has a degree in political science from Northern State University. Mikkonen owned a digital marketing franchise for more than 11 years and after a year of fulfilling a non-compete agreement, she is continuing her work consulting with clients aiding in their development of digital strategies. Krysti and her husband Lonny live on their farm that's been certified as organic since 1989.

If she's not working with her own clients, you won't likely find Krysti driving the tractors, combines or chasing the cows. However, you might find her answering the phones, marketing some grain or filling out other necessary paperwork to help around the farm. She's inspired by entrepreneurship; people who live their faith; and creative marketing.

In addition to her husband, 4 children and enormous extended family, Krysti loves lake time, fireworks, game nights, peanut butter and cake.

You can read more about Krysti and her family under Member Profile in the Fall 2017 *Germinator*. 🌱



Returning to the NPSAS board of directors are Owen Trangsrud, Curt Petrich, Gretchen Harvey, Annie Carlson, Lynn Brakke, Les Miller and Sean Hyatt.

In Memory of Brenda Ronning



Brenda Bowena Ronning, 67, of Brookings, S.D. passed away Monday, November 20, 2017 at Good Samaritan Society, Clear Lake, S.D. Funeral Services were held December 2, 2017 at Rude's Funeral Home, Brookings, S.D.

Brenda Bowena Ronning was born on September 16, 1950, in Hendricks, MN, the daughter of Eddie and Bowena (Prevo) Ronning.

Brenda was baptized and confirmed at Calvary Lutheran Church in Hendricks, MN. She attended country school in district #74 until the 4th grade. She continued her education at the Hendricks Public School graduating in 1968. She was a 1972 graduate of USD with a Bachelor's Degree in Psychology / Sociology along with achieving an Associate Degree in Law Enforcement & Correction, plus a minor in Math.

In 1973, she entered the U.S. Army and completed basic training at Ft. McClellan in Alabama. She also served at Ft. Leonard Wood, MO before being stationed at Rhein Mein AFB in Germany. Brenda returned to Ft. McClellan for Criminal Investigation Command Training prior to being stationed in Seoul, Korea.

Returning to Ft. Lewis, WA, she received her honorable discharge in 1979. Brenda then moved to Sioux Falls, SD where she was employed with the Dept. of Labor. In 1981, she began her career with the Dept. of So-

cial Services in Economic Assistance. She transferred to the Brookings office in 1983 where she served the community until her retirement in 2014.

Brenda was an active member in the Brookings community and was also a member of NPSAS Northern Plains Sustainable Ag Society), and the WCTU (Women's Christian Temperance Union) and the American Legion.

She enjoyed gardening, organic farming with her brother Neal and attending the Farmers Market.

Brenda is survived by her brother, Donald Ronning of Nashua, NH; sister, Joyce (Deven) Oldenburg of Rochester, MN; nephews, Kris (Suzanna) Oldenburg, Kyle Oldenburg, Nicholas Oldenburg; niece, Rebecca Oldenburg and her uncle, Harris Halstead. 🌱

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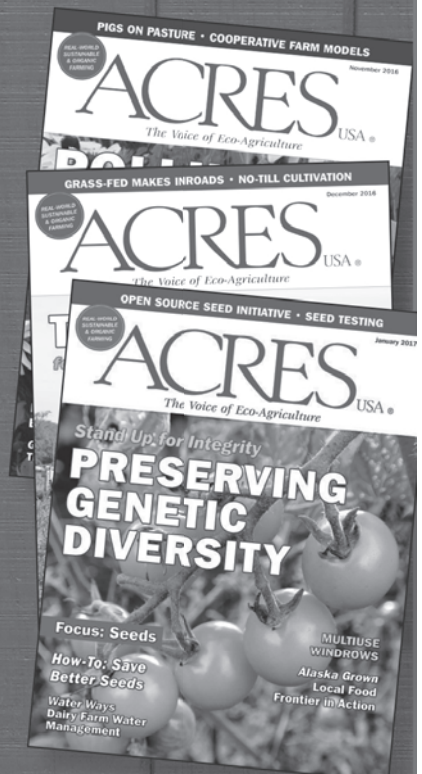
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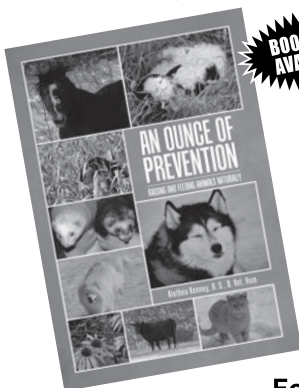
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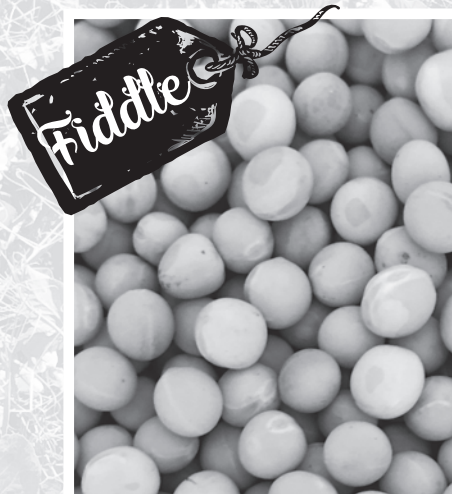
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2018 Winter Conference HIGHLIGHTS

Northern Plains Sustainable Ag's 39th Annual Winter Conference returned to the Ramkota in Aberdeen, S.D. last January packing a full house with 600 in attendance. The growth has prompted the organization to move the conference to Fargo in 2019 to better accommodate the growth.

Susan Long, office manager, will bring 14 years of conference experience with her to Fargo. "I'm excited for the new demographics, the added possibilities and renewed energy the Fargo area will bring. We were outgrowing Aberdeen's Ramkota so the potential for growing beyond 600 attendees will be an additional benefit."

The 2018 event included organic and locally grown meals, trade show vendors, educational breakout sessions and 2 keynote speakers with many sessions filled to capacity and standing room only.

NPSAS staff, Board of Directors and Program Committee work diligently to make the conference worthwhile for everyone attending. There were educational tracts for producers, ranchers and consumers, as well as the marketer.

This year's conference placed a strong emphasis on regenerating soil health by utilizing a diverse combination of crop and livestock management practices.

The event kicked off with two pre-conference workshops: "Building Back Our Landscape" by Jay Fuhrer, ND NRCS Soil Health Specialist and "Net \$4k/acre with Stacked Enterprises & Direct Marketing" by Blaine Hitzfield, Seven Sons Farms, Roanoke, IN. He shared how his family assembled a team of diverse human capital that propelled their farm forward to a thriving operation that supports over 10 full-time careers.

"Families – Supporting Farm Women and Families" was open to the public and focused on the unique challenges many women face: managing home, business, marriage, family...all at the same time.

Conference workshops ran all day Friday and Saturday covering a wide range of topics including healthy livestock management, pastured pork, direct marketing, organic weed control, crop insurance, crop marketing panel, soil health, cover crops, fermentation, wild and medicinal plants, beekeeping, youth workshops and ended on a good note with Homegrown



What's the **BUZZ** about **DIVERSIFICATION** in **AGRICULTURE?**



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Keynote speaker, Blaine Hitzfield, Seven Sons Family Farm, was featured on Friday afternoon with his presentation on "How to Build Your Farm's Dream Team."

Dr. Jonathan Lundgren, award-winning scientist and founder of Blue Dasher Farm, Estelline, S.D., took the stage on Saturday afternoon with "The Four Principles Underlying Regenerative Farming." Jonathon spoke on how regenerative agriculture promotes soil health and increases biodiversity while producing nutritious farm products profitably.

The conference provided a unique opportunity for organic farmers and processors to network, and to keep up-to-date on the latest information, research and technology as well as provide an opportune place to showcase their products. A diverse group of members, from many different regions, gathered to listen to workshops and network with like-minded individuals.

Comments from attendees mentioned they love the education at the conference, but they also like

seeing old friends and meeting new people. "It's like a big family reunion!"

One participant shared, "This conference and community of like-minded people fuels my confidence, knowledge, ideas and drive to keep striving to farm/ranch in the most regenerative and environmentally friendly way I can and to reach organic certification."

Another stating, "I love that likeminded people all get a chance to be together for a weekend."

An encouraging sign for the future of sustainability were the number of children present at the conference again this year. Youth workshops were quite popular and also filled to capacity! "Wow, there were kids everywhere! It was nice to see our future farmers learning, connecting and making new friends."

Thanks to everyone who made this a successful conference...cosponsors, vendors, presenters, hotel crew, and, of course, attendees!

Be sure to follow updates on future events by going to the website at www.npsas.org or by following NPSAS on Facebook. 🐝



South Dakota launches sensitive crop registry

The SD Department of Agriculture announced a new partnership with FieldWatch, Inc. to introduce a sensitive crop registry that will enhance communication between applicators and producers in South Dakota. The partnership will facilitate increased awareness and communication as part of ongoing stewardship activities.

The FieldWatch platform will allow beekeepers and commercial producers of specialty crops (such as tomatoes, fruit trees, grapes and organic crops) to register and map their sites online using a mapping tool and provide contact information about their operation. Pesticide applicators can access the site to help determine the scope and location of specialty crops and beehives in their areas. Registered applicators can sign up to receive e-mail notifications when new specialty crop fields or beehives are added to their designated area.

The registry is free and voluntary to use. Both commercial and hobby beekeepers can use the system, however only managers and owners of specialty crop fields that are used for commercial production and are of at least a half-acre in size will have fields approved by the state data steward. FieldWatch is not intended for homeowners or those with small gardens.

Pesticide applicators will have different options for viewing locations on the new system, including new mobile apps coming this spring, but all users (applicators, producers and beekeepers) will need to go to www.fieldwatch.com and create an account to get started.

GMO apples for sale

More than 400 Midwest grocery stores began carrying packages of sliced "Arctic Apple" GMO apples last fall. The apples are not labeled and the company marketing the apples will not reveal what stores are selling them, or where. The Arctic Apple is one of the first GMOs marketed directly to consumers rather than farmers and is engineered not to brown when cut.

Source: Organic Consumers Association

Senators want to bolster research of organic ag



A pair of U.S. senators is introducing legislation designed to improve organic farming research.

Democratic Sen. Bob Casey of Pennsylvania and Republican Sen. Susan Collins of Maine say their legislation would reauthorize and incrementally increase funding for the U.S. Department of Agriculture's Organic Agriculture Research and Extension Initiative.

They say federal investment in organic agriculture research hasn't kept up with the growth of the industry. One of the consequences of that, they say, is that U.S. production of organic products has not kept up with demand from consumers. Collins says Maine's organic agriculture industry has grown by more than 75 percent over the past five years. She says increasing federal investment in research will help make sure farmers have the resources to meet demand from the public.

Source: WMTW.com

Farmers strongly oppose Bayer-Monsanto merger

A recent poll found that an overwhelming majority of farmers are concerned about the proposed Bayer-Monsanto merger and believe it will have a negative impact on independent farmers and farming communities.

According to the poll, of the farmers who responded: 93.7% are concerned about the proposed merger of Bayer and Monsanto and equally 93.7% are concerned that the proposed Bayer-Monsanto merger will negatively impact independent farmers and farming communities.

The farmer's top three concerns of the merger are:

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91.9% of farmers are concerned that the merged company will use its dominance in one product to push sales of other products; 91.7% of farmers are concerned that Bayer/Monsanto will control data about farm practices; 89% of farmers think the merger will result in increased pressure for chemically dependent farming.

If the Bayer-Monsanto merger is approved, the new company would be the world's largest vegetable seed company, world's largest cottonseed company, world's largest manufacturer and seller of herbicides, and the world's largest owner of intellectual property/patents for herbicide tolerant traits.

"The chemical-intensive agriculture these corporations promote has given rise to superweeds and a reliance on even more potent, and potentially dangerous, chemicals," said Jennifer Fahy with Farm Aid. "The proposed merger further strengthens their ability to threaten the development of a sustainable food system that supports independent family farmers and rural economies, meets the growing demand of concerned eaters, and protects our soil and water. If we care about our food and our planet, the time to enforce antitrust laws is now!" 🐾



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Steward of the Year Michele & Owen Trangsrud



Michele and Owen (center) pictured with granddaughter, Adalaide, and children Jared, Staci, Elise & Erik.

The NPSAS 2018 Steward of the Year award was presented to Owen and Michele Trangsrud, Enderlin, N.D. The Trangsrud's are long-time members and supporters of NPSAS. They are fourth generation farmers and began transitioning their farm in 1993. They now care for over 400 acres, some organic and some in transition. They have produced a variety of crops including barley, oats, several wheat varieties, alfalfa, corn, blue corn, rye, sorghum, millet, flax, various fruits and more. They dairy farmed until the fall of 1996, then turned to beef cattle, currently focusing more on grass-fed beef, using the direct market approach for their beef, chickens, eggs and some garden produce.

Owen and Michele have opened up their farm and hosted several field days throughout the years. Their farm has hosted numerous NPSAS Farm Breeder Club research plots, often going well above and beyond what was expected of them to ensure the success of the projects.

Not only have they contributed to the leadership of the Farm Breeding Club, their farm has provided leadership and service to the NPSAS Board of Directors in the early 2000s and recently stepped up again when asked to serve as a current board member.

Their five children were fostered and encouraged at a young age to culture their entrepreneurial talents, working with their parents to seek out and develop their own proj-

ects on the farm, and develop marketing relationships with the growing organic community in the Fargo-Moorhead market. They now have five grandchildren (with 2 more on the way).

The Trangsrud family have worked hard to educate themselves and others about the benefits of an organic lifestyle, leading by example, and freely sharing information and expertise with anyone needing their help on a broad range of topics.

Owen has reached out to several neighbors and fellow organic farmers to exchange labor and equipment. He trades beef for pasture land during the summer, and he trades labor for equipment use. His calves are born in the fall, so he can take and feed bulls from other spring calf farmers during the winter when he needs to breed his cows.

They are actively engaged in their community in service of their neighbors and community organizations, exemplifying what it means to be a good neighbor, and acting as ambassadors for organic agriculture.

Their family has provided exemplary, long-term, committed leadership as an engaged family farm in the true sense of the word, as organic farmers continually working toward improvement, and as servants to our larger organic community, serving others and giving of their time and talent.

The Trangsrud's added, "We believe in sustainable agriculture because we believe God gave us the opportunity and the responsibility to maintain the land, leaving it in a better and improved condition. We want to provide future generations with a stable business on which to build and grow."

"Most, if not all, of our direct market customers," Michelle commented, "are either fighting a disease or trying to prevent one. They are using food as a line of defense in their fight. It is amazing how God created our body to heal itself if we just give it the right tools with which to do it, in this case, food full of minerals and vitamins. Our customers count on us to provide the quality food they need."

(Steward of the Year recipients must be current NPSAS farmer and/or rancher members who are conscientious stewards of the land and all that inhabits it.)

Cathy Scheibe Friend of the Farmer

The 2018 Friend of the Farmer award was presented to Cathy Scheibe, LaMoure, N.D. Cathy was chosen for her continued support and commitment to the organization.

She can often be found promoting the work and mission of NPSAS to friends and colleagues in the LaMoure community and beyond. She generously provides the grounds and building in LaMoure where the local weekly farmer's market is held. And for the past several years, Toy Farmer auctions off a toy tractor with proceeds donated to the NPSAS general operating fund. She proudly sponsors the youth T-shirts provided at the annual Winter Conference.

Cathy's history began as a city girl, born in St. Paul, Minn. and later grew up in Moorhead. She doesn't have to reach too far back in her family to connect with her farming roots. Her dad's family pioneered in the Le Sueur, Minn. area before moving to St. Paul and her mom's family was among the earliest settlers in the Red River Valley. When she was very young she spent a lot of time on the family market garden farm, picking strawberries as her very first job.

In the summer of 1960, she did something she thought she would never do, she married a farmer, Claire Scheibe, from LaMoure, ND. They had three children in four years—and she finished college at UND Ellendale branch with a degree in history and English. She taught school briefly in LaMoure until they had their fourth child. She stayed home until all of the children were in school and then substitute taught for over 20 years.

During this time she helped on the farm with her husband and his parents where they raised small grains and beef cattle. When the children were little they milked two Brown Swiss cows, raised a large garden, had a few chickens, and for one brief time a small herd of sheep.

Together she and Claire started a collector's newsletter 40 years ago that eventually grew to be a large international magazine for farm toy collectors, called Toy Farmer.

Through the years they have supported local farm youth groups such as FFA and 4-H by creating a memorial scholarship in Claire's name. For 15 years the scholarship has awarded \$5,000 per year to people pursuing careers in agriculture, or careers that will benefit an agricultural community. NPSAS member and past Executive Director, Theresa Podoll, was one of the recipients of this scholarship when she was pursuing her advanced degree from ISU.

Cathy can't recall exactly when she first became interested in organic/sustainable/enduring agriculture. She knew David Podoll from church but for many years David was very quiet about his involvement. She often visited a cousin in Germany who would always quote things like, "It's not easy being green." Her cousin was into recycling,



Elliot, Amy McCann, Matthew, Cameron, Amy, Cathy, Abby, Erin, Ann and Mike Scheibe.

shopping at local markets and living a sustainable life which planted the seed and helped to inspire her.

When their youngest son Matt went to college in Fargo and majored in landscape architecture, he chose the Moorhead family farm to be his fifth year project that would be the start of Probstfield Farm Living History Foundation. Along with family members and one of Matt's advisors, the foundation was started and she became a permanent member of the board. She personally purchased the 30+ acre Old Trail Market property and soon after donated the real estate to the non-profit PLHF Trust to greatly enhance the education mission and agricultural use of the property by the organization. She was the driving force for creating the Probstfield Farm Sunday Supper, a Farm-to-Table fundraiser which continues with her support.

One of their earliest board presidents was Gretchen Harvey who started the Organic Community Gardens at Probstfield Farm. It was about this time that Cathy became very involved with NPSAS, attributing it to what she was learning from the Probstfield project and because of the friends she was making in LaMoure.

Cathy commented, "It is my belief that sustainable agriculture is forward looking and the only way we will be able to ensure physical and economic health for all those who currently live in this world and for those who will come after us."

(Nominees for this award must be current NPSAS members who support our farmer/rancher members through dedicated work in enhancing the sustainability of our agricultural, food and distribution systems in the Northern Plains.) ~

FBC Update

Research is a part of our three-part mission for NPSAS. We want to actively pursue research that will improve the health and economic income of our membership.

We understand that a small percentage of our group are motivated to plant small plots and keep track of the records so that the information observed and recorded may be shared with other producers or consumers.

We have a rich history in the past decade of the FBC applying for and being very successful at receiving grants to study 100 varieties of einkorn, pursue Lucille Emmer, and FBC Dylan wheat, which is very resistant to wheat scab. Much was learned and there continues to be national recognition of that work. We now have a miller seeking more FBC Dylan wheat as it bakes into great bread and his buyers want more. Sorry, that this notice goes to you after you have planned or planted for the spring crops. Hopefully you received the e-

Sprout notifying you of our seed inventory that is available. We have a simple agreement to help us track the seed, allow us to know more of the story from you, and continue to keep "stock seed" so that others might benefit as well. What interests you?

NPSAS has struggled through a maze of work that was not anticipated and having shared the largest grant with Cornell University in New York we now are checking the horizon for work that will be beneficial to those of you who raise grain or cover crops and those who eat those crops. Those who raise livestock have not had the same effort and we will welcome ideas, knowing money must be secured through grants (now more difficult to receive) or gifts from donors, who find excitement in the pursuit of new ideas or better methods.


Even if you do not choose to fund a question but have wondered if "a problem" can be solved, ask the ques-


tion. My contact info is at the bottom of this article. Problems are really opportunities that need exploration!

In a second front, as a research committee we are seeking business partners who will buy grains, at this point, livestock may be later, and help you obtain premium prices for sustainably produced grains. We do not wish to lessen organic certification. The organic channels are much better established and markets are available. We want the definition to be larger to include more farmers/producers so they have a comfort level in joining our organization. Hundreds of farmers/producers will be looking for help to survive and thrive in the coming years as paper thin margins diminish cash flow in commodities this crop year.

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Fraud in organic ag imports

U.S. import figures suggest countries are selling more organic agricultural products than they have capacity to produce, raising questions about the likelihood of food fraud and mislabelled organic products entering the US market.

The concern was noted at the USDA Agricultural Outlook Forum in Washington and reported by FoodNavigator-USA.

According to the figures, US-produced organic corn and soybeans have seen double-digit growth since 2014, increasing 12.9 percent and 12.3 percent respectively, making the US the largest producer of both these crops.

However, import data shows that foreign-produced organic-labelled products have also increased, with imports of organic soybeans increasing 13 percent and imports of organic corn increasing 5.9 percent in 2017.

According to Peter Golbitz, founder of organic consulting service Agromeris, the amount of organic-labelled corn and soybean being imported from some countries into the US is above what those countries can produce.

"That started raising questions and people were [asking] is it really organic? Is it really certified? There was some testing done and some loads rejected because of pesticide or chemical residue on a crop," he said, adding that this indicated mislabelling going on.

It also potentially pointed to why some countries could produce supposed organic products and ship them to the US at a cost cheaper than the US domestic market could produce, he said.

Imports of fraudulent organic products is a growing concern in the US, with a number of recent reports suggesting mislabelled products were entering the US market.

Last year, The Washington Post published an investigative report that highlighted weaknesses in the organic monitoring system and detailed how easy it was for exporters to sell gross amounts of fraudulent organic products into the US market. It singled out fraudulently mislabelled soybean and grain imports, which also had fake USDA Organic Designation, noting that the fraud



boosted soybeans' value by approximately \$4m.

According to the US Organic Farmers' Agency for Relationship Marketing (OFARM), as much as 60-70 percent of organic imports may be fraudulent.

The Post's findings sparked criticism from the organic farming watchdog The Cornucopia Institute, which made claims of "gross incompetence" and "cor-

ruption" at the National Organic Program (NOP), and called for action to "correct chronic failings."

In September 2017, a report found that the USDA's Agricultural Marketing Service – which has oversight of the National Organic Program – was lacking in its control and oversight of imported products labelled as organic and concluded that some fraudulent and mislabelled products could be slipping through customs into the US.

Specifically, the report found that there was no transparency over the process to determine whether imported organic-labelled goods were either equivalent or compliant with US organic standards – and there was no assurance that required import documents were even reviewed, let alone authenticated. In addition, there was no system in place to identify and track organic-labelled products that had been fumigated with NOP-prohibited substances on entry to kill pests, which would no longer allow such products to be labelled or sold as organic.

Following this report and in a bid to crackdown on US imports of fraudulent organic-labelled goods, legislators introduced a new bill in October last year. The bipartisan legislation – titled the Organic Farmer and Consumer Protection Act – would seek to provide the US Department of Agriculture's (USDA) National Organic Program with between \$15m and \$20m a year from 2018 to 2023 to upgrade compliance and enforcement actions in the US and abroad, while an additional \$5m would improve tracking of international organic trade and data collection systems to ensure full traceability of imported products.

It is understood that NOP has produced a list of 90 fraudulent importers but no criminal charges have been laid.

Source: *Securing Industry* 🐾

(No Sugar Added Desserts)

Avocado Chocolate Pudding

Makes: 5 servings

- 10 dates, pitted and roughly chopped
- 1-2 cups coconut water
- 2 ripe bananas
- ½ avocado, pitted and scooped
- ¼ cup creamy, unsweetened almond butter
- ¼ cup unsweetened cocoa powder

1. In a high-powered blender, blend dates with half of the coconut water until smooth.
2. Add other half of the coconut water and remaining ingredients. Blend until smooth.
3. Fill a bowl with ½ of pudding and garnish with bananas, strawberry slices, blueberries and coconut.

Recipe from: *Babble.com*

4 Ingredient Granola Bars

Makes: 14 servings

- 1 cup medjool dates, pitted
- ¼ cup nut butter (peanut butter, almond butter, cashew butter)
- 1 ¼ cup old fashioned rolled oats
- 1 cup nuts (almonds, peanuts, cashews, hazelnuts)

Optional add-ins:

- ½ cup chocolate chips, coconut, raisins or other dried fruit
- ½ teaspoon vanilla extract, cinnamon, pumpkin pie spice mix, or salt

1. Toast the oats and nuts (optional) in a preheated oven (350 degrees) for 10-15 minutes until fragrant and golden.
2. Line a baking tray with parchment paper or plastic wrap.
3. Add the dates to the food processor and pulse until it forms a gooey paste ball.
4. In a small pan, heat up the nut butter just until it is heated through and is a bit runny.
5. Add the date paste to the warmed nut butter, along with the oats, nuts and any other add-ins and mix well. *If you are adding chocolate chips, let the mixture cool a bit before adding, so they don't melt.
6. Scoop the granola mixture into the parchment lined pan and smooth and pack the bars down until they are firmly packed into the bottom of the pan. Freeze for 20 minutes until set. Take the bars out of pan and cut. Store in an airtight container in the fridge or freezer.

5-Minute Espresso Walnut Brownies (No-Bake)

Makes: 20 servings

- 1 ½ cups raw walnuts, divided
- 1 cup raw unsalted almonds, roughly chopped
- 2 – 2 ½ cups medjool or deglet noor dates, pitted
- ¾ cup cocoa powder OR raw cacao
- 1-2 tsp. espresso powder or finely ground coffee
- pinch of sea salt

1. Place 1 cup walnuts and 1 cup almonds in food processor and process until finely ground.
 2. Add the cocoa powder or cacao, espresso powder and sea salt. Pulse to combine and then transfer to a bowl and set aside.
 3. Add the dates to the food processor and process until small bits remain. Remove from bowl and set aside.
 4. Add nut and cocoa mixture back into food processor and while processing, drop small handfuls of the date pieces down into the food processor spout. Process until a dough consistency is achieved, adding more dates if the mixture does not hold together when squeezed in your hand.
 5. Add the brownie mixture to a small parchment lined cake pan or loaf pan and add remaining ½ roughly chopped walnuts. Toss to combine and evenly distribute, and then press down with your hands until it is flat and firm.
 6. Place in freezer or fridge to chill before cutting. Store in an airtight container to keep fresh. Will keep in the fridge for at least 2 weeks and in the freezer for at least 2 months.
- Recipe from: *minimalistbaker.com*



Pineapple Whip Floats

Makes: 4 servings

- 4 cups frozen fresh pineapple
- 1 to 1 ½ cups coconut milk
- 4 cups of 100% pineapple juice

1. Cut up fresh pineapple into small chunks and place in freezer until completely frozen.
2. Remove from freezer and put in food processor with 1 cup coconut milk.
3. Blend until smooth.
4. Add 1 cup of pineapple juice to each cup and scoop pineapple whip into the cups.

Recipe from: *salubriousrd.com*

Sickeningly Sweet - The Truth About Sugar

by Jill Wald

Instead of talking about foods that heal, I would like to talk about one that harms the body; added sugars. It is common knowledge that sugar is bad for you, but most people don't know how harmful it can really be.

'Added sugars' are sugars or syrups that are added to foods or beverages when they are processed or prepared. There are a variety of different types of added sugars such as: sucrose, dextrose, maltose, malt syrup, corn syrup, high-fructose corn syrup, corn syrup solids... (the list goes on and on!) Many people consume more sugar than they even realize. It is hidden in foods such as canned pasta sauces, granola bars, instant oatmeal, peanut butter, salad dressing, breakfast cereal, crackers, baked beans and even bread.

On top of the hidden sugars there are the foods that we all know contain added sugars, but they are just so hard to resist! The majority of added sugars found in the American diet are in soft drinks, energy drinks, sports drinks, candy, baked goods, fruit drinks and sweetened dairy products like ice cream and sweetened yogurt.

These added sugars add no essential nutrients to your diet and crowd out more nutrient dense foods that your body needs. Consuming too much added sugar can increase the risk of a long list of health problems such as:

• Obesity

Sugar is a carbohydrate, which your body uses as fuel. What isn't used for energy is converted into fat. Also, sugar filled foods are often less filling than healthier foods, making it more likely to overindulge and eat excess calories.

• Insulin Resistance

Eating too much sugar can cause your liver to become resistant to insulin, an important hormone that helps your body

turn sugar into energy. If your body is unable to control your sugar levels it can even lead to Type II Diabetes.

• Heart Disease

The extra insulin in your bloodstream, due to excess sugar consumption can negatively affect your heart. It can cause your artery walls to grow faster than normal which can damage your heart over time, leading to heart disease, heart attack and stroke. A study done in 2000 involving more than 75,000 women found that those who consumed a diet high in refined carbohydrates and sugar had up to a 98% greater risk of developing heart disease compared to women with a low intake.

• Inflammation

Studies have confirmed a link between added sugar and higher inflammatory markers. A study done in 2011 on 29 healthy people found that consuming only 40 grams of added sugar from a can of soda per day led to an increase in inflammatory markers. Inflammation can wreak havoc all over the body, causing swollen and painful joints, fatigue, headaches and even skin problems.

• Liver Health

Consuming high amounts of sugar can overload the liver, causing fatty buildup and can potentially cause liver damage. Some studies even show that sugar can be as damaging to the liver as alcohol.

If you are someone who likes to over indulge on added sugars, seeing these many negative effects may convince you to cut back. Although it may be hard, over time it is possible to wean yourself off of a sugar-filled diet. If you are having a sweet craving it is best to turn to foods that are naturally sweet, like fruit. For a healthy sweet treat check out the recipes for "No Sugar Added Desserts."

Sugar Sugar Sugar

- The American Heart Association recommends that women consume no more than 100 calories in added sugar per day (6 teaspoons) and men no more than 150 per day (9 teaspoons).
- Americans average about 22 teaspoons a day, which equals 150 lbs. a year!
- A 15-year study showed that participants who consumed 25% more of their daily calories as sugar were more than twice as likely to die from heart disease than those whose diets included less than 10% added sugar.
- One teaspoon of sugar has 15 calories and one teaspoon of corn syrup has 20 calories.
- One 12 ounce can of Coke has 10 teaspoons of sugar.
- Added sugars are used in more than 75% of the products sold in supermarkets.

Sugar Sugar Sugar

- There are over 50 different names for added sugars.
- From 1977 to 2000, people in the U.S. doubled their sugar consumption.

Tips for avoiding added sugars:

- Avoid processed foods
- Learn to read labels
- Make your own tomato sauce, pasta sauce and salad dressings
- Eat fresh fruit instead of having fruit juice or other fruit-based foods
- Instead of eating flavored yogurt, eat plain unsweetened yogurt and add fruit
- Try dark chocolate instead of milk chocolate
- When baking, use unsweetened applesauce instead of sugar
- Avoid low-fat foods, as they often have added sugar to make them taste better 🍷

SUGAR FACTS FOR

Board Minutes

Continued from page 7.

vote for one nominee and sharing the policy of information sharing that has been updated for internet age. Les will offer a research report. Annie will offer a nominating/advocacy report.

Other info to share during conference: the work done by FBC, sharing Fargo WC 19, etc. We have commitments from Rachel and Stefan Schneider from Hawthorne Valley Farm. Dan Barber is committed to coming but cannot sign contract until June.

Partnership opportunities were reviewed:

- Dakota Rural Action: Farm Beginnings program. DRA asked us to partner with them in encouraging beginning farmers in the northern part of SD. Farm Beginnings is an 11-state partnership. The majority of the speakers are farmers, they get the students out on farms, and they learn holistic management. JM will provide more details before our Saturday morning meeting.

- NCAT Armed to Farm: This is a training program for veterans in SD, MT and ND and they are looking to expand. They are looking to NPSAS to help with access to field days. NPSAS supports getting farmers connected to each other as a recipe for succeeding.

JM wants to make an announcement on the chapter leader handbook.

Theresa Podoll is a rep of Organic Farmers Assoc. Annie agrees that we are willing to have a permanent seat on this committee and nominates NPSAS. She is willing to fill the seat for the next 2 years. They meet monthly via tech with one yearly, in-person meeting. JM recommends that Theresa have 5-10 minutes to promote on Saturday.

Adjourned: 8:13 am. Respectfully submitted, Gretchen Harvey

NPSAS Board Meeting Minutes---501(c)(3) Ramkota Hotel, Aberdeen, SD., January 27, 2018

Present: Annie Carlson, Gretchen Harvey, Les Miller, Owen Trangsrud, Lynn Brakke, Sean Hyatt and Jonathon Moser; Absent: Curt Petrich

Consent Agenda: Annie called the meeting to order. Gretchen took the roll. Action: Motion made and approved to accept the minutes of 501(c)(3) meeting on December 19, 2017 and the Special Board Meeting on January 22, 2018.

Jonathon offered a summary of the annual appeal planning/strategy. The "thank you" phone calls made by the directors received positive feedback. We should find a way to ask why members do not renew. Practices/strategies for membership growth and retention will be reviewed at a future meeting. Action: motion made and approved to accept the ED report as presented.

Financial: Some concerns that the financial overview spreadsheet did not tell the big picture story of NPSAS as well as it might. For WC 2019, the board will preview the financial presentation. Additionally, it is important to have a concise, printed annual report (and available online) with annual, high-level financials that have been pre-approved by the board at WC 2019. Action: Motion made and approved to accept C-3 financial report as presented.

Research Committee: Owen is working on getting the Einkorn seed ready to go. FBC work is the purpose of the Fargo meeting on Feb 12.

Fundraising, Program and Benefit Review Committee: no report. Put on agenda for February 13 meeting.

Partnership opportunities were discussed. February meeting agenda should also include a directive for ED about his authority

for making these partnership decisions independently.

NCAT-Armed to Farm: beginning farmer training for vets. They will offer scholarships for membership/WC attendance to their participants.

Dakota Rural Action-Farm Beginnings: This group is working on a grant that would offer 1/3 of the funding (about 33,000 per year for 3 years) to NPSAS to assist in bringing culturally appropriate farm beginnings training, skills training, field days, etc. to the SD Rosebud Indian Reservation. If received, the grant period would likely begin in October 2018. It would cover some of ED time and some additional staff salary and possibly an additional staff person. Right now, all that is needed is a letter and bio from our ED.

This opportunity would increase our reach, implement our educational mission, and facilitate our staff capacity overall. Some concerns are the time this will take for participation and implementation away from other NPSAS administration work. Action: Motion made and approved to authorize Jonathon to pursue relationships with NCAT and DRA programs as presented.

Attending the Pheasants Forever Conference as Exhibitors--- This national meeting in February will be in Sioux Falls. The organization is increasingly aware of how much they need organic farms, especially now that so much CRP land has been put into production. Sean is willing to attend with Jonathon and can offer him lodging.

Action: Motion made and approved to authorize Jonathon to secure a book at this conference..

This discussion led to a discussion of having a presence at other important, annual meetings if board members were willing to volunteer to staff an informational table. For February Meeting, every board member should make a list of the events/trade shows/other at which we should consider requesting a booth.

Open meeting closed at 8:43 am

At this time we will excuse any guests and staff. Closed sessions are a healthy governance practice and are necessary for preserving confidentiality and for sensitive legal or other topics.

Executive session began 8:34 am and closed at 9:47 am.

Respectfully submitted, Gretchen Harvey, secretary.

NPSAS Board Meeting Minutes---501(c)(5)

Consent Agenda: Annie called the meeting to order. Gretchen took the roll. Action: Motion made and approved to accept the minutes of 501(c)(5) meeting on December 19, 2017.

Discussion about growing the lifetime member group. Would be nice to have a get together for lifetime members at WC. Action: Motion made and approved to accept the C5 financial report as presented.

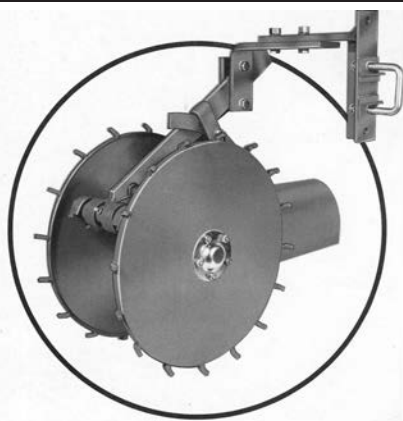
Advocacy Report: Ask Theresa Podoll if she would be willing to chair advocacy committee given her commitment to this important work.

New Business: Put discussion of the *Germinator* on the February agenda. The *Germinator* is an excellent publication. Consider how we can expand its reach as an outreach tool and perhaps revenue or membership generating tool. Possible distribution options in Sioux Falls and Fargo = stores, naturopathic and chiropractor offices, etc. Letters of introduction should be developed to accompany copies.

Adjourned 7:41 am

Respectfully submitted, Gretchen Harvey, secretary 🐦

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Many years ago a fellow school board member had a colorful explanation of why people took the positions they did on various issues. "It all depends on whose ox is being gored," he pointed out. He was a wise man.

If you want to know why the USDA would withdraw the proposed Organic Livestock and Poultry Practices rule, you have to look at whose ox is being gored.

This rule has been debated, modified and developed by the industry for nearly 20 years. It has been delayed and modified numerous times to address the concerns of producers and consumers of organic livestock. Overwhelmingly, the public comments submitted have supported the regulations in each time a new version was published. Even in the 30-day comment period required to withdraw the proposed regulation, the Agriculture Marketing Service (AMS) received 72,000 comments on the proposal to withdraw the OLPP final rule. The majority of comments, over 63,000, opposed the withdrawal of that final rule. Approximately fifty comments supported withdrawal of the OLPP final rule.⁽¹⁾

Those opposing withdrawal of the rule included consumers, organic farmers, organic handlers, organizations representing animal welfare, environmental, or farming interests, trade associations, certifying agents and inspectors, retailers and the National Farmers Union. Commenters supporting withdrawal of the OLPP final rule included organic farmers, state departments of agriculture, and trade associations. The AMS stated, "As a matter of USDA regulatory policy, AMS should not regulate simply because some industry players believe that more regulations will help their competitive position." They would not rule based on consensus. One wonders why they accept comments at all, if they have no bearing.

The AMS further justified the withdrawal of the proposed OLPP rule on the basis that the USDA did not have the legislative authority to regular animal welfare standards. This is ironic since in the justification for approving the regulation January 19, 2017, the AMS was based on the exact opposite conclusion.⁽²⁾ Almost all of the justifications for the withdrawal of the proposed rules are in opposition of the AMS findings in the previous proposed rules.

If organic farmers, consumers, organic handlers, animal welfare organizations, environmental, farming interests, trade associations, certifying agents, inspectors and retailers all opposed the withdrawal of the regulations,



exactly whose ox was being gored by them?

It is enlightening to read the farm media coverage of the demise of the OLPP rule.

According to the "Progressive Farmer"⁽³⁾ withdrawal of the rule was praised by the National Cattlemen's Beef Association. NCBA President Kevin Kester feared the rules for organic livestock would have made non-organic livestock look bad. "Not only did USDA not have the legal authority to implement animal-welfare regulations, but the rule

would have also vilified conventionally raised livestock without recognizing our commitment to raise all cattle humanely, regardless of the marketing program they're in," Kester said. Kester's sentiments were echoed by Zippy Duvall, president of the American Farm Bureau Federation. Duvall also expressed concern for organic producers and consumers maintaining, "Had the rule gone into effect, forcing organic farmers and ranchers to arbitrarily change their production practices, many would have been driven out of the organic sector or out of business entirely, reducing the supply of organic food choices for America's consumers." I'm touched.

Sen. Pat Roberts, R-Kan., chairman of the Senate Agriculture Committee, also praised USDA for the action. "It's official – the Obama administration rule that would have jeopardized the livelihood of organic livestock and poultry producers is gone," Roberts said. "America's organic livestock and poultry producers can now breathe easy that they can maintain the health of their flocks and herds the best way they see fit, and they will not be driven out of business by another government regulation. I thank Secretary Perdue for listening to their concerns and withdrawing this damaging rule." Roberts and other congressmen had in 2016 asked for a 60-day extension for the rule's comment period "to ensure more thorough public comment on these key areas to inform these decisions prior to this rule moving forward." Apparently the current Secretary of Agriculture didn't like the comments collected during those extra 60 days, nor in the 30-day comment period for the withdrawal of the rule. The only concerns that were listened to were the minority of respondents who didn't like more humane standards, or perhaps some commenters just carry more weight than thousands of others.

I personally am touched by the concern for the well-being and profitability of organic producers expressed by the National Pork Producers Council, the National Cattle-

men's Beef Association, the American Farm Bureau Federation, some state departments of agriculture and the Senate Agriculture Committee chairman. Somehow these same concerned entities spend little time or effort in promoting organic agriculture or seeing to it that organic farmers receive the same benefit from farm programs as our non-organic neighbors. They ignore the fact that organic certification is voluntary. The "onerous paperwork" required of organic certification is and the extra effort we take to insure we have healthy, well-treated livestock are part of the reason we are paid an organic price.

However, I think the National Cattlemen's Beef Association pinpointed the real problem. If organic livestock were produced with stricter standards for animal welfare, it will make conventionally produced livestock look bad. Additionally, it would raise the costs to those large scale producers who see the National Organic Standards simply as a barrier to find a way through or around in order to capture a premium market. Seventy six percent of all

*If organic farmers,
consumers, organic handlers,
animal welfare organizations,
environmental, farming
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and retailers all opposed the
withdrawal of the regulations,
exactly whose ox
was being gored by them?*

organic poultry operations already comply with the rules, according to the Organic Trade Association. The rule would have made sure that the other 24 percent of organic producers met the same standard.

Apparently, the fact that making organic standards more uniformly applied and attempting to insure that organic livestock and poultry are raised in a way that meets our customers' expectations gores the ox of conventional livestock production. Isn't that kind of

like telling the smart kid in school to get poorer grades because they're making the other students look bad?


1 National Organic Program (NOP); Organic Livestock and Poultry Practices, A Rule by the Agricultural Marketing Service on 03/13/2018; 18-05029/national-organic-program-nop-organic-livestock-and-poultry-practices

2 <https://www.federalregister.gov/d/2017-00888/p-71>

3 <https://www.dtnpf.com/agriculture/web/ag/news/world-policy/article/2018/03/12/usda-rejects-tougher-regulatory-2>

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Carbon neutral eggs

A new farm in the Netherlands claims that its eggs are carbon-neutral. The farm collects waste items and edible items that are set to be thrown away, such as broken biscuits and rice cakes from local bakeries, as feed for the chickens. It also has installed 1,078 solar panels that provide more than enough energy for the farm itself, with overage being sold back to the grid.


Source: *Futurism.com*

Regenerative dairy

French dairy giant Danone has signaled its intention to “sharpen” its focus on regenerative agriculture to “broadly reduce emissions” and to respond to consumer demand for “naturalness and transparency.” The company joins major initiatives from the French government to promote soil health and support regenerative agriculture across the country.

Source: *FoodNavigator.com*

Organic Valley goes solar

 Organic Valley, the largest cooperative of organic farmers in the U.S., is collaborating with Upper Midwest Municipal Energy Group and One Energy Renewables to increase solar energy use in Wisconsin. This partnership will allow Organic Valley to cover 100 percent of its electric energy needs from renewable sources by 2019 and will increase solar energy in Wisconsin by 15 percent overall. Partnership plans include an adoption of pollinator-friendly solar standards.


Source: *Co-operative News*

Fighting for animal welfare

The Humane Society of the United States has announced it is suing USDA over its plan to withdraw the Organic Livestock and Poultry Practices rule. Calling it “one of the most important rules ever to come out of a federal agency,” the Humane Society notes the rule will affect the well-being of tens of millions of animals each year. The Organic Trade Association also has filed a lawsuit against USDA’s dismissal of the rule as a misrepresentation of the organic seal.


Source: *Organic Trade Organization*

Insecticides hurt songbirds

 New research from the University of Saskatchewan provides the first direct evidence that neonicotinoids harm songbirds. The study found that birds exposed to the neonicotinoid, imidacloprid, suffered drastic weight loss and lost their sense of direction, harming migration. Neonicotinoids are among the most widely used insecticides in the world and are commonly applied to seeds, which are eaten by many animals.

Source: *The Guardian*

Vegan animal testing

 Daiya, a plant-based vegan cheese company that has been in the market for a decade, has been acquired by Otsuka, a Japanese pharmaceutical company that uses animals in laboratory testing. Vegans are angry, arguing that animal testing does not align with the vegan values that drive many toward Daiya’s products.

Source: *Collective-evolution.com*

US livestock consume 5 times as many antibiotics

U.S.-raised livestock animals ingest five times the amount of antibiotics as animals raised in the UK, new research finds, with some instances in cattle as much as sixteen-times higher than UK rates.

Chickens ingest three times the antibiotics in the U.S. versus UK, and the rates were double in both pigs and turkeys, the research conducted by the Alliance to Save Our Antibiotics, a UK pressure group, found.

The group looked at data made available through the government and industry trade groups.


“The contrast between rates of dosage in the US and the UK throws a new light on negotiations on Brexit, under which politicians are seeking to negotiate trade deals for the UK independently of the EU,” reports the Guardian. “Agriculture and food are key areas, particularly in trading with the US, which as part of any deal may insist on opening up the UK markets to imports that would be banned under EU rules.”

The World Health Organization has repeatedly urged global livestock producers to decrease the amount of “last resort” antibiotics used in animal production, citing a “post-antibiotic era” that could lead to millions of untreatable infections.

The European Union currently has a ban on all imports of US beef because of the rampant use of growth hormones.

“US cattle farmers are massively overusing antibiotics,” Suzi Shingler, of the Alliance to Save Our Antibiotics, said. “This finding shows the huge advantages of British beef, which is often from grass-reared animals, whereas US cattle are usually finished in intensive feedlots. Trade negotiators who may be tempted to lift the ban on US beef should not only be considering the impact of growth hormones, but also of antibiotic resistance due to rampant antibiotic use.”

An estimated 80 percent of all medically important antibiotics in the US are fed to livestock. Used as a preventative against diseases and infections common in factory farms, antibiotics are also used to enhance animal growth, shortening the time to market for producers and thus increasing production and profit cycles.

Source: *Organic Authority* 



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