

ELMWOOD STOCK FARM, COM

KY + COAL BOULDER
AND SOIL STONES + MHC STONES
JOHN + MORISS BOULDER

375 ACRES ≈ 345 CERTIFIED ORGANIC
KARST / MAURY SILT LOAM SOILS

NORTH BRANCH OF ELKHORN CREEK +
KY AMERICAN MUNICIPAL → WATER FOR IRRIGATION

0-2 YEAR ROUND EMPLOYEES

12-20 SEASONAL → HIGH SCHOOL, COLLEGE, TEACHERS, H&A

CROPS + LIVESTOCK INTEGRATED INTO 8 YEAR ROTATION
AS PRIMARY FORM OF FERTILITY BUILDING, PEST
MANAGEMENT + ECONOMIC VIABILITY

60-70 COWS → 10 BULLS 10 HEIFERS, 10 REPLACEMENT
30 FINISHERS

20 EWES

400-750 LAYERS

1200-2500 BROILERS

150 TURKEYS

≈ 50 TILLED ACRES PER YEAR
≈ 60 DIFFERENT CROPS (250+ DIFF. VARIETIES)



<u>Organic Crops</u>	<u>Field</u>	<u>Acreage</u>	2011 CROP PLAN
alfalfa	2e,5,6	30	
artichoke	7b	0.05	
barley	12	1	
basil	7b	0.05	
beans	7b, j4n&m, 12	1.5	
beet	7b, j4n	0.75	
blackberries	9	0.25	
broccoli	j4m, 7b	0.4	
brussell sprouts	12	0.2	
cabbage	j4m, 7b	0.4	
carrot	j4n	0.1	
cauliflour	7b	0.25	
celeriac	7b	0.1	
celery	7b	0.25	
corriander	j4n,7b	0.1	
cowpeas	j4n, j4m	0.5	
fennel	7b	0.05	
corn	1,7b	15	
corn for grazing	8,12	7	
edamame	12	0.1	
flowers	7b,9	0.15	
garlic-to harvest	j4n	0.5	
garlic-to plant	7b	0.5	
green onion & leek	j4n, 7b	0.25	
greens	7b	0.5	
herbs, per., rhubarb	9	0.5	
herbs/horsradish	9	0.1	
kohlrabi	7b	0.1	
lettuce	7b, j4n	2	
oats	12	1	
okra	7b	0.2	
onion	j4n, 7b	1.5	
onion-to plant	7b	0.5	
parsley	j4n	0.05	
parsnips-to plant	7b	0.5	
Peas	j4n	4	
peppers	7b, 12	1	
pok choi	7b	0.1	
pop corn	7b	0.1	
potatoes	j4n,7b	1	
radish	j4n, 7b	0.25	
raspberries	9	0.25	
rutabaga	7b	0.1	
rye	12	3	
spinach	j4n, 7b	0.25	
spinach - ovrwntr	7b	0.75	
strawberry	9	0.25	
sweet corn bicolor	j4n	3	
sweet potatoes	j4m	1	
swiss chard	7b	0.5	
tobacco	7c	5	
tomatoes	7b	1.5	
turnip	j4n, 7b	0.1	
wheat	12	5	
watermelon	7b	0.1	
(organic crop ac.)		93.55	
organic pasture/hay		239.95	
Total organic acres		333.5	
total conventional fld 11		28.5	
total transition:7a,nw corner of 12		13	
total farm		375	

What Is an Average Growing Season?

Did you notice the big change in the weather this past week? The plants sure did! Remembering the extended cool wet April and May that led to a hot and wet (for us) June, July, August, and now an abrupt cool wet Labor Day week, we know there is a dramatic effect on the plants that supply your food.

Every year it is "something" as is to be expected when growing over 60 kinds of vegetables each year (over 200 different varieties). Each has its own internal clock and growth habit. Often different varieties of the same crop behave differently to the same environmental condition. So, we have our target dates to plant and the subsequent predicted harvest dates. As you are probably aware by now, this year's big swings in weather has altered the plan.

Your boxes were a little light early in the season simply because we could not get into the fields to plant due to the rain and mud. Once we were able to work the ground the "early stuff" went out the same time as the "mid season stuff." We packed the shares more fully because it all came ready together and we wanted to make sure you shared in the doubled-up harvesting.

In Your Share

Half-Runner Beans-organic

Break off the ends & pull off the strings from each side. Inspect for more strings to remove as you break into bite-size pieces.

Popcorn – organic

Find a deep yellow colored ear of popcorn, ready to shell off the cob and pop up for a family treat. Store at room temperature or in your pantry – the more dry your popcorn, the easier it will PoP! To prepare freshly

grown corn, heat the oil in a covered pan at medium high. Then carefully add a few corn kernels to the oil, using care to not splash oil, and top with the lid. Listen for the kernels to begin popping. After a couple of minutes, shake the pan slightly across the burner to prevent any kernels from burning. When the popping stops, remove and enjoy.

Stripetti Squash

Store this hard skin

Then the hot temperatures told the plants to grow like crazy. That caused the tomatoes to flush their growth and the fruits to ripen at the same time, rather than the normal first fruit first, and later fruit set later. Some cooler natured plants just bolted into flower, never fruiting, because they were so unhappy they just wanted it all to be over.

Now, the welcome cooler weather has settled in rather suddenly telling the same summer plants that their season is over. The cool season crops for fall are planted and should do well; depending on how much sun they see this month.

So, hopefully you put some of those greens or tomatoes in the freezer to enjoy this winter. The boxes always look different each week, as it is the plants' way of showing you that it is in fact "always something."

We appreciate your interest in eating seasonally, and going with the flow as we all work through this particular growing season. Sometimes even we still wonder, what is an average growing season?

squash in your pantry until ready to use, as this item will keep for you for weeks with no need to refrigerate. Boil whole; or halve and bake with flesh side down in a little water until done; remove seeds. Fleck out strands with a fork. Not sure how to flavor or season? Try using your favorite pasta recipe and substitute the stripetti squash for the angel hair or spaghetti or linguine. It has lower calories than pasta, is high in beta-carotene, and is a super-veggie for those watching their gluten intake.

Share Items

Green Beans – organic

Savoy Cabbage – organic

Cucumber

Popcorn – organic

Fresh Herb – organic

Stripetti Squash

Sweet Potatoes – organic

Tomatoes – organic

Larger Shares Only:

Garlic – organic

Leeks – organic

Swiss Chard – organic

Please return your empty box each week so we have enough to refill.

An online copy of your newsletter is found:

elmwoodstockfarm.blogspot.com

elmwoodstockfarm.com

859.621.0755

Understanding Organic: Answers to Frequently Asked Questions

What does "organic" mean?

The National Organic Standards Board defines organic agriculture as "an ecological production management system that promotes and enhances biodiversity, biological cycles, and soil biological activity. It is based on minimal use of off-farm inputs and on management practices that restore, maintain, and enhance ecological harmony."

In addition, organic producers are prohibited from using genetically engineered seed or feed. Organic livestock must be provided access to the outdoors and living conditions which foster their natural behavior, and are prohibited from receiving growth hormones or antibiotics.

Any product labeled as certified organic must be produced by a farm or business that completes an annual certification process to verify that their practices comply with the U.S. Department of Agriculture's (USDA) National Organic Program (NOP) standards.

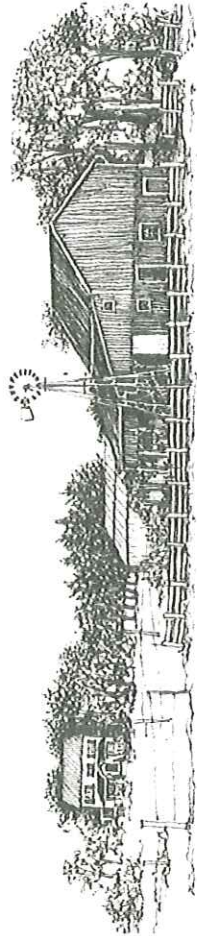
What is organic certification?

The USDA accredits certifying agencies, such as the Ohio Ecological Food and Farm Association (OEFFA), to perform a five-part verification process required for products labeled as certified organic. First, growers and food processors must submit an annual organic system plan describing their practices and inputs. Second, the plan is reviewed and approved by a certification agency. Third, an independent inspector conducts an on-site visit to verify the accuracy of the information submitted by the applicant and prepares a report. Fourth, the entire file and report is reviewed by the certification agency. Finally, if the farm is in compliance, the agency issues a certificate, allowing the products to be marketed as organic.

Who can call themselves "organic"?

Under the NOP, all products labeled as "organic" must go through the certification process. Non-certified products cannot be labeled as organic, even if organic standards have been followed.

The only exception is for producers who sell less than \$5,000 of organic products per year. These producers are still required to comply with organic production and handling standards and specific labeling requirements, but they do not need to apply and pay for certification. They can market their products as "organic" (but not "certified organic") and may not use the organic seal. Vendors may file a declaration of exemption with an accredited certification agency.



How is the organic label different from others?

Terms such as "pesticide free," "sustainably grown," "chemical free," "naturally-raised," and "GMO-free" can be used on products, but these claims can sometimes be confusing or misleading, and may not be verified by a third party.

As the gold standard of agricultural and environmental stewardship, certified organic is a federally-regulated labeling program that requires annual oversight and a rigorous certification process. Certified organic farms have received verification by a third party that they are improving the farm's natural resources; taking a preventative approach to manage weeds, insects, and disease problems; and are only using organically-approved products and materials.

Certified organic products have specific labeling requirements. If the product says "100% Organic," then the product is made with 100% organic ingredients. If the product says "Organic," then it was made with at least 95% organic ingredients (with restrictions placed on the remaining 5%). If the product says "Made with Organic [Ingredient(s)]," then it contains a minimum of 70% organic ingredients (with restrictions on the remaining 30%). Products that have less than 70% organic ingredients may list those on the side panel of the package, but may not make any organic claims on the front of the package.

Why does organic food cost more?

Certified organic food can cost more because of increased labor and management costs; higher input costs, like organic feed; and the time and expense of certification. However, organic foods found in season at farmers markets can actually cost less than at the grocery store.

It is also important to consider that conventional food prices do not reflect the hidden costs of industrial production practices, such as polluted runoff or antibiotic resistance. When hidden costs are taken into account, organic foods are seen clearly for the value they are, even if they cost a bit more.



Additional Resources

OEFFA Certification Program: www.oeffa.org, (614) 262-2022

Organic Farming Research Foundation: www.ofrr.org/resources/organicfaqs.html

Organic Trade Association: www.ota.com/organic/faq.html

OSU Extension: www.extension.org/pages/18655/what-is-organic-farming

National Organic Program (NOP): www.ams.usda.gov/nop

National Center for Appropriate Technology (NCAT/ATTRA): www.attra.ncat.org

About OEFFA

For more than 30 years, OEFFA has used education, advocacy, and grassroots organizing to promote local and organic food systems. OEFFA is a USDA accredited organic certification agency, certifying nearly 700 organic farms and processors throughout the Midwest.