The Season of Possibilities

By Chris Barnier and John Ostgarden
(Compiled by Anne Borgendale)

In the depths of summer when life abounds all around us on our farms and in our gardens, it can be hard to keep up with all that is growing. The blessing of bounty also means the “blessing” of seemingly unending work. It may seem to be the wrong season for reflection, introspection and visioning. But it is also the right time, infusing hope and possibility in our thoughts. We see the fruits of our labors in full bloom, reminding us that seeds and ideas can grow into something much larger with the proper nurturing.

In this spirit two SFA members who also serve on the state board, Chris Barnier (Central Chapter) and John Ostgarden (Cannon River/Hiawatha Chapter) embarked upon the this task. They diligently came up with three questions each, which they then posed to the other. Their questions and answers help to capture a snapshot of sustainable agriculture and the Sustainable Farming Association of Minnesota (SFA) in a time of growth and transition.

John Ostgarden (JO): What is the most important development in Sustainable Farming in the last 20 years?
Chris Barnier (CB): Public appreciation of sustainable agriculture, along with placing much more value on organic, natural and local food – greater farmer acceptance of many of the sustainable agricultural practices and some of the beliefs.

CB: What is the biggest opportunity for SFA and sustainable agriculture right now?
JO: I think we need to figure out how best to leverage the expanding public interest and growing public knowledge of the impact of conventional farming practices on the environment and the availability of healthy food, in order to help us pull both beginning farmers and existing conventional farmers into sustainable agriculture.

In the past, we were limited by available research, assertions and theoretical arguments, but the vast majority of consumers were still buying conventional products. This provided little financial...
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Do you need to renew?

Membership in the SFA of MN entitles you to receive the CornerPost newsletter and discounts on SFA Events. Use the form on page 27 or go to www.sfa-mn.org and join or renew your membership today!

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It is mailed to members and friends of SFA, and relevant agency personnel, through the postal mail. The CornerPost is published four times per year, with advertising deadlines of March 15, June 15, September 15, and December 15. The CornerPost runs between 24 and 40 pages per issue. CornerPost circulation is approximately 1200.

Here is our fee schedule for CornerPost ads for the 2009-10 fiscal year:

- $500 full page
- $260 half page
- $130 quarter page
- $75 eighth page

We also are offering a classified ad section. Current SFA members will be invited to submit classifieds free of charge.

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Thank you for your support of sustainable farming in Minnesota!
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Chapters are active in many interesting events year round. Call the chapter contact for more information, or visit our website at www.sfa-mn.org.

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Cannon River/Hiawatha Chapter

By Mary Ellen Frame

Our first farm tour of 2009 was at L&R Poultry and Produce on Sunday, March 15. What is there to see on a farm in the middle of March, besides snow? Maple syruping, that’s what. Rae Rusnak gets a little restless after all those months of winter, and she has lots of maple trees, so she makes syrup when she’s not raising broilers, turkeys and vegetables. Rae showed visitors some things about tree identification, the collecting and cooking of sap, and how to test for sugar content. Rae hangs blue plastic bags on the hundred tapped trees, connected by hose to a central dumping station, from where it can be pumped to the garage, where she has set up a wood burner and evaporating pan to cook it down. This year she also built an outdoor brick fireplace, and added another evaporating pan so that she can double the amount of sap that’s cooking at any one time, and she had to keep it cooking day and night, as it was a record year for production. Her main season ran from about March 27 until April 12.

A poultry workshop, jointly sponsored by the Cannon River Chapter, the state SFA, Minnesota Extension Service, the Experiment in Rural Cooperation, and the Minnesota Department of Agriculture was held in Northfield on Saturday, April 18. Dr. Jacqueline Jacobs, from the Alternative Livestock Program and the University of Kentucky, talked about breeds of chickens, the basics of nutrition... Cannon River/Hiawatha continued on page 4
Cannon River/Hiawatha continued from page 3
in feed choices for poultry, diseases management, and the
kinds of pastures that are good for poultry. Paul Hugunin
of Minnesota Grown talked about farmers markets and the
Minnesota Grown organization. He specifically covered
how it can help to market poultry through its web site,
and other programs it has such as a cost-sharing program
for farmers who want to have their own farm label on
their products.

Meg Moynihan talked about organic production. Dr.
Nicole Neeser, from the Minnesota Department of Health
talked about regulations and about inspection at various
sales venues. Rae Rusnak and Lori Callister talked about
things they’ve learned from their experience raising and
marketing poultry. It seems like just about everything was
covered. 80-85 people where in attendance. Lunch was
catered by Just Food Co-op deli. There was some talk of
holding another such workshop in the winter, with a little
different emphasis.

Not done with Poultry yet! There was a farm tour at
Callister farm on Sunday, April 19 at which people saw
the butchering plant that Lori and Alan Callister have
built in an old barn, with many ingenious adaptations
by Alan. They described all the steps of processing
chickens, turkeys and even meat rabbits. Their plant is
“E-2” which means they’re inspected and licensed by the
state and can sell their products in stores in Minnesota,
as well as directly to customers. They can process 200
chickens per hour. Some other farmers now bring their
birds to Callisters for processing, since the plant has more
capacity than they need for what birds they grow.
We also had a farm tour at Noble’s Farm on Wheels on
Summer Solstice.

Central Chapter

by Sue Peterson

The Sustainable Farming Association of Central
Minnesota (SFACM) sponsored a fruit tree grafting
workshop in Sauk Centre on Saturday, March 28 as
part of the 100 Orchards Project. The workshop had a
heartening response – 19 participants. Already over 100
orchards have been started as a result of the project, and
now we are developing the relationships to keep them
growing and producing well. An orchard pruning tour is
now being planned (see details below).

SFACM also held a pasture tour at Stonebridge Beef
(home of Mike and Sue Stine) on June 15, followed by
a potluck lunch. Mike uses rotational grazing and direct
markets grass-fed beef at five local farmers markets. On
Saturday, June 27 there was another 100 Orchards Project
workshop on tree pruning and maintenance. Upcoming
events include an orchard tour and potluck near Long
Prairie on Tuesday, July 14, and a nursery/farm tour in
Pierz on Tuesday, August 11.

Planning has begun on the Festival of Farms, a
multiple farm tour aimed at the “eaters”, to take place
near Browerville on Sunday, September 13. Four or five
area farms will participate by giving tours and breakfast
and lunch featuring local foods will be served featuring
local. Watch for more details in upcoming biweekly
newsletters, or call Sue Peterson, SFACM coordinator at
320 355-2980.
South Central Chapter

By Jim Tjepkema

The South Central Chapter has many members who are very busy with fieldwork during the late spring. Because of this we usually don’t hold any meetings during the planting season. Despite suffering through widely varying spring conditions, ranging from unusually hot and dry to cool and wet, field work seems to be going fairly well. Corn is showing good growth and soybeans are also doing well.

We do not have any summer events planned although we are making plans to help sponsor an organic field day on the Lutteke farm at the end of the summer. This field day will be similar to the very well attended organic field days organized last year and the year before by Ray Yokiel and Dennis Lutteke. Stay “tuned” for the date and details for the third edition of this meeting. Also stay “tuned” for other possible events including a summer picnic.

Our chapter and Merlene Stiles, the local organizer for the Minnesota Environmental Partnership (MEP), have been sharing information and Merlene has attended some of our meetings. MEP is a coalition of many Minnesota environmental organizations that work together on various issues. SFA is a member of MEP. MEP picks a few issues to focus on each year and will be picking their issues for the coming year in the fall. SFA will have opportunities to provide MEP with input on issues that are important to us. Offices staffed with MEP field organizers are found in Austin, Rushford, St. Peter and Ada. There are also offices in Duluth and St. Paul.

At the MEP meeting I recently attended, very good information was presented on the need to regulate sulfide mining, which may be coming to northern Minnesota. In fact, some of the information presented indicated that it might be best to not allow sulfide mining. There is a big potential for problems with pollution of water resources by the sulfides that would be released by this type of mining and there are already many water pollution problems associated with mining in northern Minnesota.

A man who had worked in Minnesota mines told us action is needed by people from all over the state to deal with the mining problems in northern Minnesota. This former miner said that northerners need help on mining issues because it very hard to get support for mining regulation in the northern part of the state where regulation is opposed by people connected to the mining industry. I’m sure our members would not like seeing the north country damaged by the run off from the sulfide mines that may be coming to this part of the state.

You can contact Merlene Stiles at (507) 355-1399 for more information about MEP and their current issues. Call (507) 256-4876 if you need any information about our chapter or have suggestions for activities.

Crow River Chapter

By Greg Reynolds

I have to look back at my calendar to see what has been happening since the last update. It seems like a long time ago. I don’t know about you, but we have had a cool dry spring until lately. Now it has been raining a little more regularly and summer hit last week with temperatures in the 90s.

On Saturday April 18 we had an urban event. We had our Spring Social at Will Winter’s new store, Traditional Foods Minnesota, in south Minneapolis. There was local food and drink, lots of socializing, and a “barn” dance. About 50 people showed up and a good time was had by all. On Sunday, April 26 Irene, Mary, Kay and Cathy had a table at the Buffalo Baby Animal Fair. The Baby Animal Fair is a fundraiser for Heifer International. On Saturday and Sunday, May 16-17 we had a booth at the Nature’s Nest Art Festival and Farmers Market. On Saturday, June 6 the Canoe Trip Farm Tour was a washout with our first significant rain in about six weeks. And, of course, we have had a bunch of meetings.

Now we are busy planning the Garlic Festival. This year the festival will be at the McLeod County Fairgrounds in Hutchinson. It is a much bigger site with better facilities. The festival will be from 10:00 a.m. – 7:00 p.m. on Saturday, August 15. If you have Minnesota products, services, or events to promote, we are looking for more vendors. They do not have to be garlic related, but it does not hurt. If you are just looking to have a fun day and lay in your supply of garlic for the year, that works too. Last year we had about 2000 people come through the gates. This year we are expecting 2500 or so.

Everyone likes the low-key family friendly nature of the event.
Lake Superior Chapter

By Nicole Wilde

Spring is the season of long days in preparation of the growing season that has suddenly fallen upon each of us; for the Lake Superior Chapter (LS-SFA), spring also represents a season of growth and renewal.

Renewal has come in several forms this year with one of the more exciting events being the thoughtful revival of the Superior Grown brand for our region. Thanks to the vision and dedication of LS-SFA board member Cree Bradley, coupled with the support of the Silver Creek Institute and University of Minnesota Northeast Sustainable Development Partnership, much planning and work has gone into the creation of new website. This site connects consumers to a myriad and ever growing list of local producers in our region. This summer a print directory of Superior Grown producers will also be produced and sold throughout the community. Visit www.superiorgrown.org to learn more.

Growth is probably the more appropriate descriptor for the Lake Superior Chapter this spring. Strong interest in and concern for the future of food in our region has spurred many new regional initiatives. On the heels of the great success of Farm Beginnings this year, and expressed interest in future programs, Farm Beginnings has opened registration for the 2009/2010 academic year. Additionally, Farm Beginnings coordinator Cree Bradley led a very ambitious USDA federal grant proposal this spring in order to expand the Farm Beginnings program over the next 3 years. We won’t know the status of this grant until later this year, however, throughout this process Cree has created numerous partnerships and collaborations that will enhance and add considerable value to the Farm Beginnings program.

The Lake Superior Chapter and its members are also involved in a number of other local growth initiatives including the upcoming Superior Grown Food Summit, which will be held at the University of Minnesota, Duluth (UMD) on Saturday, November 14 from 9:00 a.m. – 5:00 p.m. The Summit seeks to convene a public conversation with farmers and eaters about our regional food system. Additionally LS-SFA members David and Lise Abazs, along with UMD faculty members David Syring and Stacy Stark, are working on a timely and much needed research project entitled “Defining the Agricultural Landscape of the Western Lake Superior Region: Realities and potential for a local food system for healthy people.” The project was funded in May by the Healthy Foods, Healthy Lives Institute at the University of Minnesota. 40 farmers in northeastern Minnesota and northwestern Wisconsin will be interviewed as part of this study, which aims to define the agricultural landscape of a fifteen country area. Results will be presented at the Superior Grown Food Summit in November.

In closing, the Lake Superior Chapter would like to thank Joel Rosen for his unwavering dedication to both the Lake Superior Chapter and State SFA for the past two decades. Joel has provided leadership, experience, time, a lot of his own money, home grown food for meals, cooked many scrumptious meals for large groups with whatever was on hand, stacks of how-to-grow-it and how-to-sell-it knowledge, coordination, arranging, his own music, strategic nagging, and a cool head in the fracas—all while running a market garden, lamb, syrup, and poultry farm. He has done more over more years for sustainable farming in our region, perhaps in the state, than any other. Without his efforts, sustainable farming in the western Lake Superior area would not be nearly as advanced as it is today. Joel has recently relaxed from serving on SFA boards and staff, but we expect he’ll be involved as an SFA member yet! Next time you see him, say, “Thanks Joel!”

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Are you interested in strengthening the development of sustainable agriculture in Minnesota? Supporting the SFA’s quarterly newsletter is a way for you, your business or organization to become active in the cause. We will acknowledge your sponsorship in CornerPost by providing description and contact information unless you prefer that your sponsorship remain anonymous - we will honor your wishes. Please call Anne Borgendale at (320) 226-6318 to discuss your sponsorship opportunities.
Minnesota Dairy Initiative Summer Update

By Jeremy Lanctot

“I want to get a few cows to produce milk for myself and a few friends.”

I hear this occasionally and I would like to go on record as being for this activity. It’s good for the family in many ways. If you have access to a good facility for keeping a few bovines on your property, why not? The kids learn the art and science of animal care and the family benefits from dairy and maybe beef.

I run into many people who dabble in animal husbandry. Quite a number venture into the waters of a real business endeavor as a result. Many goat and sheep farms are a result of a 4-H project gone on steroids.

Last month I summarized what happens to milk in our distribution system to explain the reasoning behind many of the checks and balances we have in place to ensure food safety. This should not thwart anyone from consuming raw dairy from his or her own herd. People have been doing this for eons and it is quite safe if handled responsibly. The danger comes when one decides that friends and family should share in the dairy delights.

Our Minnesota state law has an exemption built-in for the legal consumption of raw dairy. Of course, a family may consume at their own risk, anything they produce themselves. It also allows “occasional” sales to others not living on the farm if the customer comes to the farm in-person and brings their own container. See www.extension.umn.edu/foodsafety for a decent summary of rights and cautions concerning this. The Weston A. Price Foundation, www.westonaprice.org, also has info on this topic at a national level.

MDI Update continued on page 17

Greetings from your SFA State Board

by Chris R Kudrna

Greetings from your SFA State Board! The past year has been an active one for your State Board. In addition to the many events and projects described elsewhere in the CornerPost, here are three items I’d like to highlight:

First, SFA has been in the process of automating the state records using a secure online database called Databank. We can use this to coordinate the membership rosters throughout SFA (increasing accuracy and efficiency) and as a membership recordkeeping tool for chapters. We will also be able to tailor emails and mailings to provide more specific information to our members, including an improved Events email. You are invited to send your email address to communications@sfa-mn.org to stay connected to SFA events if you don’t already subscribe to the bi-weekly Events email.

Second, due to dramatic revisions in IRS reporting and monitoring requirements for nonprofits, the SFA board updated our by-laws to certify annually that all chapter activities and finances are in compliance with federal regulations.

Finally and most importantly, everyone probably knows by now that Mary Jo Forbord has resigned as our Executive Director effective July 1. Mary Jo was SFA’s first Executive Director and very successfully created order out of chaos over the past five plus years. She has been an excellent representative and advocate for our organization and has led with grace and aplomb. I, for one, shall miss her and wish her luck in her future endeavors and with her family. The state board has authorized hiring a replacement for Mary Jo and a search committee headed by our Secretary, Mary Hanks, has been formed. The job description has been revised to reflect the current work of SFA and the economic realities facing many of our donating foundations and agencies. We look forward to hiring a successor this fall.

As your new president of the SFA board, I am very interested in hearing from any of you concerning ways to improve our organization. Please feel free to call or email me at (320) 202-1708 or ckudrna@charter.net.
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Major funding provided by Agricultural Utilization Research Institute and Minnesota Department of Agriculture
Marv & Laura Bihl honored with 2009 Sustainable Farmer Emeritus Award

By Anne Borgendale

Marvin and Laura Bihl, Crow River Chapter members who farm near Clearwater, MN, may find it hard to believe that they received the 2009 Sustainable Farmer Emeritus Award, but the SFA community does not. The Bihls are pioneers in sustainable agriculture and in SFA. Pat and Connie Lahr, fellow Crow River Chapter members, nominated the Bihls for the award that “honors a Farmer or Farm Family, currently farming or retired, that has dedicated many years of their life to the advancement of sustainable farming in Minnesota.”

According to Mary Hanks, chair of SFA’s Nominating Committee, a few of the reasons the Bihls were nominated and received the award: “They have been active in SFA since the beginning and have served on both their chapter board (Crow River) and the state board. They are also excellent mentors, working through the Land Stewardship Project’s Farm Beginnings program, as well as on their own. Marvin and Laura are always learning and willing to participate. They are willing hosts for visitors to their farm and have hosted many field days for their chapter. They great examples of how to raise and market beef. They are also involved in their community through church and the Wright County Gardeners and globally through Gardening World Wide and Haiti Gardens.”

Laura and Marvin Bihl at SFA’s 2009 Annual Conference.

Laura and Marvin first met in 1951 at the University of Minnesota. Laura was studying public health and nursing. Marvin was studying electrical engineering. She was a farm girl and he was a city kid. They married and settled into everyday life. In 1956, Laura’s father’s farm near Clearwater came up for sale and they bought it. They lived in Minnetonka, but went to the farm on weekends.

In 1972 they bought their first pregnant heifers from their farm neighbors and entered the cattle business and farming. Laura commented, “I guess I had to teach Marvin farming, but he caught on quick.” Not too long after this they started on the path to organic farming. Marvin bought some feed from the local elevator to feed to the weaning calves. Laura was looking at the bag and noticed that it contained Cholormycetin, a broad-spectrum antibiotic that is also used in people. Because of her background in public health Laura, was aware its ramifications and they returned the bag of feed.

Bihls continued on page 10

The Bihl’s Hereford cattle out on pasture. (Photo provided by Marvin and Laura Bihl).
Changes to their farm continued. One year they had their corn sprayed and in fall they turned their pregnant cows out on the field. The following spring some of the calves had birth defects (this had not happened with previous calves). That was the end of pesticide usage on their farm. The health of their animals, the health of their customers and their own health has always been a major factor in how Marvin and Laura farm.

When the Bihls switched to raising cattle on grass they did their homework, investigating a variety of breeds and consulting other farmers before deciding on Hereford cattle—a white faced cow with a brown body. The breed has English origins and a docile disposition, not to mention that their meat marbles well on grass only. The landscape of the farm changed as well to rotationally grazed pastures and hay land.

At first the customers who bought their beef didn’t know what “organic” meant, but they knew the Bihl’s “Homeplace Beef” tasted good. Today, in addition to being organic, their beef is primarily grass-fed as well. Their customers now seek them out for a variety of reasons, including the methods used to raise the beef and its great taste.

The Bihls are also pioneers in direct marketing and helped to educate other farmers around the state on this subject. They shared their acquired knowledge on the subject and more—Marvin said with a laugh that, “Other farmers made copies of our order form.” But they were happy to help others, knowing there was and is plenty of demand for grass-fed beef in Minnesota. Over the years they have sat on a number of boards and committees for SFA. They have also played host to farm tours and have mentored beginning farmers.

While Laura and Marvin have given a lot to sustainable agriculture and SFA, they also feel that they’ve gained a lot. They enjoy reading newsletters and publications, attending farm tours, and going to conferences and meetings. Laura feels you always get to meet new people and hear new ideas from these events. They feel fortunate to have SFA because it helps to keep them informed, and in return they try to promote SFA.

The Bihls are honored by the award they received, but don’t think of themselves as “emeritus farmers.” According to Laura, “I think it’s great, but I hope they don’t think we’re going out to pasture. I don’t think of Marvin or myself as being retired. We have many years of being in SFA yet.” She continued, “We are going to continue farming here as long as we can and we are grateful that we can. It is a wonderful lifestyle.” Marvin also commented, “We are still in the mainstream of things.”

Homeplace Beef is a great example of how a sustainable farm can work and evolve. In addition, Marvin and Laura offer a wonderful model of a farming partnership for all generations of SFA members to admire. They are the definition of “dedication to the advancement of sustainable farming.”
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motivation for farmers open to considering transition.

I think we’re turning that corner now, and the end
consumers, though their knowledge and purchasing
power, as well as their strong social networks, are forcing
everyone to stop and listen. We see this in the increasing
popularity of farmers markets, CSA farms, and members,
alike, and increased organic product sales.

How we leverage growing consumer demand for
sustainable products and farming practices in our
overall efforts, will determine how successful we are in
encouraging other farmers to move to a more sustainable
model, whether we are able to continue to build stronger
community support for SFA across the state, and
ultimately whether we can create the change we envision.

JO: What is the biggest risk to the Sustainable Farming
movement right now?

CB: Being co-opted by industrial agriculture and
agribusiness. An example of this is the current ad on
public radio in which Monsanto falsely claims that its
genetically modified seeds are sustainable because they
promote higher yields. This co-opting process involves
the established industrial firm posturing as part of the
change to sustainable ag when it isn’t really changing.
Then we have an attendant risk, which is that the public
believes that sustainability has been achieved because the
corporate PR campaign says so.

CB: Who are the people most likely to advance and
promote sustainable agriculture in the next few years?

JO: The public, without a doubt. As farmers, for the
most part, we are in the business of producing food, and
we depend on the sale of our products to pay our bills.
If the consumer demands more responsible farming
practices and healthier food options, then to stay in
business, as farmers, we have to respond, or risk losing
the farm.

As a CSA farmer, I get copied on emails from
passionate and motivated members, forwarding requests
to their families and friends, encouraging them though
emails or on Facebook to read particular books on
healthy food, see a new documentary, or call their
congressional representatives about farm policy issues
and proposed legislation. This is a cause they have taken
up themselves, because they are personally motivated
out of concern for their children and families, and their
communities and the earth as a whole.

In business, nothing speaks louder than public
perception and market demand... and successful farmers
listen.

CB: How will the relationship between conventional/
industrial agriculture and sustainable agriculture change
in the next few years?

JO: With so much change in the air, it really depends on
how each respond to the growing consumer awareness,
as well as forthcoming, but yet unknown changes in
government policy.

If industrial ag is able to redefine the debate and
convince the public that their business practices are
sustainable, something we are beginning to see and hear
in their marketing efforts, then the next few years could
prove rough.

If the public, and government in turn, demand more
sustainable farming practices, then we will be in the
leadership position, and our knowledge and experience
will be needed in helping transitioning farmers.

JO: What do you hope to see in the SFA of MN in the
next 20 years?

CB: I would like to see of SFA of MN include a bigger
portion of farmers, along with more of the eaters, but
without losing our vision. To do this we need to define
“sustainable” more precisely, in order to keep our
detractors from defining it for us and relegating SFA of
MN to obscurity. We need to define “sustainable” more
clearly in order to sustain the vision that started SFA in
the first place.

This piece began as a way to creatively fill the front
page of the CornerPost. However, it has evolved into
something more—from a conversation between two board
members into conversation between members throughout
SFA as a whole. There are several ways to participate in
this conversation.

You can visit SFA’s discussion page at www.sfa-
mn.org/discussion and click on the “Sustainable Sandbox”
category. If you are on Facebook, visit the Sustainable
Farming Association of Minnesota group and leave your
opinion. You can come up with your own answers to
Chris and John’s questions or pose your own questions.
Snippets of this conversation will be regularly featured in
the CornerPost. You can also email your thoughts to me at
communications@sfa-mn.org.

Your thoughts, actions and energy are what give SFA
life and vigor. You keep SFA in bloom and sow the seeds
of our future.
Frank Otto Foltz was born to Louisa and Rugg Foltz on November 24, 1942 in Mt. Pleasant, Michigan. Frank was the 8th of eleven children. He attended Trinity College in Chicago where he met Lois Lundin. They married in 1966 and had seven children. Frank worked for many years in Chicago and Princeton, Minnesota doing building and remodeling.

In 1980, Frank started an organic fruit tree nursery in Princeton, which became Northwind Nursery and Orchards. He specialized in hardy varieties of grapes, apples, and pears, and also grew plums, cherries, raspberries, blueberries, shade trees, and ornamentals. In the mid-1980s, Frank helped organize a Princeton/Cambridge SFA chapter with other rural growers and producers in the area. He also was a founding member of the Farmer’s Markets in Princeton and Cambridge. Under Frank’s leadership several homesteading workshops were held where he taught classes on organic fruit growing, grafting and orcharding.

In his free time, Frank enjoyed wood carving (especially spoons), gardening, camping, hiking, dancing, star-gazing, helping people, snow-shoeing, cider-pressing, wild-ricing, and teaching classes on orcharding and spoon carving. Many people were inspired by Frank’s generosity, patience, and dedication to simple living. Although Frank has passed away, his legacy lives on in the thousands of trees and vines he has left behind, and the countless life lessons he has shared with us.

Frank is survived by his former wife, Lois Foltz; seven children, Sharla (Lance) Green of Patton, MO, Brenna (Brent) Jordan of Duluth, MN, Walter Foltz of Watertown, SD, Andrew Foltz of Watertown, SD, Angela Foltz of Duluth, MN, Sarah (Nick) Jordan of Portland, OR, and Sam (Lydia) Foltz of Minneapolis, MN; eleven grandchildren, and several sisters and brothers.

The following quote was found in one of Frank’s files and sums up his life well: “What can a man do better on the face of the earth than to cultivate and beautify it? While ever ready to depart, the lover of beautiful trees should act as if he expected to live a thousand years.”

Author Unknown.

Obituary provided by Angela Foltz

Frank Foltz in his orchard – (Photo provided by Angela Foltz)

We want all sustainable farmers to know that the School Sisters of Notre Dame support your untiring efforts to strengthen the development of sustainable agriculture in Minnesota. The CornerPost is a great way to share your ideas. We are grateful for the ways you are calling all of us to pay closer attention to how our food is grown and how you honor the earth through you practice of a more sustainable agriculture.

SFA sincerely thanks the School Sisters of Notre Dame for your longstanding support of sustainable agriculture, for your enduring friendship, and for your sponsorship of the CornerPost.
Friday & Saturday, 
July 17th and 18th

Carlton County, northeast Minnesota featuring: 
Farmers, Graziers, and Grazing Specialists

Keynote Speaker Greg Judy, grazier & featured writer in The Stockman Grass Farmer
Author of NO RISK RANCHING—Custom Grazing on Leased Land and 
COMEBACK FARMS—Rejuvenating Soils, Pastures & Profits with Livestock Grazing Management

GREG JUDY
Grazefest Minnesota 2009 Keynote Speaker

Greg and Jan Judy of Clark, Missouri run a grazing operation on 1400 acres of leased land made up of 10 farms. Greg and Jan went from near bankruptcy in 1999 to paying off a 200 acre farm and house in 3 years with custom grazing on leased land and are completely debt free. Today they own 3 farms and lease 7 farms. Holistic High Density Planned Grazing is used to graze cows, cow/calf pairs, bred heifers, horses, and stockers. They also own a 250 head grass genetics cow herd, a 300 head hair sheep flock, a goat herd, and graze Tamworth pigs. They direct market grass-fed beef, lamb and pork. Greg is absolutely convinced that there is no better way to get into the grazing business than to lease some fallow land, employ high density grazing, and use other people’s livestock to do it. Since switching from Management Intensive Grazing to Holistic High Density Grazing 3 years ago, the results have been breathtaking. The Judy’s now use no lime, no fertilizer, no seeding, no chemicals, and no equipment. The Judy’s focus solely on increasing animal density with high animal performance, and long grass recovery periods between grazing. Plant diversity has exploded, with increased grass quantity each

Greg Judy continued on page 17

Grazefest Minnesota 2009 in Carlton County Highlights:

• Grazier’s Forum - Friday, July 17th :: 
5:00 p.m. - 8:30 p.m.
• Tour three innovative operations
• Experience pastured, egg, pork, sheep, goat, dairy and beef production.
• Innovations in cooperative marketing
• Mob grazing—will it work for your?
• Delicious locally-grown, pasture raised foods
• Afternoon Bus Tour to Green Pastures Dairy, a diversified pasture-based farm owned and operated by the Hedquist family, featuring on-farm cheesemaking and a farm store.
• Forage production and economics.
• Build your own low cost parlors, feeding systems and safe handling facilities with recycled materials.
• Tour a dairy barn converted to lambing facility with an indoor fenceline feeding system.
• Extraordinary networking opportunities for graziers, grazing specialists, grazing suppliers, and educators.
Host Families:

**SALZER FAMILY of Sandy Hills Ranch**

Sandy Hills Ranch is located approximately 6 miles east of Barnum, MN. Troy Salzer and his wife, Chris and their 3 children, Cameo-9, Max-7 and Murray-3, live on a 120 acre farm and lease another 5 farms. They have 80 Angus-Gelbvieh breeding cattle, custom grazing another 100 stockers in an eleven paddock system where they graze on native pastures, field corn and legumes. Most of the calves are in a value added program and marketed through the Central Minnesota Premium Beef Alliance. They also direct market beef, pork, and vegetables. Troy is very interested in research and is currently involved in a re-establishment of winter feeding areas study with the University of Minnesota Extension beef team.

**HEDQUIST FAMILY of Green Pastures Dairy**

The Hedquist family’s Green Pastures Dairy is a small, family-owned, grass-based farm producing “naturally healthy” Minnesota Farmstead™ Cheeses & Meats. The Hedquist family includes store manager KenMarie, Dairy Manager Will Jr, Cheese Maker Joy, Esther in charge of Packaging and Shipping, and a host of qualified young assistants. In July, Green Pastures Dairy will be in full swing, making cheese and pasturing cows, pigs, and poultry.

**JELINEK FAMILY of Fleece Force Flocks**

Carol and Pete Jelinek and their boys, Nicholas-14 and Nathan-12 live on about 25 acres and raise 30 cross bred and purebred ewes and Nubian goats. Their flocks stem from a showing flock to an extended crossbred flock to more fully utilize their grazing pastures, where they rotationally graze. They have modified their old dairy barn to build a low cost fenceline feeding system and integrated livestock handling system. This enables them to easily handle their vaccinations, shearing or any other livestock chore.

Schedule:

**Friday, July 17**

5:00 p.m. – 8:30 p.m.
Grazing Forum and Supper featuring Greg Judy with Minnesota Grazing Specialists
Location: Carlton County Fairgrounds, Barnum, MN

The evening starts with delicious locally grown supper featuring pasture raised meat & dairy products followed by the Grazing Forum. Bring the Kids! Children are invited to participate in the Youth Arts Competition Art Workshop sponsored by the MN Garlic Festival during the grazing forum. The Art Workshop is free of charge.

**Saturday, July 18**

Location: Sandy Hills Ranch, rural Barnum, MN

Direction from Interstate Hwy 35: Take the Barnum exit 220, and head east on Hwy 6 - 7 miles, in the second corner take a left on Sandy Lake Rd and we are the fifth house on the west side #3457 (very easy the blue sign next to the road).

8:30 a.m.  Registration and Refreshments
9:00 a.m.  Announcements and Welcome
11:30 a.m. A pasture-raised locally-grown lunch
12:30 p.m. Keynote by Greg Judy
1:30 p.m.  Wrap-up announcements, load bus

Track 1:

1:45 p.m.  Bus to Green Pastures Dairy departs
2:00 p.m.  Arrive at Hedquist’s Green Pastures Dairy for an in-depth tour of their pastures, livestock, poultry and cheesemaking operation.

Track 2:

1:45 p.m.  Farm tour begins at Jelink’s Fleece Force Flocks (next door to Sandy Hill Ranch)
3:15 p.m.  Bus departs Fleece Force Flocks for Green Pastures Dairy
3:30 p.m.  Arrive at Hedquist’s Green Pasture Dairy for a shorter tour of their cheese shop and farming operation.

4:45 p.m.  Early bus leaves Green Pastures Dairy
5:00 p.m.  Early bus returns to Sandy Hills Ranch

5:15 p.m.  Late bus leaves Green Pastures Diary
5:30 p.m.  Late bus returns to Sand Hills Ranch

The End of GrazeFest Minnesota 2009!
Friday & Saturday
July 17 & 18, 2009
Carlton County, northeast MN, featuring:
Farmers, Graziers, and Grazing Specialists

More information online at www.sfa-mn.org or contact Anne at communications@sfa-mn.org or (320) 226-6318.

SCHOLARSHIPS ARE AVAILABLE for young & limited resource farmers!

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Name(s) of attendees
______________________________________________________________________________

Address ___________________________________________ City ___________________________ State _____ Zip ___________

Phone ___________________________ Email _________________________________________

Please send a this form and a check payable to SFA of MN, 29731 302nd Street, Starbuck, MN 56381
Membership and Sustaining Contribution Form

Become a member...or renew your membership! If you join or renew now, your membership will be current until 2010! Your Sustaining Contribution will accelerate our progress toward a more sustainable food and farming system. To “keep you posted” of interesting events and happenings in sustainable agriculture, you will receive a year’s subscription to the CornerPost, SFA’s quarterly newsletter. SFA of MN membership must be current to register for Grazefest Minnesota 2009 at the reduced rate. You can also become a sustaining member & contribute online at the SFA of MN web site: www.sfa-mn.org.

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I would like to receive SFA’s bi-weekly events email (If “yes,” please list email address):

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**Admission and Registration to Grazefest–Carlton County:** Due to limited space and the popularity of this event, walk-in admission cannot be guaranteed and pre-registration is required. For more information and to register, go to www.sfa-mn.org or call (320) 226-6318.

**Grazefest Minnesota 2009 Sponsors:**
Sustainable Farming Association of Minnesota, Natural Resources Conservation Service, Grazing Lands Conservation Initiative, Minnesota Department of Agriculture, Mill City Farmers Market, Minnesota Dairy Initiative, University of Minnesota Extension, Minnesota Farmers Union, Sustainable Agriculture Research and Education-North Central Region, Farm Service Agency, Minnesota Farmers Union, the Minnesota Institute for Sustainable Agriculture and the Midwest Organic and Sustainable Education Service (MOSES).

Grazefest™ Minnesota is a trademark of Eating Fresh Publications. Grazefest Minnesota is a proud participant in Grazefest America, a national campaign to promote the multiple benefits of grass-fed and pasture-raised foods. Grazefest America is sponsored by Eating Fresh Publications, Global Resource Action Center for the Environment, the Eat Well Guide, and the Weston A. Price Foundation.

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Please send a check payable to SFA of MN, 29731 302nd Street, Starbuck, MN 56381

Thank you for your support!
From the government’s perspective, the rub comes when anyone attempts to transport food, specifically dairy, from his or her farm to another location. Then, all sorts of regulations kick-in. Pasteurization, refrigeration, packaging, labeling to name a few. Be sure to read-up on these topics. One person asked me what would be involved in buying raw milk from another dairy farmer and hauling it to his own residence to process it into dairy products like cheese. This scenario is a nightmare of regulation that is unfathomable for most people. I don’t have space to delve into all of the rules that govern this activity.

On the other hand, keeping a few cows on your own farm to feed your own family is a much simpler project that merits some thought. It requires much less planning and oversight than a full-blown business selling to the public or over state lines. Walk before you run. Talk to others who’ve done this. That is what the Sustainable Farming Association is all about. Networking between farmers.

If you have delusions of grandeur <tongue-in-cheek> about starting up your own dairy herd, feel free to contact me about the pitfalls and thrills. I don’t know everything, but I sure know a lot of farmers who are real close to knowing it all. SFA would like to help others get going in a true grassroots activity...farming.

Jeremy Lanctot - (320) 980-2333, mdi@sfa-mn.org.

MDI update continued from page 7

Greg Judy continued from page 13

successful year, combined with increased profit.

Greg authored “NO RISK RANCHING, Custom Grazing On Leased Land” in 2001. The book details a complete breakdown on the methods they used to build their operation from scratch. His latest book is “COMEBACK FARMS, Rejuvenating Soils, Pastures and Profits with Livestock Grazing Management”. This 2008 publication covers all the methods they use with Holistic High Density Grazing, multi-species grazing, grass finishing animals, and eliminating costly inputs. Greg is a popular speaker all over the United States on the benefits of Holistic High Density Planned Grazing, leasing land, multi-species grazing and custom grazing. The Judy’s hold Holistic High Density Grazing Schools at their farms and teach the principles of HHDG, and Greg consults for people interested in setting up HHDG grazing systems.

A high achiever by any measure, we proudly claim Greg Judy’s northeast Minnesota roots. He was born in Minnesota and spent his early years on his family’s dairy farm near Pine City before his family moved to Missouri when he was seven years old. Sustainable Farming Association is pleased to bringing him back to his first home, and we are confident that Greg Judy’s advice, experience and innovation will inspire our progress in designing and improving our grazing operations. For more information about Greg and Jan Judy’s grazing operation and techniques, visit their website www.greenpasturesfarm.net

Thank You SFA Donors!

Each donation we receive, large and small, helps us grow our base of support for sustainably produced food, fiber, and energy.

Together we can transform Minnesota agriculture for the benefit of generations to come.
“It just tastes better”

Consumer Grazefest Connects Urban Residents with Local Foods

By Laura Borgendale

The consumer version of Grazefest Minnesota, held June 20 at the Mill City Farmers’ Market in Minneapolis, was at the juxtaposition of two symbols of Minnesota past and present that tower over the Mississippi riverfront. On one side was the striking Guthrie Theatre, a centerpiece of the urban cultural scene that was just finishing a run of Tony Kushner’s new play; right next door, the ruins of the Washburn “A” Mill (now home to the Mill City Museum)—a monument not only to the history of the city, but also to the roots of Minnesota’s agricultural past. On the plaza between these Minneapolis landmarks, residents of the city were making a weekly trek to buy locally grown food directly from farmers.

Since Grazefest was held in conjunction with the Mill City Farmers’ Market, members of the Sustainable Farming Association had the opportunity to meet many urban food consumers, including Minneapolis Mayor R.T. Rybak and his wife, Megan O’Hara. Rybak and O’Hara took part in Grazefest by throwing meatballs to SFA farmers to start the festivities (the opening pitch). Both are proponents of local foods and involved in the launch of Homegrown Minneapolis, a citizen-led initiative to increase consumption and raise awareness of the economic, health, environmental and food security benefits of locally grown food.

O’Hara, one of the co-chairs of Homegrown Minneapolis, explains that citizens and other community stakeholders “came together to brainstorm ways for the city to be a better, more proactive partner in local foods.” She envisions “a partnership between rural and urban Minnesota...in the effort to connect the city with the movement growing around local foods.”

Rybak admits that, for him, “I was led to this issue by my stomach.” However, he also explains that Minneapolis is “surrounded by farmland that turned us into the milling capital of world... (it’s) ridiculous for a state with such tremendous agriculture to be importing so much food.” He wants urban residents to understand that “we’re all in this together—we should be buying (food) from Minnesota.”

While sharing his enthusiasm for eating seasonally and the superior flavor of locally produced foods, Rybak emphasizes that his interest in this “started with taste, but it is also about the economy.” He makes the connection that increasing consumption of local foods in the city will “lift the economy of whole state” along with providing tasty, healthy food to urban consumers.

Rybak believes this is ultimately the key in encouraging local food consumption: “It just tastes better—we have to start with that.”
Conversations with the Land: 
Standing beside the archer

By Jim VanDerPol

This is the fifth in a series of five articles that originally appeared in Graze magazine.

This is the fifth and final column of a series on my thoughts on the impacts our farms and businesses may have upon our families, the communities in which they are located, and ultimately upon the world at large. I started with an illustration of a deflected arrow, went on to talk about our farms and our children, then about labor and technology, value-added farm product-based businesses, and learning to do business with our friends.

This piece is last because I put it off. It is the most intimidating of all, because in it I will try to convince you that all of these things are possible. It is necessarily then about attitude, about core belief, be it philosophy or religion; that is, about how we view ourselves and our place in the universe.

First, then, do we have an impact in the world? It seems evident to me that we do. The depression we are so plagued with in our culture cloaks from us this most important understanding. But we know it: We tell it to each other in our stories. Consider the old Christmas story “It’s a Wonderful Life” that is rebroadcast each year. Jimmy Stewart, in the lead role as a small town banker with a commitment to helping ordinary folks buy homes and start businesses, gets into trouble because his forgetful uncle loses a large deposit. He falls into depression and is about to throw himself off the bridge into the river, when an angel (who looks a lot like W.C. Fields) shows him a vision of what the town would look like if he hadn’t spent his life as he did. It is one long strip mall complete with stores, traffic, people climbing over top of each other, saloons, brothels, and more.

Stewart, his depression corrected by what he saw in the vision, goes home to pick up the pieces of his life. The movie gets too sappy for my taste here, but the point has been made. We do make a difference, and we know it. It is practical knowledge gained by seeing, if we pay attention, how a thought or a saying or an act, either helpful or harmful, reverberates in the behavior of the folks around us. That we often do not keep this knowledge of our human lives foremost in our minds, where it can maintain some control over our activities, is probably due as much as anything to the impact of the national/international economy, which wants us reduced to nothing but a bundle of desires with a credit card.

The argument I am making here is self evident to some and completely opaque to others. The difference has to do with where we see ourselves in the cosmic scheme. Do we get our satisfaction out of a day’s productive work, or the latest electronic trinket? Does developing a very partial understanding of our farm and its place in Creation seem like a useful life’s work, or does a career consist of a new pickup every other year? Can we ever, in any circumstance, see the use and the need of work from which we will never benefit? Can we imagine our own lives coming to us from the distant past and extending from us into the far future? There are seventy-year olds who plant trees every season here on the prairie, but by and large they are not the same seventy-year olds who are shopping for a new car before the last one is worn out. It is a matter of the level of spirituality, of sensing ourselves as living in eternity as well as in time.

If we do see our place in the universal order, and thus have no need of the argument I just made, then we can start considering applications. How, for instance, do I use for good my life’s impact on the world? And we immediately come up against the question of “intentionality”. Is it enough that I have a good heart and mean well? Maybe this is a job best left to pastor or priest? How about the certified smart guy at the University or the politician who has trouble understanding ninth grade biology?

I would argue that this is far too important to be left to the experts. This is for us who are entrusted with land and businesses, as well as the dependence of children and grandchildren to do. I think we need to plan. We have an obligation.

Anyone farming grassland soils in the Midwest ought
to know that in the century since the breaking plows turned over these tough prairie sods, we have lost half of what we were given. (Or took from the Indians. Put your own interpretation on it.) Heavy black topsoils that measured 16 inches and two feet in depth in settlement times now show clay subsoil through on the high spots in far too many places. This is an incredible waste.

And it is especially tragic from the point of view of a grazier, since the farmers who did it had a vision and a view of the future in mind, but it was the wrong one, and it did not reach far enough in time. They saw the prairie as a potential Europe, under complete cultivation in small, carefully rotated fields. They evidently never considered the impact of thunderstorm rains and constant wind on the exposed soil. I see no evidence that any of them, before they took up that plow, turned and considered what the Indians and the bison had going here.

We must plan. We have an obligation, those of us entrusted with land. And as Holistic Management teaches, we must try to reach seven generations, 150 years, into the future with our planning. History’s mistakes show us that range is necessary.

We know that if we do plan, much of that plan will be knocked awry by changing circumstances, by carelessness in government, greed in the economy, or by some other disaster our own carelessness might already have set loose upon the world. We know that we do not have the reach for this.

But the point is not that we can control the future, but that the distant vision will help govern our day-to-day management by serving as an early warning sign whenever we are headed in the wrong direction. If that prairie settler a century ago had held a dream and a vision for seven generations that included more perennial plants to ensure a healthy landscape, he may have had a second thought about destroying the sod he found here.

Similarly for us, if our vision for the seventh generation includes more people on the land and more local wealth, as ours does for our farm, then we will tend to make decisions in a way that helps bring that about.

Seventh generation planning seems to be beyond human capability. Perhaps it should be called seventh generation dreaming. But the numberless practical efforts that go into achieving the plan are not beyond us. Planning provides for us a measuring tool and an incentive that we need for the very human-scale task of living a decent life on earth.

This originally appeared in Graze, and you can get a sample copy at PO Box 48, Belleville, WI 53508; graze@ticon.net; 608-455-3311.
The Advantage to Remembering the Rural

By Sarah Bhimani, Corcoran, MN
SFA’s Youth Sustainability Writing Competition, College Division - Haiku winner

I remember the first time that I stood in the middle of a prairie. It was windy, of course, and there was a thunderstorm blowing in from South Dakota. I walked to the top of a hill that looked down a picturesque farm and stood there, breathing the gusts, until the hailstones started coming down.

That’s when I realized that I belonged to the prairies. The ominous feeling I felt standing on that hill left me vulnerable and addicted, and I have never found it anywhere but in southwest Minnesota. Being able to watch a storm mature from miles away is an impressive view, one that reminds one of their insignificance in the world.

Insignificance is a lesson that all humans must learn in life--whether it be from the awesomeness of the prairies, the power of ocean waves, a clear view of the nighttime sky, or the height of old growth hemlocks. I feel that this insignificance can only be provided to us by nature, not by human invention. Therefore, while skyscrapers, airplanes, and rocket ships are impressive objects, they nonetheless only reaffirm our conceit and superiority. But it’s only a superficial superiority, for when the thunderstorms roll in, they can tumble buildings, cause crashes, and inflict damage.

The future of rural Minnesota relies on humans affirming that all that was here before us should take precedence. By spending time in those rural, only slightly altered, places, whether in southern Minnesota or in Minnesota’s moose country, we learn our place in our world. And humbleness will take not only us, but the whole earth, in the right direction.

LSP Farm Beginnings Course Deadline Aug. 26
2009-2010 Classes to be Held in River Falls, WI., & Spicer, MN

Dates and locations for the 2009-2010 sessions of the Land Stewardship Project’s Minnesota-region Farm Beginnings course have been announced. Classes will begin this fall and are being held in two locations: River Falls, Wis., and Spicer, Minn. The deadline for registration is Aug. 26. For more information, call the Land Stewardship Project (LSP) at 507-523-3366 (Lewiston, MN.) or 320-269-2105 (Montevideo, MN.). Details on the course are also available at www.farmbeginnings.org.

In 2009, LSP’s Farm Beginnings program is marking its 12th year of providing firsthand training in low-cost, sustainable methods of farming. The course is tailor-made for people of all ages just getting started in farming, as well as established farmers looking to make changes in their operations. Farm Beginnings participants learn goal setting, financial planning, business plan creation, alternative marketing and innovative production techniques.

Classes are led by farmers and other agricultural professionals from the area. The classes, which meet approximately twice a month, run until March 2010, followed by an on-farm education component that includes farm tours and skills sessions.

During the past decade, over 350 people have graduated from the Minnesota-region Farm Beginnings program, and 60% of them are actively farming, according to class data. Farm Beginnings graduates are involved in a wide-range of agricultural enterprises, including grass-based livestock, organic vegetables, CSA and specialty products.

RURALIFE
FARM & FJORDS

JOHN & BEV SLUSS
BOX 475 • BROOTEEN, MN 56316
(320) 346-2538
JSLUSS@TDS.NET
The 4th annual Minnesota Garlic Festival, the state’s most fragrant and family-friendly event, will commence on Saturday, August 15, 2009 at 10:00 a.m., concluding at 7:00 p.m.

Sponsored by the Crow River Chapter, this will be a fun day for all, with celebrity chefs demonstrating specialty garlic fare, and a variety of unique entertainment, including the Mu Taiko Drummers, magic, music and dance. And, of course, you can stock up on locally grown goods and environmentally friendly products at this zero-waste event.

Garlic laced specialties will be served at The Great ‘Scape Cafe, our chef-studded restaurant, managed by SFA luminary Greg Reynolds. Greg, along with Chef Wrangler Mary Jane Miller (who just started a four year appointment to the Governor’s Residence as a culinary consultant), have put together an impressive roster of Minnesota chefs for the cafe and the cooking demonstrations on the main stage, including Alex Roberts of Restaurant Alma and Brasa, Tracy Singleton and Marshall Paulsen of The Birchwood Cafe, Mike Phillips of The Craftsman, Danny Schwartzman of Common Roots, Phillip Becht of The Modern, and Jenny Breen of Good Life Catering. We’re also welcoming two newcomers to the festival: Gina Coburn from The Three Crows in Delano, and Joe Foster from Zella’s in Hutchinson.

And what garlic festival would be complete without the infamous garlic ice cream, created by Dave and Florence Minar of Cedar Summit Creamery?

All-inclusive kid’s activities include kite making and flying, vegetable bowling, cow milking, playing onstage with Charlie McGuire, and other fun activities that make this a fun and affordable family-friendly affair.

Sustainable farmers and environmentally-friendly products will be showcased, along with “Ask the Expert” presenters who will answer questions about a wide variety of subjects, from gardening tips to helping the environment, to natural health care, and, of course, growing and using the King of Herbs: garlic.

The entertainment schedule has been announced, and you can get all the details at www.sfa-mn.org/garlicfest. The Garlic Diva, Kitty Karn, returns to the stage after a two-year absence; The Mu Community Taiko Drummers will rock the tent with Japanese drumming; Minnesota folk legend Charlie Mcguire makes his Garlic Fest premiere; rounded out by the footstomping Light of the Moon Band; magic, Brazilian sambas and, of course, Mariénne Kreitlow’s songs of Garlic and Other Forces of Nature.

A new feature of the 4th Annual Minnesota Garlic Festival is a cook-off competition that all can enter - see page 24.

The all-new “Peculiar Pragmatic Promenade” steps out precisely at 12:37 P.M. Think cakewalk with an environmental twist. Entries are welcome, no prior registration is required, and fabulous prizes will be awarded.

Be sure to reserve August 15 for a trip to the Minnesota Garlic Festival in Hutchinson. For further information and updates on the 2009 festival, please visit www.sfa-mn.org/garlicfest.

A limited number of VENDOR applications are still being accepted for MN GARLIC FESTIVAL. Visit www.sfa.mn.org/garlicfest for more details, or contact: Dennis Ingle at inglefam@hutchtel.net or (320)583-7987.
When you go ☀

**MINNESOTA GARLIC FESTIVAL**

*website: [www.sfa-mn.org/garlicfest](http://www.sfa-mn.org/garlicfest)*

- MN Garlic Festival is an ALL WEATHER EVENT. We have a plan for moving vendors, exhibits and attractions into the large buildings at the fairgrounds, and the chefs’ demos and concert stage are inside the big tent.
- **DATE:** Saturday August 15, 2009
- **TIMES:** 10:00 a.m. - 7:00 p.m.
- **LOCATION:** McLeod County Fairgrounds in Hutchinson. Hutchinson is just over an hour from the Metro area via Highway 7. Turn South on Hwy.15 and go through town, and the McLeod County Fairgrounds are two blocks east on Century Avenue. You can’t miss it, just follow the smell.
- **ADMISSION:** $5 for adults and $3 for kids under 12. If you show up in costume, we’ll knock at dollar off the ticket. No pets, please.
- **WHAT TO BRING:** Sunscreen, the kids, money to stock up on several months’ supply of great local garlic and other MN items, a big appetite.

*Produced by the Crow River Chapter, Sustainable Farming Association of MN*
Garlic Festival Cook-Off

* Do you enjoy cooking with garlic?

* Do you have a recipe that might be a “prize winner”?

* If yes, consider entering the 1st annual Garlic Cook-off at this year’s Garlic Festival in Hutchinson.

* The Contest is open to anyone 18 years or older and supervised children are welcome with their parent or guardian.

* We’ll provide the garlic, the commercial kitchen and the judges, you provide the ingredients and utensils necessary to prepare your fabulous garlic dish.

For more details visit: www.sfa-mn.org/garlicfest

Produced by the Crow River Chapter, Sustainable Farming Association of MN
Your Vision for the Future of Rural Minnesota

Contact

Jerry Ford, SFA of MN
Events & Youth Outreach Coordinator
7616 25th St SW
Howard Lake, MN 55340
jerry@marianne.com
(320) 543-3394

Sponsors

*Sustainable Farming Association of Minnesota
*Minnesota Garlic Festival

2009 Entry Form (One entry per category per person)

Name: _________________________________
Address: ___________________________________________
City: _______________________________________________
State: ___________   Zip: _____________________________
Phone: ____________________________________________
Email: _____________________________________________

Age Group: (Grades are for 2008-2009 school year)

- Elementary School, grades 1–6
- Intermediate School, grades 7–8
- High School, grades 9–12

Media:

Painting       Drawing       Sculpture       Photography      Mosaic

Title: ________________________________________________

I give the Sustainable Farming Association the right to publish a photo of my artwork (signed by parent if artist is under 18)

X _____________________________________________________

This form can be downloaded in PDF form at: www.sfa-mn.org

Fourth Annual Minnesota Garlic Festival
Saturday, August 15, 2009
10:00 a.m. - 7:00 p.m.
McLeod County Fairgrounds
Hutchinson, MN

This form is available at:
www.sfa-mn.org
Submit your artwork
On the theme: “What is your vision for the future of rural Minnesota?”

Sustainable family farms
Living in harmony with nature
Healthy, locally produced foods
The beauty of the Minnesota countryside
A new generation of farmers
New or alternative energy sources to run farms and small towns
Cultural and biological diversity in rural areas
How healthy, happy farming communities and small towns are good for everyone in Minnesota

Rules & Regulations

The artist must be a Minnesota resident.

Published
Deliver & Pick up

The five artwork categories are: painting, drawing, sculpture, photography or mosaic. Artwork may be framed or unframed (Minnesota Garlic Festival is not responsible for damage to unframed pieces). Size: All artwork should not be larger than 12 x 18 inches postcard-sized, any area larger than 25 inches postcard-sized. Winners will be announced at the Minnesota Garlic Festival main stage on Saturday, August 15, 2009. Artwork may also be displayed in the McLeod County Fairgrounds.

Awards

Awards: There will one best-in-show prize and one winner per age category. Winners will be announced at the Minnesota Garlic Festival main stage on August 15, 2009. Artists need not be present to win.

Eligibility

Grades are for 2008-2009 school year:

Elementary School Grades 1-6
Intermediate School Grades 7-8
High School Grades 9-12

Age Groups:

Website (www.sfa-mn.org) available.
Association of Minnesotans and On SFA
newspaper of the Sustainable Farming Program in the Community. The Quarterly
published in conjunction with this
piece. All artwork should be mailed or dropped off at the Garlic Festival office by appointment.
- 8:00pm on August 1. All unclaimed artwork will be picked up at the Garlic Festival office. All artwork must be postmarked by August 1. All artwork should not be larger than 36 inches in any direction and should not weigh more than 20 lbs.
- Artwork may also be delivered in person to the McLeod County Fairgrounds.

Eligibility:
The artist must be a Minnesota resident.
Date:

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<th>Sustaining Contribution:</th>
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| SFA Annual Membership (for a family) | $30 |
| SFA Annual Youth/Student Membership (for one student) | $10 |

(Not Tax Deductible)

Name 1: First Last

Name 2: First Last

Farm/Business/Organization:

Address:

Address Line 2:

City: State: Zip:

Country:

Home Phone: Work Phone:

Mobile Phone:

Email:

Website:

Chapter:

- Central
- Cannon River/Hiawatha Valley
- Lake Superior
- South Central
- Western
- Western
- Unspecified
- Southeast

Member Interests (Optional):

- Chef/Cooking
- Consumer
- Crafts
- Distribution
- Education
- Energy Production
- Entrepreneur
- Environment
- Events
- Exhibitor
- Farmer
- Food Production
- Garlic Festival
- Grazefest
- Health
- Marketing
- Other
- Policy
- Processing
- Sponsor
- Youth

Please make your check payable to: SFA of MN. Mail form & check to:
SFA of MN, 7356 Cable Rd, Little Falls, MN 56345-5433

Thank you!
Executive Director
Sustainable Farming Association of Minnesota

Position Announcement

The Sustainable Farming Association of Minnesota is seeking an individual to serve as executive director. This is a one-person staff supported by contracted individuals with specific skills as needed. This individual will:

- Increase visibility and effectiveness of member farmers and the SFA organization by representing members at meetings, conferences, hearings, etc.;
- Fundraise immediately to find permanent funding for this position and for other personnel and projects for the state SFA of MN;
- Manage and carry out program/project work under grants and contracts in addition to the work of an executive director;
- Manage contractors hired for specific program work and specialized services such as web design and bookkeeping.
- Administer grants by providing oversight of workplans, contractors, invoicing, and budgets;
- Work with the volunteer state board to complete details of quarterly board meetings and monthly executive committee meetings including the preparation of the agendas;
- Work with individual chapters to increase membership, outreach activities, and successful fundraising efforts;
- Work with the board treasurer and bookkeeper to manage the state budget, complete requirements for annual filing of taxes and audit of financial statements; and
- Provide leadership for outreach activities such as working with a committee or contractor to hold the annual conference, working with the quarterly newsletter editor to publish the Cornerpost, working with a contractor on web design, the calendar of events and posting information on the website.

The successful applicant will have a commitment to and understanding of sustainable agriculture as well as familiarity with Minnesota agriculture. S/he must have exceptional interpersonal skills and the ability to communicate verbally and in writing with farmers, university faculty, government, and nonprofit organization staff. Fundraising experience is essential. Organizational and administrative skills must be highly developed. Experience as a farmer is preferred but not required.

This position is full time and funded in full for 6 months. The successful applicant will be expected to immediately begin fundraising to cover a portion of salary, benefits, and program funds for continuation of the position beyond six months. The salary range is $40,000 to $45,000/year depending on experience and ability. Benefits are negotiable. The SFA will cover job related expenses. The executive director will be expected to work from her/his home and provide her/ his own computer and car. The successful applicant is expected to live in Minnesota.

The SFA of Minnesota is a farmer run, farmer-to-farmer information sharing network. There is a strategic plan in place with strategies and action items to guide the work of the state board and the executive director. There are currently nine place-based SFA chapters with more than 500 members. Each chapter has a board of directors. The state board is made up of one representative from each chapter with four at-large members. Please visit the SFA website at www.sfa-mn.org for more information about our organization.

To apply please send a resume and cover letter to Mary Hanks, SFA Secretary, 10500 – 295th St. W, Northfield, MN 55057 on or before August 10, 2009. For more information, contact Chris Kudrna at 320-202-1708, ckudrna@charter.net.
### Summer Events Calendar

**Jul 12** Hidden Stream Farm Grazing Workshop by Farming Beginnings – Elgin, MN. For information and to register, Land Stewardship Project’s Parker Forsell at (507) 523-3366 or parker@landstewardshipproject.org.

**Jul 14** Orchard Tour and Potluck – Gilby’s Orchard, Browerville, MN. For more information call (218) 296-6769.

**Jul 14** 2009 Inaugural North Dakota State University Organic Farming Field Day – NDSU Dickinson Research Extension Center, Dickinson, ND. For more information contact: Patrick Carr at (701) 483-2348 x143.

**Jul 15** A Sustainable Small Farm Experience - Seven Story Farm, Belle Plaine, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).


**Jul 17** Grazefest Minnesota 2009 – Grazier’s Forum & Supper featuring Greg Judy & Minnesota Grazing Specialists – Carlton County Fairgrounds, Barnum, MN. For more info contact Anne with SFA at (320) 226-6328 or communications@sfa-mn.org or visit www.sfa-mn.org.

**Jul 18** Grazefest Minnesota 2009 featuring Greg Judy – Sandy Hills Ranch & Fleece Force Flocks, rural Barnum, MN and Green Pastures Dairy, rural Carlton, MN. For more information contact Anne with SFA at (320) 226-6328 or communications@sfa-mn.org or visit www.sfa-mn.org.

**Jul 17-19** The Seed Savers Exchange’s 29th Annual Conference and Campout – Heritage Farm, Decorah, IA. For more info visit www.seed savers.org.

**Jul 19** Gardens of Eagan Workshop by Farming Beginnings – Gardens of Eagan. For information and to register, Land Stewardship Projects’ Parker Forsell at (507) 523-3366 or parker@landstewardshipproject.org.

**Jul 19** Cannon River/Hiawatha Chapter Farm Tour & Potluck – Finca Mirasol, Northfield, MN. On broilers & black turtle beans. For further information contact Kathy Zeman at (507) 664-9446 or kzeman@kmbw.net.

**Jul 27** Working Trees: Energy, Food, and More – Seven Mile Creek Park, St. Peter, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

**Jul 30** All About Aronias – SHEEK, Inc. CREP land, Sherburn, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

**Jul 30** Pasturing Goats on Small Acreage Workshop – Sherburn County, MN. For more information contact Tom Gervais (218) 720-5308.


**Aug 1** Urban Farm Tour – Duluth, MN. For more information visit www.lakesuperiorfarming.org.

**Aug 2** Season Extension with the Spickerman’s – Highbridge, WI. For more information visit www.lakesuperiorfarming.org.

**Aug 4-6** Farmfest 2009 “Agripreneurship Pavilion” – Gilfillan Estate, Morgan, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

**Aug 6** Pasture Plant I.D. & Watering Systems Workshop – Houston, MN. For more information contact John Zinn (507) 289-7454.

**Aug 8** Fresh Air Farms Multi-species Grazing Workshop by Farm Beginnings – Fresh Air Farms, Stearns County,
MN. For more information, contact Land Stewardship Project’s Nick Olson at nicko@landstewardshipproject.org or 320-269-2105.

Aug 10 Vineyard and Winery Tour – Winterhaven Vineyard and Nursery, Janesville, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).


Aug 11 Nursery Tour & Potluck – Rolling Hills, Pierz, MN. Call Kevin Happke (320) 468-2451 for more information. No cost.

Aug 11 Minnesota Strip Till – U of M Southwestern Research and Outreach Center (SWROC), Lamberton, MN. For more info contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

Aug 14 Prairie Horizons Farm Tour – Benson, MN. Registration required (By August 7th – Mary Jo Forbord, 320-239-4054 or Jill Sackett, 507-238-5449). No cost.

Aug 15 4th Annual Minnesota Garlic Festival – McLeod County Fairgrounds, Hutchinson, MN. For more information visit www.sfa-mn.org/garlicfest or contact Jerry Ford at jerry@marienne.com or (320) 543-3394.

Aug 16 Cannon River/Hiawatha Chapter Farm Tour & Potluck – Sunshine Harvest Farm, Webster, MN. On beef & poultry. For further information contact Kathy Zeman at (507) 664-9446 or kzeman@kmwb.net.

Aug 21 Agroecology Summit – Willow Lake Farm, Windom, MN. For more info contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

Aug 22 Natura Farms Workshop by Farm Beginnings – Twin Cities area. For information and to register, Land Stewardship Project’s Parker Forsell at 507-523-3366 or parker@landstewardshipproject.org.

Aug 29 Farm Fest – Two Harbors, MN. For more information visit www.lakesuperiorfarming.org.

Aug 30 3rd Crop Demo Plot Tour – Heritage Acres, Fairmont, MN. For more information Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

Sep 1 7th Annual Minnesota Cooks – Carousel Park, Minnesota State Fair. For more information visit www.minnesotacooks.org.

Sep 3 Native Prairie Seed Production - Timber Lake Wildlife Management Area, Wilder, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

Sep 10 U of M – Southern Research and Outreach Center Open House – Waseca, MN.

Sep 12 Harvest Festival & Energy Fair – Duluth, MN. For more information visit www.lakesuperiorfarming.org.

Sep 12 Fall Grazing Workshop, Red Tail Valley Beef, Granite Falls, MN. For more information visit www.sfa-mn.org/calendar.

Sep 12 University of Minnesota 2nd Annual Small Farm Expo – Jordan, MN.

Sep 13 Festival of Farms – Browerville/Long Prairie area, MN. Look for more details in upcoming emails or call Sue Peterson (320) 355-2980.

Sep 15-17 5th National Small Farm Conference: “Roadmap to Success for Small Farmers and Ranchers – Springfield, IL. See www.misa.umn.edu/Application_Information.html for more information about travel grants, or contact Beth Nelson, schre002@umn.edu, 612-625-8217.

Sep 20 Cannon River/Hiawatha Chapter Farm Tour & Potluck – Open Hands Farm, Northfield, MN. On market garden & hoop houses. For further information contact Kathy Zeman at (507) 664-9446 or kzeman@kmwb.net.

Sep 26 Hazelnut Field Day – Norm Erickson property, Lake City, MN. For more information contact Jill Sackett at Rural Advantage (507-238-5449 or sacke032@umn.edu).

Sep 26 Pieper Farms Workshop by Farm Beginnings – Caledonia, MN. For information and to register, Land Stewardship Project’s Parker Forsell at 507-523-3366 or parker@landstewardshipproject.org.
Meet Laura Frerichs

I grew up in Worthington, MN and although I didn’t grow up on a farm, I was a member of the FFA Floriculture Team and took many agriculture and horticulture classes in high school. The high school ag classes were mainly focused on agribusiness and conventional ag, and I never considered farming as a livelihood then. However, after college I became more curious about where our food is grown and worked on several local organic vegetable farms. I enjoyed the work so much that I was inspired to try it out.

In 2005, my husband, Adam Cullip, and I were given the opportunity to rent land and start an incubator farm at Gardens of Eagan in Farmington, MN. Obviously, it was a very good starting point for us to get farming experience and get established in a low-risk and low-cost situation before buying our own farm.

Last fall, we purchased a 40-acre organic farm just west of Hutchinson, MN. 2009 is our fifth year of independently farming as Loon Organics Farm and our fourth year running a CSA. We currently cultivate 8 acres of certified organic vegetables and provide for a 125-member CSA, the Mill City Farmers Market, and several restaurants.

Adam and I are both full-time vegetable farmers, and we have a stellar crew of three lovely young interns this year: Jaclyne, Kate and Katharine. They help us run the farm and keep us sane. In addition to farming I also do a bit of consulting and education on beginning farmer issues, vegetable start-up and production budgets.

I was first introduced to SFA when we began renting land and farming in Farmington, MN. We were invited to a meeting of the Cannon River-Hiawatha Valley (CR-HV) SFA Chapter. It was a great resource for us, and we slowly got more involved over the years. I was the CR-HV treasurer for a year-and-a-half and a youth farmer delegate to Terra Madre (Slow Food’s International Meeting of Food Communities) on behalf of the CR-HV SFA chapter in 2008. After we bought our farm and moved to Hutchinson, MN, we became members of the Crow River SFA Chapter.

I’m so grateful for SFA and all it does. Especially as beginning farmers, we benefited (and still benefit) greatly from the farmer-to-farmer networking, education, and support that SFA provides. I also LOVE that SFA is focusing on the next generation of farmers, and figuring out a way to support them in their efforts to improve our food system. I think that there is a very bright future for young and beginning organic farmers in Minnesota, and SFA and other local farming organizations are crucial to our success. It would be a lonely journey without you!

CornerPost Classifieds:

- Hay For Sale, Transition Alfalfa, Big rounds and 3x3x8 square bales. Hutchinson, MN, Contact Glen at (320) 310-0879.
- Looking for a bag of 65 day grazing corn. Nelson, MN. Contact Larry at larryandlora@hotmail.com or (320) 852-7038.

Email communications@sfa-mn.org or call (320) 226-6318 to submit your classified ad to the CornerPost.
mission: we support the development and enhancement of sustainable farming systems through innovation, demonstration, education and farmer-to-farmer networking.