

Journal for the Certified Organic Associations of BC - Spring 2012 Volume 15, Issue 2 (\$5.00)





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### **BC Organic Grower**

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### President's Letter

Motivation is the art of getting people to do what you want them to do because they want to do it.

Dwight David Eisenhower

Reflecting on the past year, I am sure pleased with the progress that the COABC has made. When elected into our roles last year, the executive of the COABC Board of Directors really



connected and I am excited that the board has given us an overwhelming mandate to continue in our positions for another year.

We want to continue making the COABC stronger. In 2011, we opened the lines of communication with the government and the BC Agriculture Council. For the coming year, we will focus on creating better communication channels with our producer membership and work with federal and provincial governments to improve the labeling issue for organic.

As I reflect on the 2012 COABC conference and AGM in late February, I am brought back to the "seed room," a place of solace and new beginnings. In this room we celebrated Robin Wheeler's love of seed preservation. Robin passed away shortly before the conference and she will be sadly missed. As you plant your seeds this year think of Robin and about what those seeds can do to bring new life into the COABC.

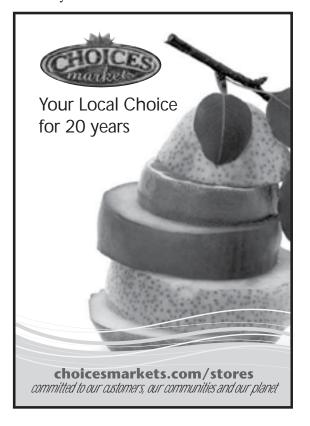
I was pleased that Adrian Dix and Lana Popham participated in welcoming everyone to the COABC Innovation conference in Chilliwack, and stressed the NDPs commitment to funding an Organic Extension officer should they be elected.

This month, I attended two great functions on behalf of COABC. The first was the launch of the Agrifood Strategy in Abbotsford where the COABC was recognized as a full part of the agriculture plan. I am looking forward to meeting with the BC Agriculture minister again this spring and continuing our work to build the COABC's relationship with policy-makers.

The second was a forum on Food Sovereignty in Cawston where Colleen Ross, the vice president of the National Farmers Union, was a guest speaker. I was invited by the MLA for the area and former Federal Agriculture Critic, Alex Atamanenko.

I believe that the COABC is a strong organization that works hard for our membership. The future of COABC is in the hands of the directors, a responsibility that we take very much to heart. We do not work in isolation but in partnership with each other. We do this work willingly because we think we can make a difference and our belief that growing organic is "Good for You, Good for the Environment."

On behalf of the directors, Mary Forstbauer bcbiod@yahoo.ca



## Administrator's Report

By Jen Gamble

The COABC Conference always provides a nice balance of practical and inspiring sessions to energize participants. In addition to the information presented in sessions, the conversations that transpire provide valuable insight



to the organic sector. This is a perfect opportunity to hear the needs and concerns of members from across the province firsthand. Some of the many topics explored included communications, small-scale certification and funding sources.

Communications reoccurred as a common thread between many topics. Improved communications on multiple of levels including between the COABC, Certifying Bodies (CBs), Verification Officers, and CB members was identified as a solution in a variety of contexts. The COABC board has also seen this need and is currently working on a plan to enhance sector communication.

Another pressing concern is the loss of small-scale producers within certification programs. The COABC applied to the Investment Agriculture Foundation for a grant to begin addressing this trend. The project will explore, through discussion and consultation, barriers to certification and possible solutions that could be implemented in the BC framework. The application has just been approved so watch for more information in the coming months.

Finally, the ever present issue of funding was also much discussed. Fortunately, there are some new funding opportunities currently available for small growers and innovative projects. Vancity, our conference diamond sponsor, has created a new loan program for Small Growers in order to contribute to a sustainable local food system. Also, the Ministry of Agriculture in partnership with Growing Forward has created the Agri-Innovations Fund to support innovations in agriculture. These, along with the Organic Sector Development Program, now in its final year,

#### www.certifiedorganic.bc.ca

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**Facebook: Certified Organic Associations of BC** 

### Last Quarter Achievements

- Attended the Pacific Agriculture Show
- Finalized 2011 year end financials
- COABC 2012 Innovations Conference held Feb 24th Feb 26th, in Chilliwack,
- Secured project funding for Small-Scale Certification consultations through the Investment Agriculture Foundation

are opening opportunities for continued growth of the organic sector.

This is only a sampling of the rich conversations that characterized the 2012 conference. Discussion and feedback guides the organization in an appropriate direction for our membership. Connecting to the membership enhances the ability of the COABC to better represent the organic sector. So thank you to everyone for the conversations and remember, tell your COABC board representative your organic priorities and then volunteer to help bring them to fruition.

A special thank you goes to our valued sponsors. Please take the time to let them know you appreciate their support of the COABC. A number of organizations provided support for the 2012 conference.

- Agri-Innovations fund and Nature's Path supported our keynote speaker, Humberto Rios Labrada.
- Organic Grocer and Salt Spring Island Coffee Roasters sponsored our Saturday night entertainment, the Jose Sanchez Cuban dance band.
- The Growing Forward Agri-speakers fund covered our farm business speakers.
- Our COABC Sponsors Diamond: Vancity; Gold: Horizon Distributors, Organic Grocer; Silver: Que Pasa, Discovery Organics, West Coast Seeds, Askew's Foods, Left Coast Naturals, Eatmore Sprouts, ProOrganics; Bronze: Choices Market and Nature's Fare.

The conference coordinators, the conference committee and the numerous volunteers also deserve many thanks for countless hours they dedicated to making the 2012 conference a success.

### Editor's Note

Welcome to the spring issue of the BC Organic grower – full of new ideas to get you started in your growing season. From root health of fruit crops, to farm worker conditions, to amazing mushroom crops, this issue takes us on a journey through the many unique elements of organic farming in our province.

If you were unable to join the Certified Organic Associations of British Columbia for our yearly conference and AGM, or even if you were able to soak up many of the

able to soak up many of the amazing presentations, this issue brings forth articles by several conference presenters.

Jessica Dennis provides us with information about biochar, one of the new buzzwords in organics over



Andrea Langlois, editor



moss dance, layout

the past few years. This substance has many potential benefits and research at UBC Farm, in Vancouver, helps to shed light on carbon sequestration and potential increased yields.

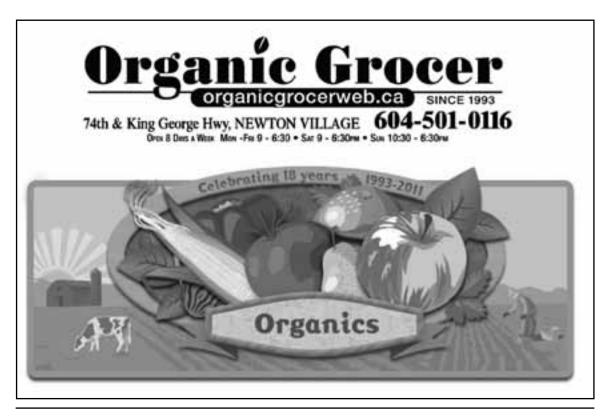
Doe Gregoire and Jordan Marr each put pen to paper to highlight initiatives to make farm worker and apprenticeship experiences better. Add to this Sara Dent's musings about creating a young farmers movement, and we have a few of the ingredients for a more sustainable workforce in organics.

And, Jeanette Lee provides tips and resources for getting started in growing herbs and botanicals, an important market that is not often discussed.

I hope that between the many chores, raindrops and all other bounties that spring provides that you will have the opportunity to add a few more ideas to your approach to growing this season.

As always, ideas and letters welcome at:

deditor@certifiedorganic.bc.ca



# 2012 COABC Conference









#### Photos (clockwise from left)

Humberto Ríos Rodriguez shared stories of innovative agricultural renewal in Cuba using creative presentations, including music!

Robert Hettler's self-designed pedal-powered "straddle buggy" used for weeding and transplanting. Weeders lie on their stomachs to work while moving forwards or backwards with the pedals.

The Thomas Reid Farms clan enjoys the lively Saturday night banquet.

Dancers enjoy the sounds of Cuban music at the Saturday evening banquet.







**Top:** Seed tables provided an educational diversion between workshops with hands on seed-cleaning demos. Notch Hill Organics brought un-processed Purple Dragon carrot seed to work with.

**Centre:** Arzeena Hamir from Richmond Food Security, along with Tamara Bonnemaison and Shauna Gavigan from Yarrow Ecovillage presented workshops on community farming.

**Bottom left:** An enthusiastic crowd of young volunteers from Chilliwack.

**Below:** Mary Forstbauer presents the Founders' Award to Robert Hettler, one of the COABC's original members. Robert and Kathryn have operated Pilgrims Produce in Armstrong, BC for 21 years. He is renowned for his ability to Innovate using found objects and salvaged materials. He uses these discarded materials to create practical tools, such as: carts, tables, wheelbarrows, a market stand trailer and his straddle buggy (opposite page) which enables farmers with back and knee problems to weed and transplant in comfort.



Find out about the 2012 COABC Directors on page 15...

### FARMER FOCUS



By Spring Gillard

Jules Hou and his family, including his parents, immigrated to Canada from Taiwan 17 years ago. When they arrived in BC, farming offered the simplest path to a new livelihood. Back home trees and plants were prized commodities, so they decided to start a nursery. Jules had a biology background, but no farming experience. He had worked in a chocolate factory before emigrating.

The family struggled to make a go of it and Jules' parents weren't acclimatizing that well. They were living in Langley, far from the urban amenities that they were used to in Kaohsiung City. They especially missed the food – one regular menu item in particular, fresh mushrooms.

"My grandpa loves mushrooms," says Jules' son, Hao-Che. His father doesn't speak much English, so he is telling me the story.

In Taiwan, fresh shiitake mushrooms are an everyday occurrence, eaten in countless dishes and delicacies. They are also thought to have medicinal properties. Jules' mother suffered from hyperglycemia and several other ailments, her naturopath back home had pre-

scribed shiitakes to increase vitality. Trouble was they could only find imported varieties from China that smelled bad (a sign that they are not fresh) or dried ones, even in Vancouver's Chinatown, which was flourishing back then. Jules saw a market opportunity and a way to give his parents something that would make them feel like they belonged. He decided to start a mushroom farm, again with no experience.

They sold the nursery and began to look for an existing farm, but all the farms at that time were growing button mushrooms, a very different mushroom and a different process. Shiitakes grow on trees or decomposed wood, whereas button mushrooms are grown in soil and need manure and a lot of chemicals. Fortunately, they finally found a shiitake farm, owned by a Japanese grower who was planning to retire. He mentored them but the process was much more complicated and time consuming than they had anticipated.

"It was all done by hand back then, we had no machinery," says Hao-Che. After school, he and his younger sister would have to make up to 16 mushroom blocks. That's the first step in the process of growing woodbased mushrooms like shiitake. The children would mix sawdust and wheat bran together, shaping and pressing it into blocks, each block the size of a shoebox. It took a year before one block would start producing. When Jules took over the farm, the previous owner had seven or eight customers, but they ended up with only two or three who actually bought from them.

"We didn't have a heater or cooler. We'd have to look to the sky to see what the weather was going to be like, what the conditions were," says Hao-Che. Jules travelled to Taiwan, Japan and China to learn more about growing mushrooms. Problem was, the weather there is very warm and the growing conditions are very different. More problematic was that there was no one person to go to, in Asia each farmer specializes in one procedure. You have to learn from a different master at each stage of production. And the process for growing different mushrooms also varies.

For shiitakes, after the blocks are sterilized in a kind of pressure cooker, they are taken out to cool. Then each cube is inoculated with a mycelium strand, the fungus that grows the fruit or mushroom. During the spawning stage, the mycelium grows throughout the entire cube. The cube starts out brown-coloured, looking like wet wood, and by the end of the spawning stage (about six months), the cube is white.

After spawning, the cubes are taken to the flushing barns. Hao-Che tells me that the buildings where the

### In Memory of a loving mother and grandmother Hou Ma Mei-Jen 1920-2012

mushrooms grow are kind of hybrid – part barn, part greenhouse – and have a steel frame with plastic covering. Inside, with the humidity, temperature and lighting all controlled, the mushrooms begin to grow. The first flush (harvest) happens after about two weeks, then every four weeks after that. There are three to four flushes for each cube.

Hao-Che admits it was a tough ten years with a huge learning curve for his father. To make it even more challenging, he decided to grow organically. It didn't make sense to Jules to add chemicals when this was really about providing natural medicines for his mother. There were no organic mushroom farms in BC at the time and it was not a common practice in Taiwan either. Conventional mushroom farmers were critical and local health authorities made frequent inspections. Nevertheless they persevered and the farm is now cer-



tified by the Fraser Valley Organic Producers Association.

The plant now occupies about three of the 16-acre farm. Over the years they have renovated and added new buildings, moving from hand production to automated production. They have around 30 regular staff, including scientists who maintain the mycelium strands, as well as agricultural interns and WWOOFers.

Asia Pacific Farm is now the largest Canadian producer of high quality, organic, specialty mushrooms, growing eight different varieties of mushrooms including shiitake, oyster, reshi, pompom and King Oyster. They sell to a number of wholesale distributors as well as to high-end Japanese restaurants like Tojo's and Zest in Vancouver. Thanks to these organic mushroom pioneers we have fresh, health-giving mushrooms on our plates year round.

#### www.apforganic.com

Spring Gillard is a communications consultant, SFU sustainability instructor and author of Something's of Food (Smashwords Edition 2011). She blogs at www.compostdiaries.com.





Below: Owner Jules Hou. Credit: Asia Pacific Farm (both images)



### In Memoriam:



This altar was set up at the COABC conference in Chilliwack. It was such a blessing to have it close by, as we worked, presented, and networked. Thank you Robin, for sharing of yourself and your wisdom. ~ Mojave Kaplan

By Susan Davidson

R obin Wheeler was a writer, food policy activist and long-time Sunshine Coast resident. She was the founder of the One Straw Society and the Sustainable Living Arts School and taught a variety of classes on her property in Roberts Creek. She contributed regularly to the COABC listserv, making wise and pithy comments on all manner of subjects.

Robin was part of the BC Seeds steering committee, passionately insisting on teaching best practices for community seed saving as part of their strategy for local food sovereignty. Her manual "How to Grow a Community Seed Collective: A Community Template for Seed Saving" is available from Farm Folk/City Folk.

As Michael Maser wrote in the Coast Reporter: "Robin sparked at least six projects in the past dozen years that turned into major works of creation on the Coast... Each one touched dozens of others and fired countless mini-projects, including in our household. She wrote two books (Gardening for the Faint of Heart and Food

Security for the Faint of Heart published by New Society Publishers), led workshops and marshalled an impressive library of books and resources to spur on budding organic gardeners and sustainability pioneers.

"She was an auto-didact. That is, she taught herself everything she wanted or needed to know... She was a pioneer herself who turned an unimpressive swatch of raw land into a model, working garden, driven by a can-do attitude and 'sprite-ful' spirit."

And it is that endearing "sprite-ful" spirit, the gaggle of giggles and the can't-not-do-it comrade of action that embroider my most cherished memories of Robin. At the COABC conference we paid tribute to Robin by passing along packets of medicinal seeds donated by Bigfoot Herb Farm. Some folks in East Van are starting a Memory Garden there. I will continue to plant and save seeds from the orange calendula that capture for me the essence of her generosity, stamina and wisdom.

### A Shower of One's Own:

### An Affordable Solution for Bringing up the Standards for Canadian Farm Worker Accommodation



By Doe Gregoire

Today farmers are asked to follow so many regulations and as an organic grower it is even greater given the additional certification requirements for marketing their products using the organic label. So when the topic comes up about farm worker's conditions and accommodations it is just one more aspect to understand, implement and face.

The idea that having to provide basic amenities for the farm laborers would be a financial strain is a fallacy. Because farm workers are faced with uncertain employment throughout the season they tend not to want to rent anything in case they have to move on to anther location for employment.

Accommodating workers can be accomplished simply and cost effectively. Providing washing facilities for their workers is an act of due diligence on the part of the farmer that protects the farmer, farm worker and, ultimately, the consumer.

Farmers are, for the most, part very resourceful when it comes to keeping equipment running and providing shelter for the machinery. Taking care of farm workers is another essential component to an efficient farm.

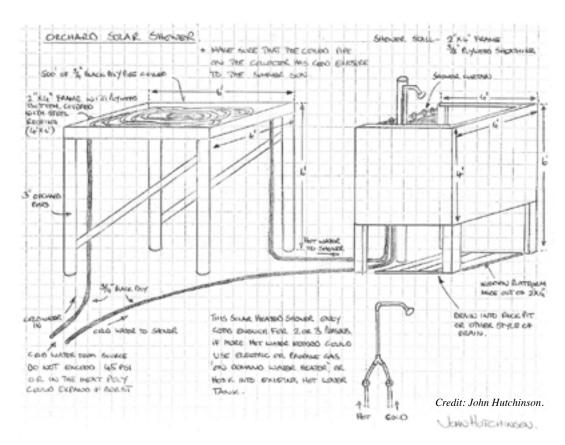
As you already know, farm workers provide a means to bring in a harvest, weeding or planting the season's crop. It is a job that requires many hands. Some jobs on the farms require a few days, some a week, or the job could last a whole season. No matter how long the workers stay on the farm they should be able to wash up after using the washroom facility to prevent any bacterial contaminant. After a day's work there should be a shower available to clean off the soil or any residues on them as a preventative measure.

I understand that larger farms, 20 acres or more, already provide accommodations for their workers. There tends to be a lack of accommodations, amenities or hot showers on the smaller farms of five, 10, and 15 acres. A number of these farms may need workers for a particular crop like cherries for instance. The farmer may feel it is too much of an expense to provide facilities for a short time; however WorkSafeBC feels differently about this.

Concerns about accommodating farm workers have been around for quite some time. The individual farmers who haven't already made an effort should understand that since January 1, 2005 there are certain regulations in place through WorkSafeBC to provide washing facilities if the farmer is using organic or non-organic pesticides on the farm. WorkSafe cites the following regulation: Part 6 substance specific requirements site - wash and shower facilities 6.95 sub sections 1(a) (b) (c) and sec 2., Employer's responsibility sec 5.82. (For more information please refer to www.worksafebc.com).

The basic amenities can be provided with an outhouse, porta potty or composting toilet, potable water using a sink with good drainage for hand washing, cleaning after meals and a hot-water-on-demand shower built

### "The idea that having to provide basic amenities for the farm laborers would be a financial strain is a fallacy."



outside with nothing more than one sheet of plywood, some 2x4's and a palette. (See illustration for instructions on how to build one easily.)

As long as you have propane and a source of water you have an endless supply for hot showers and dish washing. A simple grey water drain is sufficient for these. Most farm workers are willing to camp on the farm with a tent as long as they have some sort of washing facility, so a cabin is not that necessary.

The longer the farm workers are needed to be employed the more sophisticated the accommodation needs to be. Cooking facilities can be supplied with buying a second hand travel trailer which already is equipped with a propane cook stove/oven and sink and if you provide electricity, a small fridge in the trailer is a bonus. Some trailers have ice boxes that work just as well some even have built in showers.

These trailers will accommodate up to two or three people for a place inside to eat their meals and a simple bed for one or two people. These trailers come in different sizes and costs. A small one would start from \$250 and up. A hot-water-on-demand unit can range from \$300 to \$1200 depending on energy source and output. You can find numerous types of tankless water heaters online or at your local hardware store.

The initial cost and ongoing expense of propane and electricity is all deductible to the farmer for tax purposes. The adage that one hand washes the other gives an advantage when providing amenities for the farm worker. When the farmer shows that he is willing to provide accommodations for his/her workers there is usually no shortage of workers wanting to work on your farm and the workers feel better about doing a good job.

It has been a long time coming for changes in the Similkameen and Okanagan Valleys and these concerns may also exist elsewhere. The attitude that the workers will come regardless of conditions does not apply and work in the orchards and fields without basic amenities is no longer acceptable.

While regulations exist for housing and ammenities for migrant workers, we should also be providing similar standards for Canadian workers.

Providing for farm workers legitimizes their positions and gives respect to those who do a job that many people won't do. Conditions on the farm should reflect the era in which we live, when all workers deserve dignity and adequate accommodations and facilities.

Any ideas or question on this subject may be directed to Doe Gregoire at:

#### fourwinds@nethop.net

Doe Gregoire is Chair of the Similkameen Farmworkers (campground) Society. She has been a certified organic farmer/orchardist since 1988.





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### **New City Market**

### Seeks Feedback for Draft Business Plan

By Gilian Dusting

New City Market (NCM) is a Vancouverbased project in development that aims to create better connections between local food producers and local food consumers. The NCM envisions a welcoming place where local-food organizations, farmers, educators, chefs, consumers and people of all ages and walks of life can learn about, be nourished by, and help strengthen our local food system.

The project team currently seeks feedback to refine the NCM draft business plan. The draft plan outlines a multi-use facility that would include a year-round, twice-weekly, indoor-outdoor farmers' market, a commercial kitchen, a food storage and distribution centre, and office and event rental spaces.

The New City Market would support and augment Vancouver's existing neighbourhood farmers' markets. No site has been committed although site assessment work is underway.

The NCM Steering Committee includes representation from the City of Vancouver, Vancity and Vancouver Farmers Markets. An advisory committee will include rural and urban farmers.

The NCM draft business plan is available for public input. Your thoughts and suggestions are welcome at:

www.newcitymarket.org



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### YOUNG AGRARIANS

### Germinating the Next Generation of Farmers

# What is a Young Agrarian? A novice or beginner. A new entrant into agriculture.

By Sara Dent

Young Agrarians are the movers and shakers of a new agrarian movement – rural and urban farmers, market and community gardeners, community groups and academics, politicians, the public and supporters who want to rebuild, promote and inspire the agriculture of our country.

The vision of YA is to inspire and connect the next generation of farmers across Canada. We want food policy to move from mapping the issues and resources to putting seeds in the furrows and agrarians on the land, whether that's a 100-acre field or a vacant lot in the middle of the city. The next generation of farmers will come from the apartment buildings of Toronto, the fields of Saskatchewan, the shores of Nova Scotia, the orchards of British Columbia – and everywhere in between.

The idea for Young Agrarians germinated at a meeting with the National Farm Union's (NFU) Youth Network Spring 2011 on Vancouver Island. Myself, Seann Dory (SOLEFood Farm) and Derek Shanahan (Food Tree) heard from NFU members about the isolation and issues many were facing, and the need to have more impact in terms of reaching out to the public. Participants responded excitedly when we brought up the idea of a Greenhorns (national young farmers movement in the U.S.) type project for young farmers to connect and tell their stories in Canada.

Later in the year, Seann Dory approached me to take on this project, and since then, we have managed to garner a lot of positive support. Young Agrarians has found a home at FarmFolk CityFolk, a Vancouverbased organization focused on sustainable, community-based local food systems. We have formed an advisory committee made up of allies and farmers, and are growing the network of individuals and organizations involved.

My belief in the power of people to build healthy communities and food systems has fueled my involvement





PHOTOS - Top: Devon Urwin & Kristi Linneboe at Cottonwood Community Garden, Vancouver. Above: Kim Watt & Ms. Chicken, Linnaea Ecological Garden Programme Alumni, Cortes Island Opposite page: Damon Chouinard & Leah Justine Barlow at White Crow Farm, Slocan Valley. Credit: Sara Dent

"We know that in BC alone, less than five percent of farmers are 34 and under, and more than 50 percent are 59 and older. We need young people to start growing food, especially with peak oil looming and the impacts of climate change."

with YA. I began farming in 2005. With little money to spend on a "real vacation," I headed out WWOOFing and ended up falling deeply in love with the land and with growing food. In 2008 I took the Linnaea Ecological Garden Program (Cortes Island) and studied organic farming methods and permaculture design. Since then, I've visited and photographed many food systems and farmers. I believe that if more people knew how beautiful farming is - they would better support the people doing it, and maybe even take up the art of growing food themselves.

Since soil and plants are the "new sexy" for me, my mission has become to get the following message out to as many people as possible: reconnect with the land and to your food supply wherever you are, and we'll build a better, more self-sustaining culture.

The Young Agrarians project has big goals. We want to build vibrant on-line and off-line communities to celebrate, inspire, diversify, network, share resources and connect the work we do together. We want to map out our food system and resources, starting in BC and

### Find Young Agrarians Online:

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"The Last Supper?" Linnaea Ecological Garden Programme Students & Farm Stewards, Cortes Island, 2008. Credit: Sara Dent

going national next year. YA hopes that the media will take notice and help us reach out to the mainstream.

There could be a financial benefit to this as well – broadcasting good stories about local young farmers could help them to connect with new markets. And, we want to weave the stories of young farmers from coast to coast into a colorful mosaic.

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Young Agrarians isn't about recreating what already-exists. We're focused on making visible what people are already doing, with the goal of drawing new young people into sustainable agriculture. We know that in BC alone, less than five percent of farmers are 34 and under, and more than 50 percent are 59 and older. We need young people to start growing food, especially with peak oil looming and the impacts of climate change.

When you start researching the food security resources out there, from farmers to organizations and their allies it is truly impressive how many resources have been established to support sustainable food production.

Young farmers also need mentors. It's the farmers out there that have been doing it for years that were and are still the trailblazers. We need you for the next generation of farmers to learn how to become food producers. We also need models for working together, starting businesses, accessing land and making farming viable for the next generation. We're looking to collaborate on building the next generation of sustainable agriculture practitioners.

Please get involved! We are looking for collaborators around the province to host events, to reach out to young farmers, and to build the network. If you are active in your community, and want to host Young Agrarians events, please get in touch.

Sara Dent is an urban gardener, permaculture educator and designer, facilitator, photographer and project manager. Visit her websites at saradent.ca and farmlove.org

### **AAFC Gets to the Root**

### of Organic Fruit Crops in BC

By Andrea Muehlchen



**F** or any crop plant, healthy roots are the foundation for sustainable, high quality yield. Healthy roots are dependent on healthy soils that are biologically active, have a porous, stable structure, and high water-holding capacity.

In organic perennial fruit crops, soil health can be manipulated through irrigation and the application of organic materials and organisms. At Agriculture and Agri-Food Canada (AAFC) in Summerland and Agassiz, BC, researchers Dr. Gerry Neilsen, Dr. Denise Neilsen, and Dr. Tom Forge are examining the use of these strategies to improve soil and root health of four important fruit crops: apples, grapes, blueberries, and raspberries.

Mulches serve many purposes in organic production systems: they control weeds, alter soil properties, and influence soil biology. The team of BC researchers explored the use of mulches of shredded paper, composts, alfalfa hay, and polyethylene fabric under apple trees and compared them to conventional weed-free bare soil. Their findings suggest that the abundance of protozoa and beneficial nematodes, and the consequent cycling of nutrients, were greater under organic mulches when compared to bare soil or plastic mulch. Additionally, root growth was increased under mulches, and populations of the damaging root lesion nematode appeared to decrease under some organic mulches and increase under plastic mulch.

In a study on apples led by Denise Neilsen, the effects of reduced irrigation and crop load on root growth and parasitic nematode populations are being examined. Root growth is being studied with minirhizotrons: clear acrylic tubes inserted in the ground through which a special camera photographs root growth. With climate change expected to reduce water availability, using less water is important for both organic and conventional fruit growers. Reducing irrigation may also result in healthier root systems and more resilient crops.

Replant disorders can result in poor establishment of new orchard plantings and subsequent yield reductions, and are a particular problem for organic growers, who are unable to fumigate the soil and apply chemical fertilizers at planting. Dr. Louise Nelson and Molly Thurston of UBC Okanagan, in collaboration with Gerry Neilsen, are exploring the use of composts in the planting holes of trees and the application of bacteria to the roots to improve orchard establishment. Some bacteria can improve plant growth by increasing nutrient availability, producing plant hormones, or reducing the effects of plant pathogens. The current focus is on phosphate-solubilizing bacteria.

Replant disorder is also a concern for raspberry growers in the Fraser Valley, where pathogen buildup necessitates frequent replanting. Current practices of

Continued on page 23...

# BIOCHAR

# Amending for soil quality and carbon sequestration

By Jessica Dennis

"Biochar may represent the single most important initiative for humanity's environmental future..."

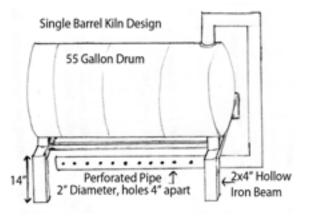
#### Tim Flannery

The term biochar emerged just over a decade ago and has been gaining momentum since. As the quote above illustrates, many have high hopes for biochar, but the extent to which these hopes will be realized remains to be seen.

The current interest in biochar was spurred by the discovery of the Terra Preta soils, or the dark earths, of the Amazon. The Terra Preta soils are highly fertile compared to their similar neighbouring soils, and this fertility is attributed to high levels of charcoal found in the Terra Preta soils resulting from the practices of pre-colonial Indigenous societies. Despite the new term, charcoal has long accumulated in soils around the world as a result of human activities, unintentional and intentional, as well as from natural fire events.

Biochar is defined as charcoal produced from biomass, specifically for use as a soil amendment. It is produced by pyrolysis – the heating of biomass at a high temperature in the absence of oxygen.

Pyrolysis technology can vary from a simple farmscale kiln to a very complex industrial design. Pyrolysis produces three products: bio-oil, gasses, and biochar. Depending on the level of technology, the bio-oil and the gasses can be captured and are a source of renewable energy. The raw biomass used to make biochar is termed feedstock and, ideally is sourced from a waste stream. For instance, wood scraps, windfalls, crop wastes, pruning scraps, nutshells, city yard waste, manure, or paper mill sludge could be used to produce biochar. The properties of biochar vary depending on the feedstock and the pyrolysis temperature.





Above: The diagram of Fraser Common Farm's biochar kiln. Below: The kiln uses pyrolysis to create biochar from a variety of fodder.

There are two main reasons that biochar is used as an agricultural soil amendment. The first is the potential for improved soil quality, which is linked to improved crop yield. The benefits of biochar derive from its very high surface area and porous structure. The high surface area, and the chemical properties of that surface, can increase the soil's ability to retain and make plant nutrients available.

The high porosity can increase soil water retention. Biochar's pore spaces also become quickly colonized by soil microorganisms that contribute to beneficial microbial activity. A review of the literature on biochar trials shows that yield can increase from 10% to over doubling productivity. The yield results of bio-

char trials are highly varied as a result the original soil type/quality, climate, trial design and the specific biochar's properties. There are few reports of biochar having a negative impact on crop yield, and the negative impacts have typically been associated with very high levels of biochar.

The second rationale for applying biochar to soil is that it can contribute to the mitigation of greenhouse gasses through the sequestration of carbon. The pyrolysis of organic matter alters its chemical structure, resulting in a concentrated form of organic carbon that is resistant to decay.

Once biochar is in the soil, research has shown that the carbon can remain sequestered for centuries or up to thousands of years. Carbon added to the soil by compost or plant residues has a much shorter turnover rate and the carbon is released back into the atmosphere. As a result of its resistance to decay, biochar can sequester carbon in the soil for long periods of time, thereby actually removing carbon from the atmosphere and contributing to the mitigation of climate change.

It is important to note that the use of biochar is not meant to be a replacement for compost. Most biochars add little in the way of available plant nutrients and are used more as a soil conditioner than a fertilizer. Many research trials have found that biochar added with a fertilizer had a greater impact on yield than the biochar alone or the fertilizer alone. Therefore biochar and compost may have a synergistic effect when added together.

The implementation of biochar as a soil amendment is a relatively new practice and there is not yet a set of standards or regulations for applying biochar in agricultural soils. Researchers and organizations such as the International Biochar Initiative are currently developing best practices and regulations.

In terms of application, a rate of 5-10 t/ha is recommended, the biochar should be ground to 4mm or less, and it should be turned into the topsoil. Dry biochar dust is an air pollutant, hazardous to inhale, and can be explosive, so it is best to work with moistened biochar.

### Five major potential benefits of biochar:

- Improved soil quality, especially on degraded lands
- Increased food production and food security
- Reduction of atmospheric CO2 through soil C sequestration
- 4. Production of renewable energy from the pyrolysis process
- 5. Redirection of biomass waste streams

Challenges lay ahead in figuring out how to best work with and apply biochar to avoid dust inhalation and air pollution.

Biochar can be made on site using a small pyrolysis kiln or it can be sourced from a supplier. Producing biochar on site has the benefit of recycling organic residues within a system, but there are definite challenges to homemade kilns. Increasing research and experimentation is being conducted on farms that will hopefully lead to a safe and efficient design for small farms or perhaps regions to share.

Sourcing biochar off-farm can be advantageous because large pyrolysis units are efficient, the bio-oil can be collected, large quantities can be produced, and the quality controlled. There are many emerging biochar companies, including in British Columbia, however availability may not yet be public and the cost is not yet determined. Economics may be a hurdle for the implementation of biochar, and many proponents of biochar are turning to carbon markets as a potential method for increasing the value of biochar added to agricultural soil.

### Key points from survey of biochar trials:

- Biochar has been shown to increase crop yields for a variety of crops: grains, legumes, grasses and vegetables especially when used with fertilizer, and especially on acidic, degraded, low fertility soils.
- Biochar used alone may not have a measurable impact on crop yield.
- Negative impacts of biochar have been found with very high application rates – there is an upper limit.
- Biochar amendments may take more than one growing season to take effect and may last more than one season.
- Field trial results are specific to the type of biochar used, the climate, and soil type and will not necessarily translate to a different context.

Biochar has three major interrelated potential benefits to soil quality:

- Improved nutrient retention and availability
- 2. Improved water retention and water availability
- 3. Improved soil microbial activity

Biochar has many potential benefits but there remain many unknowns. Over the 2011 season, the Fraser Common Farm Cooperative (FCFC) in Aldergrove began producing biochar in a small kiln and experimenting with potting mix applications and established a field trial. FCFC plans to continue its research over the coming season and hopes to contribute to a greater understanding of the impacts of biochar on yield, on soil properties, of production and application methods, and of the overall feasibility of incorporating biochar as a management practice into small scale organic agriculture in British Columbia.

For further information on biochar and the research at FCFC, the Biochar Manual for Small Farms in BC is available online at:

#### https://sites.google.com/site/ fcfcbiocharmanual

Jessica Dennis has farmed with Saanich Organics and at the UBC Farm and is currently completing the final year of a Bachelor of Science in Agroecology at the University of British Columbia.



**Special thanks** to the Pacific Institute for Climate Solutions, Fraser Common Farm Cooperative, Farm Folk/City Folk, Community Farms Network and Dave McCandless for making this project possible.

...Continued from page 19

fumigation and leaving the soil bare over the winter may be contributing to nitrate leaching into groundwater. Forge is looking at organic alternatives to fumigation, with the goal of improving overall soil health.

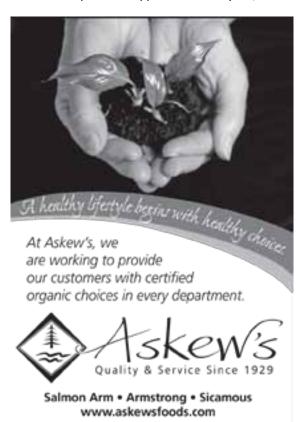
Trials compare the use of a fall cover crop and spring applications of manure and compost to fumigation. He is evaluating crop growth and the buildup of plant pathogens, particularly root lesion nematode, and monitoring nitrate leaching. Preliminary results indicate that the cover crop reduces leaching. The fumigated plots have the best growth and fewest nematodes, indicating that pathogens are truly a problem, but compost and manure also reduced nematodes and increased growth. Forge says the next step is to look at a combination of a fall cover crop, spring application of compost at planting, and immediate seeding of a between-row cover crop to take up any extra nitrogen.

The AAFC team is also comparing different rates of fertilization and irrigation, manure applications, and the use of annual and perennial between-row cover crops in an established raspberry crop. They are looking at nitrate leaching and soil health factors including fungal and nematode pathogens, earthworm numbers, and soil structure. Although little data is yet available, the cover crops do not appear to reduce yield, a con-

cern that has kept them from being widely adopted. Nematode pests of blueberry and grape are of increasing concern in BC. Forge has discovered a new nematode pest, Paratrichodorus renifer, on blueberries in the Fraser Valley. In microplot studies, populations of the nematode increased rapidly and caused a 30% drop in growth and yield. Forge and the Neilsens are also looking at the effects of irrigation and nitrogen inputs on ring nematode, a nematode they have demonstrated to be damaging to grapes. Higher nitrogen and greater irrigation tend to increase populations.

While agricultural practices are usually aimed at optimizing short-term yield, research is needed to determine if these techniques are conducive to maintaining long-term crop health and productivity. Sustainable soil and root health continues to be a goal of the research conducted on perennial fruit crops at AAFC.

This article was written by Andrea Muehlchen on behalf of the Organic Agriculture Centre of Canada (OACC) with funding provided by Canada's Organic Science Cluster (a part of the Canadian Agri-Science Clusters Initiative of Agriculture and Agri-Food Canada's Growing Forward Policy Framework). The Organic Science Cluster is a collaborative effort led jointly by the OACC, the Organic Federation of Canada and industry partners. For more information: oacc@nsac. ca or 902-893-7256.





### Linking Sustainability with Health

#### **Growing Herbs and Botanicals for the Natural Health Industry**

By Jeanette Lee

The natural health industry covers a variety of products such as supplements, tinctures, ointments, salves, teas, food, toothpaste, soap, shampoo, pet food, medicine and care products. Natural health products are made from natural sources that offer the end consumer health and wellness benefits.

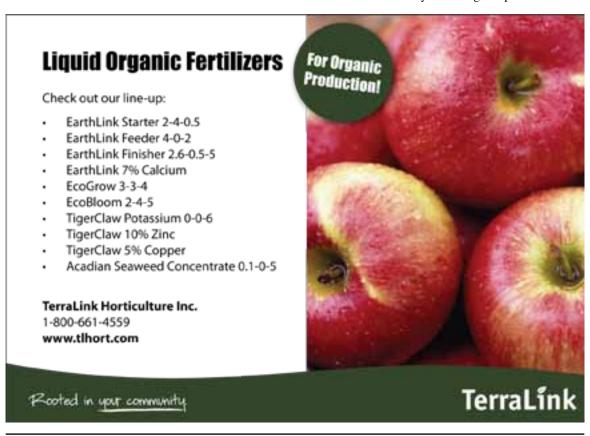
#### Getting started in growing for this market

If you are considering growing herbs and botanicals there are several things to consider. First is the important question of what is in demand. What should you grow? Visit your local health store and look at product labelling – this will give you a list of plants used by manufacturers because natural health product manufacturers are required to list all plants on the product label. These plants are always listed using botanical names to ensure correct plant identification. As a

grower, you must be able to absolutely identify (by the botanical name) all herbs and botanicals that you are growing and selling.

From your visit to the health store, you should now have a long list of plants that are in demand. The next step is to develop a short list by looking at what plants are best suited to your growing zone and land base/habitat.

Many medicinals can be field grown, and if this suits your available land base, you might want to consider polycultural/intercropping practices. Other medicinals are shrubs or trees and can be planted in an alley cropping layout, where the longer term shrubs or trees are planted in an orchard type setup and the alleys are planted with shorter term income-generating crops, a practice which also encourages biodiversity. Many other medicinals require shade and can be forest grown in a forest farming type of practice. Some medicinals are naturally occurring in riparian zones. If





From left to right: Bilberry in bloom (Credit: Jeanette Lee); Jeanette leading a tour of the coop in 2011 (Credit: Eva Johnson); Goldenseal (Credit: Jeanette Lee); and Hawthorn alley cropping, forest farming with goldenseal and black cohosh (Credit: Eva Johnson).

you have a riparian area, you might consider establishing a riparian planting.

Do you have the tools, knowledge, skills, or equipment that you need to grow and harvest the plants on your short list? Are you going to make enough money to make it worthwhile? Research on yields and pricing can help to answer this question. Planting a small trial section can help to determine approximate harvest yields and to learn cultivation and harvest practices. If planting herbs and botanicals is part of a diversification plan for your farm, decide if the plant harvest timeframe fits within your current workload. Do you have a suitable area (i.e. follows food safety guide-

lines) where you can sort, wash and dry the harvested material?

Another important step is to speak with prospective buyers. Some key elements that buyers look for in a supplier are consistency of supply and consistency of quality. Consistency of supply means you need to have a sufficient inventory to supply the buyer year round. Consistency of quality can mean a lot of things but it will typically include testing for plant identity and purity – for example, contaminants such as pesticides, herbicides, heavy metals and microbials, yeasts and molds.



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Clarification from our Winter 2012 seed review: West Coast Seeds does not charge shipping on backorders under 100g, and most backorders are under 100g.

Organic growing practices are a must. The Good Agricultural Collection Practices workshop is highly recommended to anyone considering growing herbs and botanicals. The workshop is offered by the Canadian Herb, Spice and Natural Health Product Coalition (www.nationalherbspice.com).

There can also be challenges in starting out that are important to know about. Firstly, availability and applicability of cost/benefit information is often limited for non-commodity market herbs/botanicals. And, there is the basic fact that there are some herbs that you simply cannot garner reasonably profit from growing.

Thirdly, choosing which herbs/botanicals to grow can be difficult as there is not a lot of information on harvest and processing methods and equipment. There are very few people willing to talk about growing, harvesting and handling herbs/botanicals. And lastly, certificate of analysis/purity testing can be costly for a single grower.

The Naturally Grown Herb & Spice Producer's Cooperative

This is where the Naturally Grown Herb & Spice Producers Cooperative (HerbPro) comes in. HerbPro is a producer/marketing cooperative. Our mission is to en-

hance the income of producer members by supplying herbs and botanicals to the North American market in a manner that ensures a balance of economic, social and environmental concerns.

We believe that a cooperative structure can work for growers of herbs and botanicals. For example, as a local supplier, HerbPro provides our membership access to more diverse markets. Our members grow a wide variety of herbs and botanicals and share cultivation knowledge and skills internally through mentorship and training.

The Cooperative provides its membership with shared equipment, facilities and help with establishing long term production planning. All members are trained and certified in Good Agricultural Collection Practices and have established standard operating procedures for their farm operations.

If you are interested in growing herbs and botanically or joining HerbPro, please visit our website at:

#### → www.HerbPro.coop

Jeanette Lee, owner operator of Frankenthorn Farms, is President and a founding director of the Naturally Grown Herb & Spice Producers Cooperative.



# **Ambassadors**

### To a better apprenticeship experience

Jordan Marr

y the time this article goes to **D** print it will be five years since my girlfriend, Vanessa Samur, and I - both of us city-raised and agriculturally-inept - arrived in Nova Scotia to begin an organic farming apprenticeship. The move followed our completion of undergraduate degrees that had us fired up about the allegedly sorry state of our food system and our generation's worrying lack of interest in becoming farmers. So there we were, ready to challenge the notion that you can't make a silk purse out of a sow's ear.

We had arranged our apprenticeship through a BC-based non-profit organization called SOIL (Stewards of Irreplaceable Land). The organization's sole purpose is to foster new farmers by linking those who want to learn the vocation with farmers willing to teach them. Many readers will be familiar with the drill: these 'apprentices' generally agree to work 35-50 hours per week in exchange for the chance to learn how to farm, room and board, and usually a small stipend.<sup>1</sup>

Five years later, I'm typing this article in an office with a view of our own market garden on a farmlease in Peachland, BC. We ended up doing two apprenticeships – a year of co-operative farming followed by a year of land-searching, and now we're headed into the second year of our business. We're no silk purses, but our apprenticeships served us well, giving us the skills and confidence we needed to strike out on our own.



Jordan Marr and Vanessa Samur at The Homestead Farm in Peachland. Credit: Vanessa Samur

Unfortunately, some farm apprentices don't have positive experiences. I've met a few dozen apprentices in the last few years, and encountered too many who had disappointing experiences and left their apprenticeships early. Frequently this is because their expectations are out of sync with their hosts, or because they failed to approach their farm selection with rigor. Often the latter stems from apprentices with no farming experience who do no not know what questions to ask. Problems can be exacerbated when apprentices show up with loads of eagerness to please and no sense of what's fair in terms of working conditions.

My eventual conclusion was that many apprentices could use some sort of support during their apprenticeships to help them with any problems they encounter and that many failed apprenticeships could be prevented by connecting new apprentices with others who have been in their shoes. So in late 2010, I approached SOIL with the idea of starting a mentoring project that

would connect each new apprenticeship applicant to SOIL with an alumnus of the program. We called the project SOIL Ambassadors, and the project was approved as a pilot for the 2011 season.

The role of each recruited Ambassador was to:

- Contact each assigned apprentice individually to introduce themselves, the project, and their role as a SOIL Ambassador;
- Offer assistance with farm selection as well as ongoing advice or support, if requested, during the apprenticeship;
- Check in periodically with their assigned apprentices to inquire about the status of the apprenticeship;
- 4. Offer any advice or support on subjects related to the apprenticeship as requested;
- Conduct an exit survey with each assigned apprentice at the end of the season in order to help SOIL have a better understanding of the apprenticeship success rate.

### Organic Sector Development Program Support

Early in the process, SOIL applied for an Organic Sector Development Program (OSDP) grant, which is administered via the COABC. The project received a small grant that contributed to giving each of 12 volunteers a stipend for their contribution to the project. It also contributed to a few minor administrative expenses and a stipend for myself as project coordinator. The proposal was based on a commitment from SOIL to ensure stable funding without OSDP support after year one, which we have achieved.

I strongly recommend that anyone initiating a project that stands to benefit the organic industry in BC consider applying to the OSDP. In addition to providing funding, the OSDP committee scrutinized SOIL's proposal and made suggestions/created expectations that improved the administration and accountability of the project.

I recently attended the 2012 COABC conference, where I reported on the project and facilitated a colourful discussion about improving the apprentice experience. That same discussion has also been lively on my website (www.theruminant.ca) in the comments section of an essay I wrote about the same topic.

### **Project Results**

The pilot project was successful with a couple of areas identified for improvement in 2012. The Ambassador team was able to provide support to a number of apprentices who asked for help with farm selection or who experienced challenges during their apprenticeship. The overall interaction rate, though, was only with roughly 1/3 of all apprentices, and based on the exit survey we conducted with apprentices we learned that Ambassadors need to check-in with their assignments more regularly in 2012.

This project isn't for the majority of apprentices who have a positive experience in their apprenticeships; it's for the minority who experience problems. And just about every Ambassador reported that they contributed positively to the experience of at least one of their assignments. Meanwhile, the vast majority of the 48 apprentices who responded to our exit survey indicated they were glad to know they had access to an ambassador, even if they didn't end up taking advantage of it.

The project will continue in 2012 with all necessary funding being provided by SOIL. The Ambassador team currently numbers ten and the only significant change in approach will involve more regular contact with apprentices so that they don't forget they have support if they need it. Over time, the hope is to increase the number of apprentices who have a positive experience, which could ultimately increase the number of new organic farmers in BC.

#### Footnote:

<sup>1</sup> The average apprentice compensation typically adds up to well below minimum wage, a controversial subject not covered in this article. Those interested in the topic can check out my website, where a healthy debate took place after I published an essay on the subject: theruminant.ca

For more information on SOIL apprenticeships visit:

#### www.soilapprenticeships.org

Jordan Marr is an organic grower in Peachland and editor of The Ruminant, a farming blog that encourages farmers to share their tools and techniques using photos. www.theruminant.ca



## People Points

### Did you ask the right question?

By Karen Fenske

iring can be exciting and challenging. You want the right person with the right qualifications who will "fit in" and work hard for you. It is important to be specific about "what" you want the person to do. However, another significant piece of the equation is "how" he or she performs at work. The two interview styles below, Behavioural Description Interviews and Situational Interviews, allow you to gain insight into how the applicant might behave while working for you.

Behavioural Description Interviews focus on real work events, revealing what job applicants actually did in a specific situation. While Situational Interviews use hypothetical situations to explore how the applicant would respond. For both styles you will need to have a copy of a set of questions and record the applicant's responses. The responses can be scored using a detailed guide/scale or you can just have a good idea of what you think are "keeper," maybe, and definitely not responses.

Behavioural interview questions can be simple. Start the question with "Tell me about a time when you..." and complete the sentence with one of the following:

- Worked effectively under pressure. What action did you take?
- Had to deal with an irate customer. What action did you take? What were the results?
- Handled a difficult situation with a co-worker.
- Spent hours outside in the cold and rain.
- Worked with the public.
- Persuaded other staff to do things your way.
- Were forced to make an unpopular decision.
   What were the results?
- Were creative in solving a problem.
- Were tolerant of an opinion that was different from yours.
- Made a bad decision. What were the results?

Behavioural interview questions can be more specific. For example, you say to the applicant: "We

can encounter difficult situations with customers, please describe a time when you had to deal with a customer who wanted you to lower the price on stock. What action did you take? How did it work out? Would you do anything different next time?"

Situational interview questions require prepared scenarios and a "response scoring guide." An example question you pose to the applicant: "It's the night before market day and you are a not scheduled to work this weekend. You get a phone call that your colleague is in the hospital and you are needed at the market tomorrow. What would you do in this situation?"

Applicant response scoring guide could be:

**Good:** "I will go to work, rearrange my own plans, and ask for another weekend off."

**Fair:** "I would agree to work half the day because I have plans the other half."

**Poor:** "Not go to work. I am not scheduled and have made other plans."

Both these styles allow you to be more objective, more consistent, and more efficient because once the questions are developed you can use them every time.

Karen Fenske, is the President of StratPoint Solutions, www.stratpoint.ca.



### Events & Announcements

The Canadian Nuffield Farming Scholarship Trust is accepting applications for their 2013 program. Applications are due by April 30, 2012 and forms can be downloaded from the Nuffield Canada website at http://www.nuffield.ca.

Vancity has created a Small Growers Loan to help stimulate a viable and sustainable local food system. Business loans of up to \$75,000 are available to small, local growers, based more on their strength of character, vision and business plan than on their collateral and credit history. It is available to small growers in Metro Vancouver, the Fraser Valley Regional District, Squamish/ Whistler or Greater Victoria. If you know a farmer who could use our help getting off the ground, encourage them to visit www.vancity.com/smallgrowers.

The Canadian Organic Growers announces the launch of Growing Strawberries Organically, their a new handbook in the Practical Skills series from Canadian Organic Growers (COG). Visit their website at www.cog.ca under Publications

**Earth Medicine**, an agricultural workshop with Dennis Klocek at Alderlea Farm, Friday May 4, 7:30pm, & Saturday May 5, 9am - 5pm. \$125 includes organic lunch and snacks. To register please

email johnkaty@shaw.ca or call 250-715-0700.

The Ministry of Environment is continuing the process of reviewing and revising the Agricultural Waste Control Regulation (AWCR) of the Environmental Management Act (EMA). The Ministry of Environment has extended the consultation period for review of the Agricultural Waste Control Regulation Intentions Paper for Consultation from to May 31, 2012. This intention paper is available for review online at www.env.gov.bc.ca/epd/codes/ awcr/index.htm as are details on submitting comments.

Element Eco-Design in Vernon has the opportunity to host the Soil Doctor, Doug Weatherbee for a -4 day intensive workshop exploring the benefits of creating a healthy soil from July 7-10, 2012, \$499 +HST. Workshop topics include soil life, worm composting and composting techniques for home, farm and industrial scale operations. For more information: www.elementecodesign.com

Place your classified ad in the BC Organic Grower for only \$25/issue!

For more information, contact Moss at: bcogadvertising@ certifiedorganic.bc.ca

#### **CLASSIFIEDS**

Nascent collective on established 10 acre mixed organic farm / microbrewery in BC's interior seeks new members: activists, farmers, artists with ag experience. Housing available, minimal capital investment. Phone 250-675-4122

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### **Husky Mohawk Community Rebate Program**



COABC is involved with the Husky Mohawk Community Rebate Program in order to raise additional funds for the organisation. Husky forwards 2% of the loyalty card users' purchases to COABC in the form of a rebate. All COABC members were sent a card in 2005 and a small amount of members have been using the card resulting in an average rebate of \$30 per quarter. We still need more help to raise funds using this loyalty program.

If you would like to receive a card or additional cards, please contact the COABC office at (250) 260-4429 or email us at office@certifiedorganic.bc.ca.



#### **ORDER FORM**

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							City/Province:Postal Code: Con			ntact Number:			
ltem	Units	Unit Price	Quantity Discount	Quantity	Total								
Stickers 1" round	1000 pc roll	\$12.50	10 rolls \$108.00										
Stickers 1 1/4" square	1000 pc roll	\$10.50	10 rolls \$90.00										
Twist Ties 10" (15,000 per case)	1000 pc	\$13.00	Full Case-\$165.00										
The packaging materials above are only available to COABC Certified Organic members.  Have you signed a Consent to use Official Marks Declaration Form (July 2006 revision)? Y/N  With which products will you be using the packaging materials?													
Promo Materials: available to everyone	Member \$	Non-member \$	Tax										
Bucket Hats size M or L *	\$15.75	\$15.75	HST taxable										
Ball Caps	\$13.10	\$13.10	HST taxable										
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Natural T-shirts (Logo) M or L*	\$7.25	\$7.25	HST taxable										
Natural T-shirts (Plain) S M L XL or XXL	\$5.00	\$5.00	HST taxable										
Organic Tree Fruit Management	\$19.95	\$25.95	HST exempt (5% GST)										
Steel in the Field *	\$25.00	\$25.00	HST exempt (5% GST)										
			Sub-total (before taxes ar	nd shipping):									

\*Limited quantities available - please contact the COABC office for availability

GST/HST # 887782431

#### **Postage Rates**

Minimum charge of \$10.00 per order for any promo and/or packaging materials
HST will be added to postage amounts
Rates vary and will be calculated at the office

An invoice will be sent with your order. Postage and applicable taxes will be added to your invoice. Please do not send payment before receiving invoice.

### TO ORDER ONLINE VISIT: WWW.CERTIFIEDORGANIC.BC.CA

# A loan for small growers with big vision.

We believe a viable and sustainable local food system is essential. So our Small Growers Loan encourages growth for local farmers who show passion and potential.

Please apply at vancity.com/smallgrowers

