

British Columbia

Organic Grower

In this issue

Weed Biology

Bee Conservation

Farm to School Projects

Cover Crop Mulch



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BC Organic Grower

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President's Letter

“We may be very busy, we may be very efficient, but we will also be truly effective only when we begin with the end in mind.”

Stephan R Covey

Another summer is upon us and some of us have been busy preparing fields and planting. We do all of this with the vision of harvesting our crops.



We are a 600+ member strong organization that is unique in Canada. We are busy trying to achieve the goals of our Strategic Plan. For the most part we are efficient. But what is the end goal?

This past couple of months I have reflected on what I see as the goal of COABC's Strategic Plan. As directors, we can be efficient and effective at what we do, but without a consistent leader we are often busy playing catch up or doing damage control. New directors often take a full year to learn what their roll is and it is the same few volunteers who carry the load. The COABC needs a leader – an Executive Director.

With this in mind I am asking our membership to consider taking a leap of faith. An Executive Director should be full time and be able to oversee the work of the COABC. To fund this person we need to increase our revenue by \$60,000 per year.

Are you willing to pay more for advocacy and sustainability? If we increased our COABC fees by 10% this would be approximately \$10 for our smaller members and about \$200+ for our larger members. This would be a small price to pay for an enormous benefit to our organization.

Are you able to help the COABC continue to show leadership in the organic industry? We need to be efficient with the end in mind. What is that end? I see the end as leadership, credibility and growth.

As volunteers we can only do so much. I work full time as a volunteer for the COABC (30 to 40 hours per week). We should not expect our board members to dedicate this much time – it is not sustainable. We have a limited staff team, who also volunteer many hours to ensure the work gets done. What are you willing to do? In the past month, issues that have needed our attention

are: organic aquaculture standards, National Organic Week promotions, GMO apples, cosmetic pesticide use, animal health, non-certified producers, government relations, funding opportunities, and general monthly business.

The COABC is your association and we need your help and input. There is no funding falling into our laps, so please help us to find solutions. Help us to fund an Executive Director and take COABC to the next level as we move into our 20th year in 2013.

Also on the horizon is National Organic Week from September 22 to 29. Plan something in your community and let us know what you've organized.

Mark your calendars for our 20th AGM & Conference being held in Vernon February 22 to 24, 2013.

I would like to thank Eric Foster (MLA Vernon-Monashee) for making arrangements to have the BC Organic Grower distributed to the MLAs in our province. Welcome MLAs! Please read and take time to meet an organic farmer in your constituency.

Mary Forstbauer
President COABC



Administrator's Report


By Jen Gamble

The COABC is pleased to announce that the 2013 conference will be held in Vernon. We are excited to welcome everyone to the city where the COABC office is located. Though it seems the 2012 conference just ended, we are already in the planning stages for 2013. This promises to be a very special year as it is the organization's 20th anniversary and we plan to celebrate.



In 1993, the COABC was incorporated to provide accreditation services, to promote organic agriculture and to generally move the organic sector forward. The BC Organic Grower has always promoted these goals and has fostered an organic community in BC. As a tribute at the conference, we will showcase the many years of the BCOG. Plan to join us from February 22-24, 2013.

Another program that has moved the organic sector forward by encouraging innovation is the Organic Sector Development Program (OSDP) – a \$900,000 fund for the development of the BC organic sector. Funding for the OSDP comes from “The Canadian Agricultural Adaptation Program” (CAAP) and is administered by the Investment Agriculture Foundation.

The OSDP will be wrapping up in 2013. The Program supports industry-led initiatives that seize opportunities, respond to new issues, and pilot solutions in order to adapt and remain competitive. This is a great opportunity for industry to help move the organic sector forward. To further encourage applicants, the OSDP funding ratio has recently been modified to cover up to 70% of project costs. The last granting intake will be October 26, 2012. Take advantage of this opportunity while it is still available. Visit the OSDP page on the COABC website for all the details: www.certifiedorganic.bc.ca/programs/osdp.php 

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Twitter: @coabccanada

Facebook: Certified Organic Associations of BC

Last Quarter Achievements

- Finalized first quarter financials
- Selected Vernon as the 2013 conference location
- The Accreditation Board met to review the annual reports and make the renewal decisions
- Began the Small-Scale Certification Research Project



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Editor's Note

What makes the BCOG really unique is that it is truly a publication that has grown out of the organic community, with much of the content from each issue coming from farmers and producers themselves. I can just imagine the strong hands with dirt under the fingernails, tip-pity tapping out tips for their peers in between bouts of tilling or weeding or while procrastinating record keeping.

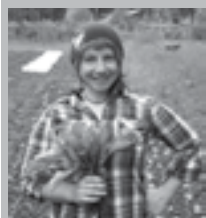
Even our layout designer Moss Dance dedicated precious farming hours to this issue, placing ads and laying out the articles while in the midst of the excitement of harvesting for her first ever Community Supported Agriculture boxes.

In a world that sometimes feels like it is full of so much bad news, the BCOG represents change and alternatives to the current path of economic "growth" at all costs. As I write this, world leaders (except, ahem, Canada's own) are preparing to attend the Rio+20 Summit in Brazil. They will gather together to face devastating predictions of where we'll be at the Rio+40 if we don't drastically change our course.

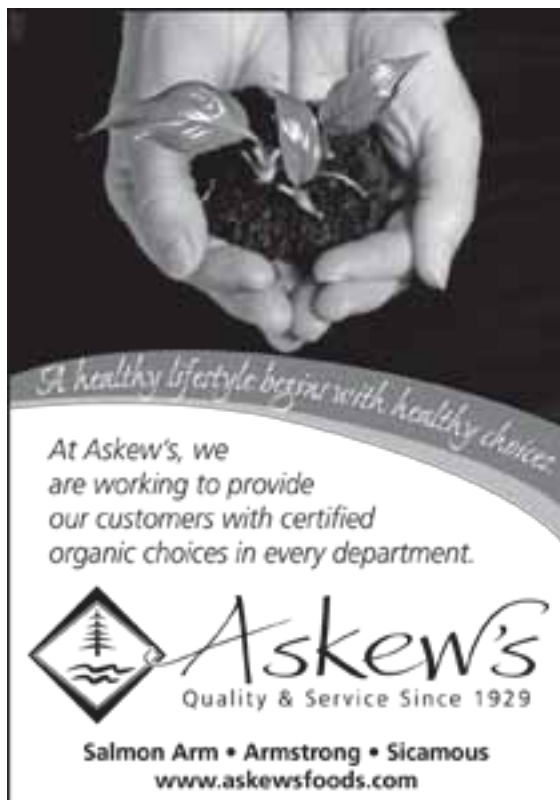
And while it would be an overstatement to say that the BCOG is a manual for a completely different planet, it is one important piece. Through innovation, through sharing ideas, through maintaining this space where alternatives can be shared, we can continue to work towards an organic movement that is part of the solution. 🐝



Andrea Langlois,
editor




moss dance, layout



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Filming in the Fields

Environmental Change, Adaptation & the Farmer's Filmanac



Left: A farmer admires a giant cabbage in the field. Right: Cilantro going to seed. Credit: Hannah Maia Roessler

Hannah Maia Roessler

There is so much to learn about growing. Sometimes your lived-experience just isn't enough and you have to start looking elsewhere.

We're pretty lucky here in the Pacific Northwest, as there are vast swathes of agricultural knowledge draped right across the coast, in the gardens, farms and food forests. While most of us don't have nearly enough time to visit these places while we're tending our own patch, we still know that this community of farmers is there, growing food and developing valuable skills and innovative techniques.

I have always had a vast respect for local ecological knowledge – when it comes to growing food, local conditions are key. In Canada, there are a lot of challenges when it comes to sharing “alternative” (non-conventional) agricultural knowledge and research. In an effort to try and find ways to address these challenges, I've been working with growers in the Cascadia Bioregion on a research project through the University of Victoria. One of the outcomes of this ongoing research has been the site www.farmersfilmanac.com, where growers are encouraged to contribute their techniques and practices through videos or photos, in an effort to help share valuable, locally-relevant information.

When interviewing growers, it became clear that they have been dealing with changing environmental conditions that are causing considerable challenges on their farmscapes.

Now, if there is anyone who knows about “changing weather” it's a grower; but the changes reported were of a speed and magnitude that had never been dealt with before. Farmers are adapting to these environmental changes as best as they can, just as they always have done. However, we know from climate models that more extremes and unpredictability are in our future.

What better time to be sharing our techniques and practices on how to adapt? And who better to ask than a grower, who is experimenting and observing every single day?

A re-imagined food system is all about diversity, so please contact me if you'd like to share some ideas on the Farmer's Filmanac! I'll even come and film you myself. 🌱

Hannah Roessler has farmed in Nicaragua, Washington and B.C. on organic farms, permaculture projects, mixed crop cafetals, and a biodynamic vineyard. She is finishing her M.A. in Environmental Studies at the University of Victoria. (Photo credit: T. Bennett.)



www.farmersfilmanac.com

All the Dirt



All the Dirt: Reflections on Organic Farming
By Rachel Fisher, Heather Stretch & Robin Tunnicliffe, TouchWood Editions, 2012, \$29.95

By Gordana Lazarevich

This is a book about small-scale organic farming in Saanich on Vancouver Island, British Columbia. It is a resource that covers every aspect of the farming process. And it is a remarkable documentation of the personal journey toward a successful career for each of the three young authors who reveal their committed and passionate attachment to the land.

Rachel Fisher, Heather Stretch, and Robin Tunnicliffe are each the successful owners of a farm and, together, they are the owners and operators of Saanich Organics, which includes a box program of year-round home delivery of organic produce. The three are a manifestation of how to create a commercially-viable agricultural enterprise based on organic principles.

Originally inspired by such gurus as organic growers Mary Alice Johnson, Tina Baynes, and Rebecca Jehn, all of Southern Vancouver Island, the authors follow-

ing in this tradition have developed an economically viable enterprise delivering high-quality produce in a timely manner to local residents and chefs of high-end restaurants.

While *All the Dirt* presents invaluable tips on the structural, financial, and business aspects of farming, it is much more than a manual on how to grow and work a farm.

Each of the first three chapters is written by a different author. Together they address the issue of the necessity for growing in accordance with organic principles (Chapter Four), and the marketing and financial aspects of Saanich Organics as a business (Chapter Five). Two Appendices present valuable information such as planting and harvesting dates for Southern Vancouver Island as well as sample spreadsheets with income statements.

The three chapters written individually are revealing of each author's attitude and feeling toward the land and the richness of its yield. Each has its own rhythm and reads like a flowing, gripping narrative. Heather Stretch highlights aspects of farming that present the greatest challenges and the greatest rewards: how to start a farm and what to grow; to include animals on the farm or not; and – as mother of three boys – how to manage both a family and a business life that takes place mostly out-of-doors.

Rachel Fisher's narrative is very personal, introspective, and eminently poetic in expression: how she developed her skills and made a livelihood starting from very modest beginnings. One example of her writing needs to be quoted here, as it touches the soul of anyone who loves nature:

“...the small things, like hearing the clip-clop of hoofs as my neighbour rides her horse down the road while I cut salad greens in the fog, or the scent of basil as I brush past the plants in the waning heat of a summer evening, or the act of pulling a couple of bright orange carrots out of the ground, and enjoying them with my son and daughter, are at the heart of why I am a farmer.” (p. 67)

Continued on page 28...

Earthwise Farm



*James Gates, Farm Manager, out in the field.
Credit: Michelle McEwan*

By Spring Gillard

The land that Earthwise Farm sits on has a long and turbulent history. For decades, developers have tried to do what developers do – develop the land. The Southlands, located in Tsawwassen, a part of South Delta, is not in the agricultural land reserve, but the municipality has designated the 537-acre parcel for agricultural use. It is also in Metro Vancouver's Green Zone.

Century Group, the developer, who has owned the property since the early 1990s, has an innovative plan for the land, based on sustainable design principles and with local food and human-scale farming at its core. They have been engaged in a long and expensive community process and have submitted several plans to Delta officials. The latest one, in July of 2011, contained an application to amend Delta's Official Community Plan and to rezone the property. A decision on the Southland's future will likely be made this fall.

In the midst of all the controversy, a 2.5 acre community farm has been quietly operating.

Century Group has allowed Earthwise Society to use the land at no charge and to upgrade a few of the existing out buildings for its programs. Earthwise also has a long history in Delta. As the Delta Recycling Society, they ran both the recycling depot and demonstration gardens at other locations for many years. In 2006 they moved to the Southlands and created the Boundary Bay Earthwise Organic Farm and Garden. James Gates is the farm manager, with duties that extend well beyond farming.

With the help of volunteers and apprentices, James grows a wide variety of vegetables including leafy greens, root crops, peppers, eggplants, cucumbers, squash, kale, chard and heirloom tomatoes.

“We try to grow varieties you can’t find in the grocery store,” says James. Earthwise has an on-site farm store that is open twice a week and a 30-member Community Supported Agriculture program (CSA). They also provide a Family Harvest Box for low-income families. All require a steady supply of fresh produce.

It helps that the farm runs an Apprenticeship Program for young farmers and engages the help of many community volunteers. A Delta couple looks after the tomatoes in the two hoop houses, for example, producing over 2000 pounds of heirloom tomatoes each summer.

The Earthwise Society has many other educational programs including an Organic Master Gardener program, workshops on a variety of topics including composting, “birds & bugs,” and tours for school and community groups. One of their key programs for the past two years has been “Feed the Bees,” a community wide campaign to support healthy pollinator populations.

They also run two high school programs. The first is offered as a for-credit science course in Sustainable Resources, and those students work in the garden weekly. “Field to Fork” is for high school students in the Culinary Arts program.

“It’s great when you see their eyes light up. They feel so satisfied and proud that the vegetables they have chosen to plant are now growing.”

Other site features include a one-acre ecological garden with native and drought tolerant plants, a community garden and an outdoor bake oven for community gatherings. All of Earthwise’s programming encourages Delta residents to become stewards of the land and promotes ecological gardening and farming. The group has a strong and loyal following in the community.





The farm was granted organic status this year, certified by the BC Association for Regenerative Agriculture. The decision to go organic was two-fold according to Executive Director Patricia Fleming. “The organic designation reflects the farm’s commitment to organic agricultural methods and the importance of letting the public make informed choices about their purchases,” she says.

James adds, “The organic designation is about branding for us too. It helps to open up other markets.” The



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


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Earthwise Farm educates the younger generations through a variety of educational programs. Credit: Juliana Christiansen

garden also sells to two local restaurants and a grocery store.

While James has some of the usual challenges that other farmers have with growing food, but the biggest challenge for him is the other duties. “Managing volunteers and other programs takes up a lot of mind space and body energy,” he says.

At the same time, he gets a real kick out of working with the Grade 11 and 12 students. “It’s great when you see their eyes light up, like when they’re standing in the rows of veggies they are growing for a meal at the end of the school year. They feel so satisfied and kind of proud that the vegetables they have chosen to plant are now growing,” he says.

There are surprises too. On one occasion a group of girls became fascinated by the farm’s new tractor and its hydraulic system.

As for the future, Century Group has integrated Earthwise into their plans, which will be decided on this fall. The existing gardens will be at the heart of the village square.

For more information on Earthwise and the proposed Southlands development:



www.earthwisesociety.bc.ca



www.imaginesouthlands.ca/community-farming

Spring Gillard is a communications consultant, SFU sustainability instructor and author of Something’s Rotten in Compost City, A Primer on the Politics of Food (Smashwords Edition 2011). She blogs at www.compostdiaries.com.

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New Questions and Answers

on issues related to the Canadian Organic Standards

The Organic Standards Interpretation Committee (SIC) provides interpretive guidance to the Canada Organic Office on issues related to the National Standards for Organic Agriculture (CAN/CGSB 32.310 and CAN/CGSB 32.311). Visit organicfederation.ca to consult the proposed answers to questions, raised by organic stakeholders, regarding the National Standards for Organic Agriculture.



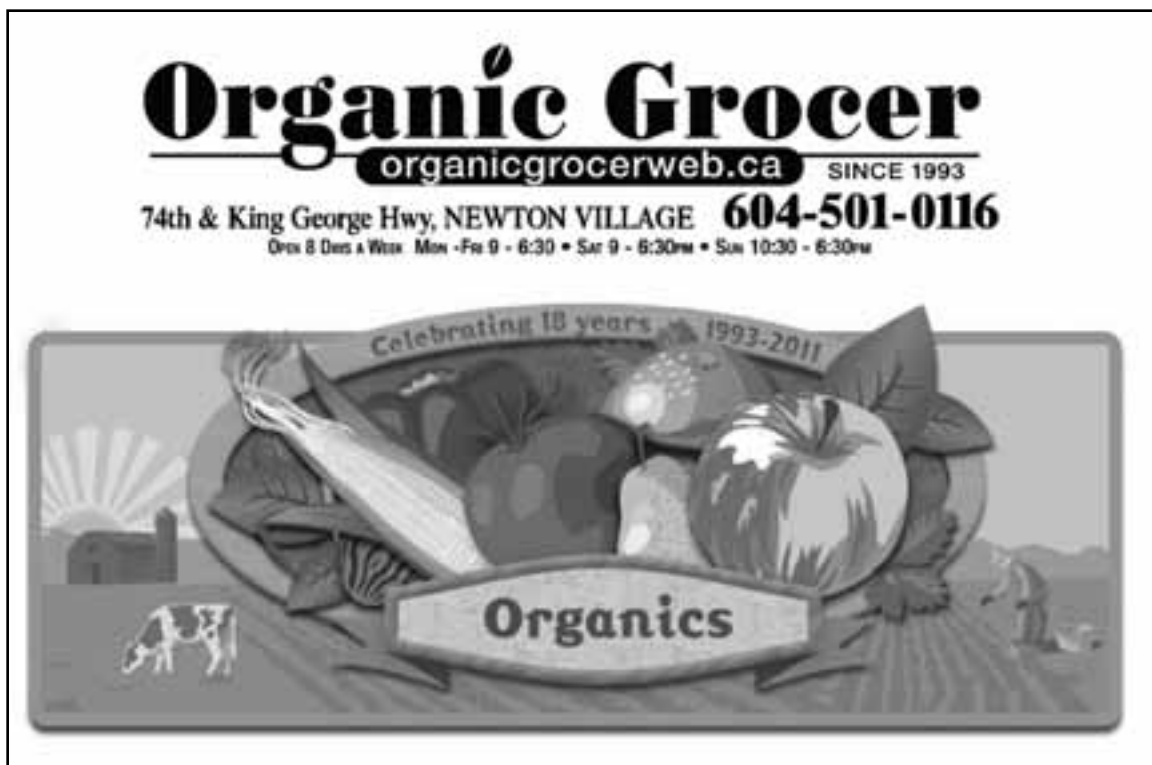
The proposed responses are subject to a 60 day comment period starting May 10th and closing July 10th 2012. All comments regarding these answers should be sent to OPR.RPB@inspection.gc.ca

Commented Questions and Answers

The Canada Organic Office (COO) has received comments about some of the answers posted under the public comment period ending January 30th 2012; the Standards Interpretation Committee considered all comments and, when appropriate, revised these answers. In some cases, comments did not result in a change in the Q&As. Visit organicfederation.ca to consult the first list of the commented and/or revised Questions and Answers. These Q&As are final and not subject to further comments; they will be integrated into the final Q&As under the COO website (www.inspection.gc.ca) and OFC website (www.organicfederation.ca). The current archive of the final questions and answers are also posted on these sites. 🌱

🔗 www.organicfederation.ca (OFC website)

🔗 www.inspection.gc.ca (COO website)



WEEDS

A Review of some Biology Basics

By Renee Prasad

Most surveys of the research needs of organic growers indicate that weed control is a much greater challenge than insect or disease control. This makes sense because we have natural enemies for insects, as well as organic approved insecticides. For diseases we have disease-resistant or tolerant varieties and sanitation practices, as well as organic-approved fungicides.

But weeds are plants just like food crops, so most of the practices geared towards nurturing the growth and yield of crops – watering, composting, fertilizing – will also benefit weeds!

The first step for the management of a pest – understanding the biology of the pest (a.k.a. know your enemy) – also applies to weeds. As many weeks of weeding are ahead this season, this article is a review of some weed biology basics that may help maintain your motivation and commitment to keep on weeding and perhaps avoid some practices that can contribute to weed problems.

Life cycle and Identification

As with all pests, identification is the critical first step in management. For weeds, identifying the species will allow you to then determine whether it has an annual, biennial and perennial life cycle. In many cases there will be a mixed community of weeds within a field rather than a single species (all lady's thumb) or single life cycle (all annuals).

Annuals complete their life cycle – seed to seed – in one year. Redroot pigweed, sow thistle, cleavers, lambsquarters, green smartweed, carpet weed and small snapdragon are all annual weeds. Biennials have a two-year life cycle; in the first year they produce a rosette of leaves and in the second year seeds are produced. Burdock and mullein are two common biennials in fields. Biennials should be controlled in their first year, rather than waiting till the second year.

Perennials can produce seed for multiple years. Common perennial weeds include plantain, curled dock, quackgrass and Canada thistle.

A major problem with perennial weeds is that they can propagate vegetatively – pieces of stem or chunks of root can give rise to more weeds. Cultivation can break up the roots and stems of perennial weeds into smaller pieces and spread them into more areas of the field, resulting in more weed patches down the road. Once established, perennials are difficult to control, conventionally or organically.

Organic herbicides like acetic acid are often used to “burn down” perennials, but with their extensive root systems they can easily regrow. Targeting perennials during the seedling stage (first year) when the root and stems are still small and not well established is especially important for organic production. Thus one criterion for a good weed identification book is pictures of weeds in the seedling stage as well as the mature plant. (See sidebar.)

Soil seed bank and maturity

An important goal of weed management, regardless of weed life cycle is to prevent seed set because a single weed can produce fantastic number of seeds. For example, a single lambsquarters plant can produce 72,000 seeds and one pigweed plant can produce 117,000 seeds. These seeds also have the potential to remain viable for many years (up to 40 in some cases).

So, as the term “soil seed bank” implies, every time weed seeds land in the soil, they are adding to the bank of weeds seeds already there. It is important to remember this idea of contributing to the soil seed bank when considering abandoning weed control in certain beds or sections of fields as the season begins to wind down. When you go back to those sections in subsequent years there will be more weeds to contend with if weed control isn't maintained throughout the current season.

Further, the size of the weed has nothing to do with its maturity. If you pull up some small weeds don't be surprised to find many of them are actually flowering if not already setting seed! These weeds are in fact mature plants and may have already deposited seeds into the soil seed bank. So small weeds aren't neces-





“Most practices geared towards nurturing the growth and yield of crops – watering, composting, fertilizing – will also benefit weeds!”

sarily seedlings – look at the number of true leaves and for the presence of flowers or seed heads even.

Unlikely sources of weeds

It is also a good idea to review the different ways weeds are introduced to a farm and then moved within a farm. For example, straw or leaf mulches can be a source of weeds if they contain seeds or pieces of weeds, in the case of perennials.


Composting weeds may break down the leaves and stems – but if seeds were also put into the compost they may still be viable. Weeds with especially tough seeds include lambsquarters, groundsel, field bindweed and broadleaf dock – seeds from these species need to be exposed to the high heat (145°F or 63°C) of a compost pile for 30 days in order to be killed.

Finally, weeds can get caught up in machinery. As tractors and other equipment move from one area of the farm to another they can drop seeds or pieces of perennial weed stems. Taking the time to remove any weeds caught up in machinery before moving to another part of the farm can prevent weed spread.

Organic herbicides?

The number of herbicides approved for organic agriculture is relatively small compared to insecticides and fungicides. Products like acetic acid are mainly effective as burn down products after weeds have emerged. High rates and repeat applications are often necessary in order to kill weeds.

One compound that is being studied for its potential as a pre-emergent herbicide is manuka oil. A pre-emergent organic herbicide would give growers the option of preparing beds, applying it, waiting a certain amount of time and then planting. This type of research on manuka oil-based herbicides is being conducted by researchers in the USA and is still in the discovery stage.

It will likely take several more years before there is a product for Canadian growers, nevertheless it is a promising tool on the horizon that could help reduce (but not eliminate) some of the many hours of pulling weeds. 

At present, Renee Prasad is a sessional instructor (pest management) in the Horticulture Technology Department at the University of the Fraser Valley (Chilliwack) and research coordinator at E.S. Cropconsult Ltd.

Additional Reading

Integrated Weed Management: An Introductory Manual. B.C. Ministry of Agriculture. Available on-line with additional useful links:

www.agf.gov.bc.ca/cropprot/weedman.htm

Organic Risk Management. Chapter 5 Weed Biology. Sherri Huerd and Kristine Moncada. On-line chapter that covers all the basics and is geared towards organic growers in Minnesota (so lots of soy bean examples!). Includes a weed risk rating self quiz that can be tweaked a bit to be applicable to BC growers.

www.organicriskmanagement.umn.edu/weed_biology5.html

Weed Seedling Guide, University of Alberta Bookstore (\$10 and can be ordered on-line through their bookstore).

Weeds of Canada and the Northern United States. France Royer & Richard Dickinson. The University of Alberta Press and Lone Pine Publishing Edmonton, AB. (1999). Pictures of mature plants and seedlings, a key to mature plants using flower colour and a seedling key. Information for each weed includes reasons for concern including various virus diseases of crops that a particular weed can host.

From Field to Cafeteria

A smorgasbord of farm to school connections



Children at Grandview Elementary School in Vancouver check out local offerings at a meeting to launch the first 5 Farm to School programs. Credit: Joanne Bays

By Arzeena Hamir

Farm to School (F2S) BC is a province-wide initiative that links schools, both elementary and high school, with locally-grown food and the farmers that grow that food. From Aldergrove to Zeballos, over sixty programs have emerged across the province with more getting ready to launch in the new school year.

Connecting with farms and farmers is what sets F2S apart from other programs. Although getting healthy food into children's tummies is paramount, providing them with educational opportunities about foods and the local food system, while supporting local farmers, is another important pillar. When both are in place, schools become a vehicle for real change and capacity building.

Feeding kids. Finding new markets. Supporting the local food economy. What's not to like?

But, before farmers go running to their local schools with dollar signs in their eyes, some important realities exist.

Children, especially young ones, do not eat very much. The average order for salad greens, for instance, is often \$20-\$30 per week. As programs grow, this can increase but initial orders can be quite low. Transporting produce to the school can offer another challenge. For such a small order, few farmers find it economical to make special trips. Marketing cooperatively with other growers can help overcome many single farmer trips.

For these reasons, many distribution methods, some direct and some less direct, have evolved to get food into the schools. They include:

Farm to Caterer to School: Nanaimo is a great example of a community where Nanaimo Food Share is providing food for a number of schools from a central kitchen and can order larger quantities.

Farm to Food Distributor to School: Some schools, especially in the North, do not have farms close by. They depend on a distributor to source food "as local as possible."

“Feeding kids. Finding new markets. Supporting the local food economy. What’s not to like?”

Schoolyard Farm: Unlike a school garden, a schoolyard farm is a market garden on school grounds. Fresh Roots Urban Farm Society in Vancouver has installed such a market garden at Queen Alexandra Elementary, David Thompson Secondary, and Vancouver Technical Secondary.

Farmbag Fundraiser: Instead of relying on cookies and junkfood as fundraising items, Thomas Thum-bach came up with the idea of selling local produce at schools instead. Similar to a CSA, parents order a bag of produce for \$25. Five dollars of each order goes to the school. So far, over \$8,000 has been raised from sales at eleven different sites in the Okanagan.

Once the food gets into the schools, a number of models exist to serve it, including tabletop salad bar stations, hot meal programs, and snack programs. Each system of serving will require different types of produce, with fresh salad ingredients and eggs being the most popular in the salad bars to root veggies in the hot meal programs.

Benefits to the farmer


While some growers may look at small orders from schools as more of a nuisance, others have embraced their relationships with schools as they help to grow a new generation of consumers. Other growers, with surplus kid-friendly items like blueberries and cherry tomatoes are able to find new avenues for sales.

When I asked Ilana Labow of Fresh Roots what it felt like to see her purple sprouting broccoli on the plates of children, she replied, “It’s a blessing. That’s what it’s all about.”

Mike and Sharyn Romaine of Healing Farm both enjoy supplying Reynolds Secondary in Victoria. Not only do the youth come up with new recipes for their produce, some of the students also volunteer on their farm for school credits.

How can farmers get involved?

Sign up to the Farm to School or Farm to Cafeteria Facebook sites. Any farmers on Twitter can follow @Farm2Cafeteria. Farmers can also provide their con-

tact information by e-mailing Joanne Bays at joannebays@gmail.com. 


Arzeena Hamir is Acting Farm to School BC Coordinator and an aspiring farmer in Courtenay, BC. She hopes to start the Comox Valley’s first Farm to School project as soon as she finishes unpacking.

Points to keep in mind:

- B Elementary schools may go through much smaller quantities of produce but F2S projects tend to be more successful because they have a captive audience.
- B Supplies are required during the shoulder and winter seasons. Season extension and storage may be required. Some schools have even paid farmers to install hoophouse structures.
- B Think of kid-friendly veggies: not so much arugula but perhaps more easter egg radishes?

For more information:



Farm to School BC

 www.phabc.org/modules.php?name=Farmtoschool


Farmbag Fundraiser

 www.farmbag.littlegreenbook.ca

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COVER CROP MULCH

Tired of Black Plastic?

Consider replacing it with mowed or rolled cover crop mulch.

by Alison Grantham

At Meadow View Farm, in Kutztown, PA James Weaver and son Harold Weaver dread cleaning up the more than 20 linear miles of black plastic they use every year. When they do finish cleaning up all of the plastic under their peppers, tomatoes, eggplants, and cucurbits, they then face the headache of how to dispose of the plastic. Depending on your location, and whether you're recycling, land-filling, or burning, black plastic disposal is an expensive challenge.

Furthermore, by the time it's all cleaned up, Harold notes, it's always too late to get a cover crop in. These frustrations motivated the Weavers and other vegetable farmers and researchers at Rodale Institute (RI) to experiment with rolled and crimped cover crop mulches to reduce their reliance on black plastic.

Organic cover crop mulches

For more than a decade, researchers at Rodale Institute have been working with others at Penn State and the USDA's Sustainable Agriculture Systems Lab in Beltsville, MD, to develop a system for producing corn and soybean grain crops organically without spring tillage. Researchers first honed in on a few winter annual cover crops, such as cereal rye and hairy vetch, which can be killed when they bloom in the spring.

However, they quickly became frustrated by how quickly weeds broke through the mowed or chopped residue, so they then worked to develop the roller-crimper. The roller-crimper not only terminates the cover crops by flattening and crushing, but also leaves them in an intact mat that is better able to suppress weeds throughout the season.

Cover crop mulches for vegetable production

John Teasdale and Aref Abdul-Baki, USDA researchers in Beltsville, Maryland, pioneered work to devel-



Examples of cover crop rolling/crimping. Credit: Rodale Institute

“For growers looking to escape from black plastic, or even just decrease their use of the stuff, cover crop mulches are a promising alternative.”

op a cover crop mulch system for tomatoes and other vegetables using flail-mowed cover crops. They found that mowed cover crop mulches (hairy vetch, or combinations of clovers) provided sufficient nitrogen, suppressed diseases, and generally supported healthier, longer-lived plants.

Weeds, however, remained a challenge. While the mowed cover crop mulch did provide good early weed suppression, and they were able to greatly reduce the amount of herbicide they used, they found the mowed mulch system still often required herbicides to achieve adequate weed control later in the season. Their work, findings, and recommendations are nicely summarized in their Farmers' Bulletin. Other researchers have also investigated no-till tomato production systems that terminate cover crops by undercutting.

An organic cover crop mulch system for vegetables

In 2009, RI researchers attempted to combine the knowledge gained from the rolled/crimped system for grain crops with knowledge from the ARS vegetable

research to develop an organic cover crop mulch system for vegetables. Researchers selected 3 cover crop options: cereal rye for its superior weed suppression capacity, hairy vetch for its superior nitrogen fixing capacity, and a mixture of both vetch and rye to try to create mulch that provided both sufficient nitrogen and weed suppression.

Opting for the heavier seeding rates used in organic no-till grain production, and the earlier planting dates



Struggling with black plastic mulch. Credit: Rodale Institute



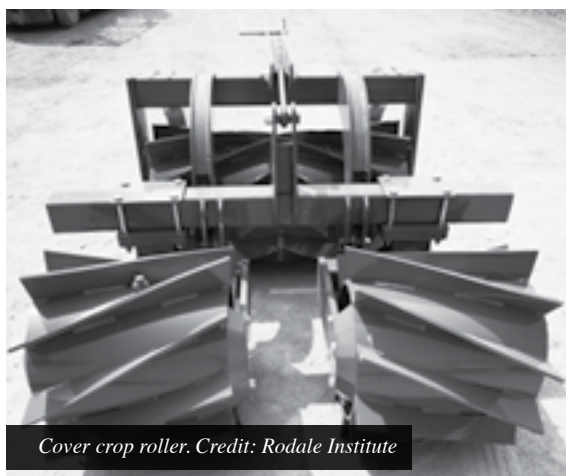
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Cover crop roller. Credit: Rodale Institute

(8 weeks before first frost) advised for cover crops used for vegetable mulches, researchers hoped to grow thick, dense cover crop stands that prevented summer annual weed germination in the spring and provided sufficient soil cover to continue suppressing them during the summer. To maximize persistence of the cover crop mulch, RI researchers also opted to compare rolling and crimping the cover crops to the mowing method used by the USDA researchers.

Treatments in the trial

As the combinations of cover crops, planting dates, cover crop termination methods, and crops are practically limitless, researchers elected to do a systems-type experiment to compare a couple of practical systems vegetable farmers could use to produce tomatoes:

- cereal rye mulch terminated by rolling/crimping or by flail mowing,
- hairy vetch mulch terminated by rolling/crimping or by flail mowing,

- rye-vetch mix mulch terminated by rolling/crimping or by flail mowing, and
- regular black plastic mulch over plowed-in rye, vetch, or rye-vetch.

System performance

Researchers measured how well each system did in terms of fertility, weed suppression, and yield. The first year of research showed that the mowed vetch-and-rye mix mulch produced the highest yields, provided the most weed suppression, and provided just the right amount of nitrogen for tomato production. Researchers are now in the midst of a second year of repeated field trials to expand the dataset and test the validity of the findings in a different growing season.


What we know so far

So far, the mowed rye-vetch mulch has emerged as the best performing system, with the highest yields, fewest weeds, and best match between nitrogen provided nitrogen needed. The rolled rye-vetch was a close runner-up, and the only other cover crop mulch to out-perform black plastic. Rolled or mowed rye is a nice alternative to black plastic; however, the system does require about \$800/acre of supplemental organic fertilizer. Eight hundred dollars per acre is likely a similar cost to the black plastic system, as the costs for bed prep and black plastic, labor and fuel for twice monthly weed whacking, and black plastic disposal, can quickly approach the cost of fertilizer for tomatoes in rye mulch.

The vetch mulch systems were poor performers, in terms of weeds and yields. However, in terms of nitrogen fertility, plowing in even a thin stand of vetch and using black plastic supports high early and over-

For more details...

Find more information along with graphs on Year 2 findings at:

 www.rodaleinstitute.org/20111017_black-plastic-alternatives-fertility-variety-seasonality

To read a detailed account of the system performance on these trials, as well as farmer feedback, visit the Rodale Institute's website for a longer version of this article.

 www.rodaleinstitute.org/20111023_growing-vegetables-with-cover-crop-mulch



Credit: Rodale Institute

all tomato yields and sufficient weed suppression. For growers looking to escape from black plastic, or even just decrease their use of the stuff, cover crop mulches are a promising alternative. 🌱

This article was re-printed, with permission, from the Rodale Institute.

Alison Grantham is working towards a dual PhD in Ecology and Biogeochemistry in the Crop and Soil Sciences Department at Penn State. Her research is exploring ecosystem efficiency differences between agricultural systems across a range from fully integrated crop and livestock systems to disparate grain and livestock production. Prior to returning to school, Alison served the Rodale Institute as research intern, research and policy associate, research manager, and ultimately the interim director of research. In her spare time, Alison is an avid organic community gardener.



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The Birth of Organic Agriculture

A Brief History

By Marjorie Harris

Often, I have heard people say that organic agriculture is simply the way our grandparents farmed in the old days. However, organic agriculture is much more than that.

Even though there are many definitions around the world for what “organic” means, the most widely accepted and inclusive concept is IFOAM’s (International Federation of Organic Associated Movements) March 2008 version.

It states: “Organic agriculture is a production system that sustains the health of soils, ecosystems and people. It relies on ecological processes, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects. Organic agriculture combines tradition, innovation and science to benefit the shared environment and promote fair relationships and a good quality of life for all involved.”¹

Organic agriculture embraces the understanding that you need to maintain a living planting medium, e.g. the soil, in order to achieve “healthy soil, healthy plants and healthy people.” Therefore organic methods have been designed to sustain the health of these.

The past 10,000 years of humanity’s agricultural history is a dismal testimony to the recurring theme of soil and ecosystem mismanagement resulting in the loss of soil fertility, topsoil depletion, and the consequent food shortages and famines that catapult the dependant civilizations into declines, followed by “Dark Ages.”

Archaeologists have determined that the common story of all the great ancient city civilizations including the Indus Valley, Mesopotamia, Egypt, Greece, Ceylon, Mayan, and Northern and Southern China, was that they were only able to sustain farming in their re-

gion for 1,500 to 1,700 years. The people had to move or perish and often both happened as the civilization

shifted to new land base, creating a slow steady migration of humanity across the globe.²

The list of factors contributing to the depletion of soil and ecosystem health includes deforestation of mountain watersheds causing siltation of irrigation systems and farming practices that allowed accelerated topsoil erosion by wind and water action.

By the 1700’s Western European agriculturists had begun to take notice of the time-limited prospects associated with the current farming methods and had started to innovate, introducing techniques such as crop rotation (Viscount Charles Townsend), to maintain and fortify soil fertility, just as the advent of the modern artificial chemical fertilizers nitrogen, phosphorus and potassium began to be developed.

Justus von Liebig (1803–1883) ushered in the age of artificial fertilizers when he wrote two books which changed the direction of modern agriculture – *Organic Chemistry and its Application to Agriculture and Physiology*, and *Organic Chemistry in its Application to Physiology and Pathology*, published in 1840 and 1842 respectively. Liebig himself, studied plant nutrition, soil humus, and experimented with creating a phosphate fertilizer to replace guano but was not successful.³

In 1842 John Bennet Lawes, started the first factory to manufacture the artificial fertilizer superphosphate, on his inherited 16th century estate, Rothamsted Manor. In 1843 he appointed Joseph Henry Gilbert, a chemist, as his scientific collaborator. Between the two men they



set up and conducted "Long Experiments," which delivered a wealth of information comparing organic-type methods with conventional-type methods of farming, as well as making Rothamsted the worlds' oldest agricultural research station in operation today.⁴

Many more scientists than can be mentioned here contributed to breakthroughs in the artificial fertilizer industry such as Jean Baptiste Boussingault (nitrogen's

importance to plants), Carl Bosch of IG Farben and Fritz Haber (synthesis of nitrogen compounds).

From observing these effects of artificial fertilizers, three main origins of thought sprung up from very different thinkers (Rudolf Steiner, Lady Eve Balfour and J.I. Rodale.) and eventually they came together to become what we know as "organic" agriculture today. 🌱

Marjorie Harris, BSc, IOIA Adv.V.O., A.Ag, lives in Armstrong BC and works in internationally. She can be reached at marjorieharris@telus.net.

References

¹International Federation of Organic Agriculture Movements (IFOAM): www.ifoam.org

²Topsoil and Civilization, Tom Dale & Vernon Gill Carter; McClelland and Stewart Ltd.

³Justus von Liebig: www.woodrow.org/teachers/ci/1992/Liebig.html

⁴Rothamsted Research Station: www.rothamsted.ac.uk

⁵The Soil Association: www.soilassociation.org

An Organic Timeline

1924: Rudolf Steiner gave 8 agriculture lectures in Austria that became the foundation of Biodynamic Agriculture, under the name "Demeter."

1943: Lady Eve Balfour wrote *The Living Soil* based on her Suffolk farm's Haughley Experiment and inspiration from Sir Albert Howard's work on composting and agricultural health and Sir Robert McCarrison's work on diet and human health.

1946: The Soil Association was founded in response to Lady Eve Balfour's book.

1940's: Natural farming techniques using rock dusts were developed by Hans and Maria Müller together with Hans-Peter Rusch, in Switzerland.

1942: J.I. Rodale started publishing the magazine Organic Gardening in the USA, thereby coining the word "organic."

1960's: The Soil Association published the first standards for organically grown foods in four pages of *Mother Earth* magazine.

1973: Soil Association Organic Marketing Company Limited was formed by the Soil Association and later changed its name to Soil Association Certification Limited (SA Certification) to focus on the certification process.

1972: The International Federation of Organic Agriculture Movements (IFOAM) was founded by Lady Eve Balfour, J.I. Rodale and others.

1970s-present: Many governments around the globe have brought regulation to the organic standards.⁵

Food Activist Honoured



Well known food activist Cathleen Kneen speaks at the Organic Council of Ontario awards ceremony.

Cathleen Kneen, outgoing chair of Food Secure Canada, was presented with a lifetime achievement award from the Organic Council of Ontario at its recent organic conference in Guelph, Ontario.

Her contribution to organics started many decades ago as a farmer in the Maritimes with her husband Brewster and through their magazine *The Ram's Horn*.

Cathleen's work in the food systems movement has always been cutting edge. Her mentorship of community food activists across the country has created a generation dedicated to including farmers and food processors in the food system discussion. She has championed organic production as an integral part of both emergency food and long term sustainability.

Cathleen can also be credited for shifting the discussion away from the shortage concept of "food security" to the social justice idea of "food sovereignty." In her too-brief stay in British Columbia, she worked with local communities to found two separate farmers' markets, in Mission and Sorrento, served on the Board of the COABC, edited the BC Organic Grower for many years, and worked with a number of groups to create the BC Food Systems Network.

She has created a legacy of activists across the country who have a greater analysis of the food system, a commitment to social justice, and a desire to ensure that we can all eat well. Cathleen and Brewster currently live and work in Ottawa. 🌱

For publications and information, visit:

📱 www.ramshorn.ca

Submitted by Rebecca Kneen





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Thinking about Bees



By Nichola Walkden

“**R**apture” is my favourite explanation for bee disappearance, and as you read up on bees, the list of causes can be dizzying: electromagnetic smog, smart meters, varroa destructor, Nosema, Neonicotinoids, sun spots. Perhaps Monsanto will create a brand new, improved honey bee, resistant to all of these plagues. But if we’re betting on the future, I’d much rather put my money on the extensive work and research that is being undertaken to support populations of native bees.

As an excellent resource for farmers, The Xerces Society for Invertebrate Conservation deserves mention.

There are more than 450 species of native bees in BC – understanding these bees, and the pressures they are facing, is an effective way to working with them.

The Land Conservancy BC’s agriculture department has undertaken a three-year project to assist farmers in enhancing their operations for bees. In this article, I will present a few of the important factors to consider when thinking about the future of bees, in the hopes that over time, we can develop a roadmap to preserving one the glues that bind nature’s connected infrastructure.



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“There are more than 450 species of native bees in BC – understanding these bees, and the pressures they are facing, is an effective way to work with them.”

Pesticides

Pesticides have received a lot of attention in the discussion of bees, and this stands to reason. Pesticides kill insects.

While we aren't about to end the application of pesticides in the world, we can adjust the timing of applications to avoid exposure by bees. So we encourage people to avoid spraying when crops are in flower and to spray at night when bees are nested.

Beauveria bassiana, spinosad, rotenone, pyrethrins, insecticidal soap, horticultural oil and diatomaceous earth are all organic-approved (check with your local certification body) pest controls that have been rated as highly toxic to bees by Xerces.

Habitat loss

On every property the Land Conservancy visits, we work to evaluate what flowering plants are present,

where and when these plants are in bloom. Recommendations are for five or more pollen and nectar rich species to flower in each season and emphasis is placed on early and late flowering varieties. To facilitate this we are encouraging growers to enhance cover crops with flowering species, to reserve a portion of crops to mature to flower, to plant buffer areas with perennials and avoid mowing understory when plants amongst grasses are in flower.

Native bees only travel 150m to 800m from their nests for pollen and nectar (small bees fly a short distance; large bumbles can manage 600-800m). Smaller farms that are bordered by native vegetation are well placed. In other situations, native perimeters, hedgerows, field buffers or shelterbelts (that also protect from pesticide drift) are being implemented. Providing undisturbed habitat within production areas reduces bees' travel distance.

Farm areas most likely to support native bees include: untilled fallow ground, woodlot edges, stream banks, utility easements and conservation areas, as well as



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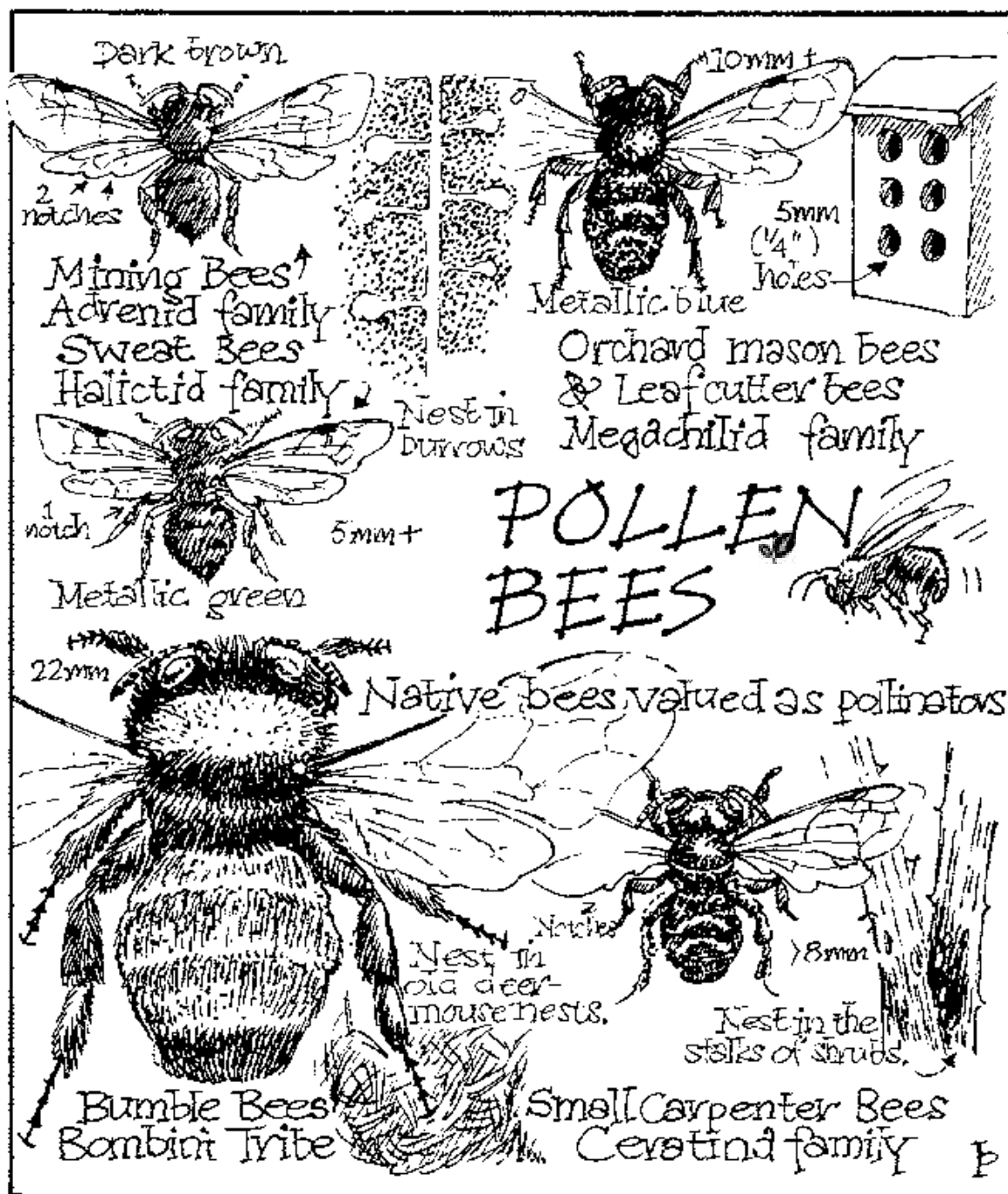
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Credit: Briony Penn

unused land around farm buildings, under fences, bare soil at the edge of roads and fields, the areas around sprinkler pivots, and service areas. Simply leaving these areas alone and protecting them from pesticides and tillage are among the most significant conservation steps you can take.

Climate variation

Climate change is discussed in lectures and text, but usually briefly. Climate variation is still not the easiest sell when discussing the environment. I can't help thinking about it though, knowing that bumble bees are the species most quickly heading towards endangered and extinct species lists. Bumble bees are the earliest bees to emerge in spring, and the last of the bees to hibernate in the fall.

Think about how bees live. Nearly seventy percent of bees are subterranean – they nest in the ground. Thirty-percent are wood nesting. Bumble bees, the next year's queens, overwinter in old burrows or confined, undisturbed spaces under vegetation or structures. Spring comes for these animals when it is warm enough. They are essentially buried in the dark.


Plants however, can be responsive to both light (hours in the day) and temperature, so they will flower when these factors dictate. With shifts in temperature there is becoming a mismatch between average temperature and the hours of light in the day. The concern is that bees are emerging, or preparing to hibernate, at times when food is not available and they starve.

Farmers know that some springs have been cooler in recent years, whatever the cause. Honeybees can't fly when temperatures are below 10 degrees; in these cooler conditions it will be bumble bees that we hope are pollinating fruit.

Conclusion

To address these challenges, we encourage more flowers, more biodiversity, and we aim to learn more about when specific bees are emerging, when they hibernate, and what foods are available to them.

What I envision, as people become more concerned, more impacted perhaps by the decline in bees, is that people get out there on their knees to learn more. They observe timing, watch which plants are most heavily used and when, and crawl about to find the small holes in the ground from which the bees emerge and make sure these areas are safe.

While some farmers are already conscientiously making adjustments to make their processes more bee friendly, the Land Conservancy program is here to help. We have developed a connected program that allows information exchange, the ability to advocate and to influence decision makers. An emphasis of this work is documenting what, why and how work is being done; learning about success and challenges to promoting bee health. We encourage any of you who are thinking about your bees to connect with us. 

Nichola Walkden is the Deputy Executive Director of the Land Conservancy BC, she can be reached at: nwalkden@conservancy.bc.ca

For more information

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Funding for the OSDP has been provided by Agriculture and Agri-Food Canada through the Canadian Agricultural Adaptation Program (CAAP) and delivered by the Investment Agriculture Foundation of BC.

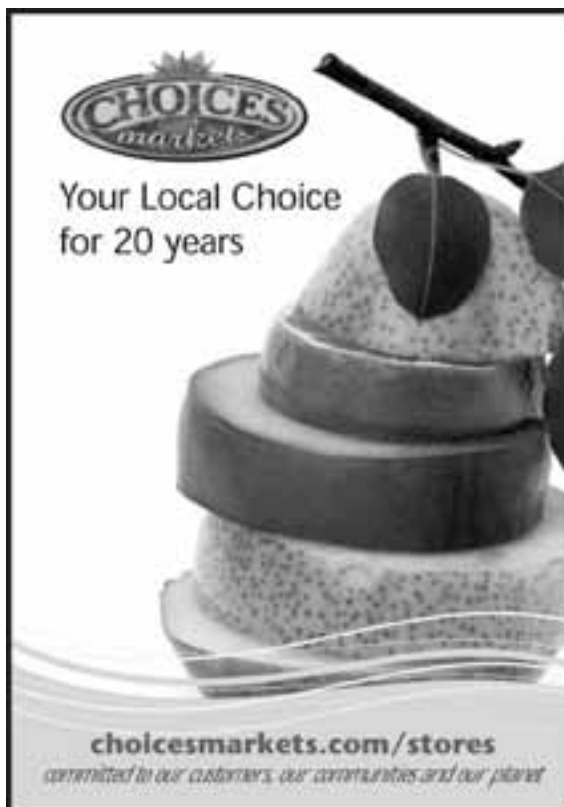


...continued from page 7

Robin Tunnicliffe emphasizes the steps in starting a farm, the various techniques in building the soil, and the necessity for acquiring business skills. She is a firm believer in the creation of new farming models such as working in partnerships “that help agriculture fit our modern lives.” She is a proponent of the idea of food sovereignty and is active in trying to convince government agencies at various levels to incorporate these principles into their policies.

All the Dirt is a unique book. It is extremely well written, clearly organized, peppered with beautiful (at times mouth-watering) colour photographs. The entire design of the book is remarkable and its production is first-rate. The authors’ descriptions of the trials and tribulations and their expression of joy and ecstasy resulting from farming provides the reader – whether a professional grower, someone just starting out, or anyone caring for the future of food security – with essential reading material. 🌱

Gordana Lazarevich, Ph.D. is a former university professor, research scholar, and former Dean of Graduate Studies at the University of Victoria. Upon retiring from her university position she decided to pursue her interest in organic growing, inspired by courses given by Mary Alice Johnson and Tina Baynes. She and Harriet Critchley formed Echo Valley Farm, a certified organic small enterprise specializing in gourmet salad mixes, herbs, and fruit in season.





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People Points

What type of Boss are you? Part I

By Karen Fenske

Did you know as the employer/manager you used to be called “the boss” and now you are called “the leader”? As the leader you have a style (approach) to influencing, directing, and motivating people. We will explore the pros and cons of three different leadership styles in this issue and more in the fall 2012 issue. You will gain insight into your preferred leadership style, how it impacts your workers and the results it achieves.

Participative or democratic leader

A participative or democratic leader provides information and encourages worker involvement in decision-making and problem solving; the leader and worker set expectations and goals together. This style keeps everyone informed, can build teams, improve morale, resolve problems and facilitate change. This style has long-term benefits such as increasing employee commitment and engagement due to the greater sense of significance and satisfaction that comes from being involved in his/her work. Workers tend to perform beyond expectations.

The hard part is that it takes time up front. You need to stop, talk, listen and decide together. The leader must have good interpersonal skills and be able to handle the shift in power. This style is not always effective, such as in critical safety situations, and therefore a combination of styles is healthy.


Delegating or laissez-faire leader

A delegating or laissez-faire leader allows workers to assign and define tasks and make decisions, while the employer contributes information, feedback and encouragement. This works well with trustworthy, reliable, typically long-time workers who are able to analyze a situation, determine a plan and do it. Sometimes the worker knows more than

you do and you need to follow. The two main pros to this style are that the employer is relieved from the details and can focus on “the big picture” and workers can experience greater satisfaction from being more

involved in their own work. However, the leader can fall into the trap of not being there enough or not at all! This can result in workers who feel disconnected or become demotivated with the lack of support. They can lose respect for the employer or choose to “take over the ship.”

Directing or autocratic leader

The directing or autocratic leader assigns and defines all tasks. This style can work when you have all the information, you are short on time, or have untrained workers. The pro to this style is that things get done! The main pitfall is that it can include yelling, demeaning language, threats, and an abuse of power. This results in employees who lack commitment or engagement and can be the reason for high turnover, absenteeism and low productivity. A myth attached to this style is that the leader has all the information. Truthfully, leaders have some information and plenty of assumptions. Employees often have sound insight which could lead to a positive impact on the operation but they are ignored. No one likes to be ignored. This style has short-term benefits and is now considered “unprofessional.” 

It is healthy to use more than one leadership style to accommodate the variety of personalities and experiences of your workers. There is nothing quite like the miracle of growing a plant, a person or your operation. Have a great season!!

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

Events & Announcements

The Investment Agriculture Foundation of BC has released a Request for Proposals for the Canadian Agricultural Adaptation Program (CAAP), with approximately \$2.0 million in CAAP funding available for eligible projects. The 2012 deadlines to apply for project-based funding are July 12, September 14 and November 23. Projects must be completed by December 31, 2013. Additional program information, the Request for Proposals, examples of projects funded and application forms are available online at: www.iafbc.ca

Recent Wholesale Canadian Prices for Organic Fruit and Vegetables list available at: www.certifiedorganic.bc.ca/rcbtoa/services/prices.html

BC Seed Gathering November 9-11, 2012 at Kwantlen Polytechnic University, Richmond campus. For more information visit: <http://www.farmfolkcityfolk.ca/2012/04/2012-seed-gathering>

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Certified organic farms throughout Vancouver Island and the Gulf Islands will host scarecrow displays that week, featuring scarecrows created by children at island fall fairs.

7th Annual Organic Okanagan Festival

Sunday September 23, 2012, 11am - 5pm

Summerhill Pyramid Winery, 4870 Chute Lake Road, Kelowna

At the Organic Okanagan Festival (OOF), attendees will: be able to sample and shop for organic wine, food and goods in the Certified Organic Farmers' Market and Green Living Marketplace; enjoy local music, children's entertainment and the famous Consignment is Cool fashion show; be encouraged with Activist Alley and drumming circles in the Kekuli Earth House, as well as embracing knowledge with eco-conscious lectures in the Summerhill Pyramid. For more information visit www.okanagangreens.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
e:cormac@crannogales.com
www.leftfieldstore.crannogales.com

"Ocean Cliff Organic Farm". 5 acre high bluff waterfront organic hobby farm near Qualicum Beach. Great views. 3600 sq.ft. greenhouse. IOPA. Mls listing # 335803.

Organic farm in NB with livestock and vegetables is looking for passionate people to work and live on the farm (Long Term) with the possibility of taking over part of the operation. Ferme biologique au N-B est a la recherche d'individu(es) passionne(e)r pour travailler et vivre sur la ferme a Long Terme avec la possibiliter de prendre charge d'une partie de l'operation. Send all questions to/envoyer toute questions au : hourglassstint@hotmail.com



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

Enterprise Name: _____ Date Ordered: _____
 Contact Name: _____ Date Required: _____
 Address: _____ CB & Certification Number: _____
 City/Province: _____ Postal Code: _____ Contact Number: _____

Item	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		
Green T-shirts L or XL *	\$18.00	\$18.00	HST taxable		
Natural T-shirts (Logo) M or L *	\$7.25	\$7.25	HST taxable		
Natural T-shirts (Plain) S, XL or XXL *	\$5.00	\$5.00	HST taxable		
Organic Tree Fruit Management	\$19.95	\$25.95	HST exempt (5% GST)		
Sub-total (before taxes and 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

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