

NODPA News

Northeast Organic Dairy Producers Alliance

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Phyllis and Paul Van Amburgh with their growing family/farm crew

Dharma Lea Farm: Sharon Springs, NY

By Lisa McCrory, NODPA News Editor

Returning nutrition to food and profit to the farmer' and 'finding ecological answers to paper money problems' are a couple of the major objectives for Dharma Lea Farm, whose mission is to create groups of animals in a healthy pasture based ecosystem that produce food that allows for optimal human health. Located in Sharon Springs, NY and owned by Paul and Phyllis Van Amburgh, the farm consists of 730 acres of which 233 are owned and 500 are rented. The 233 acre home farm is used primarily for pasture and some hay. The remaining 500 acres is rented land used for hay production. Along with selling organic grass-fed milk from their 62-cow herd, they also raise grass fed beef, sell hay, sell surplus dairy stock,

and offer their services as consultants and speakers. With training in Holistic Management, Paul and Phyllis have recently been selected by the Allan Savory Institute to be one of the first 'Self-Sustaining Savory Hubs' in the world, empowering people to use properly managed livestock to heal the land.

Farming is a second career for both Paul and Phyllis; they are now in their 8th year as organic dairy farmers. Prior to farming full time, Paul worked as a contract carpenter and Phyllis was an occupational therapist. They first started with a small farm raising 100% grass-fed Devons, some vegetable gardens, and a few pigs.

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Save The Date: 2014 NODPA Field Days

September 25 to 26, 2014

Stonewall Farm, Keene New Hampshire

Go to page 39 for more details!

ORGANIC INDUSTRY NEWS

From the NODPA President

On the bright side, the pasture is growing and we look forward to the promise of another growing season. The memories of a really tough winter fade in my mind as the sun gets stronger each day.

But on the other hand, these are confusing times for organic dairy. Conventional milk has reached our organic pay price; I'm happy for the prosperity this brings for my conventional neighbors, but see increasing numbers of organic dairies on tough economic times, and I wonder where this road will take us. The jostling for power on the national level as exhibited by the recent NOP decisions and by the behaviors during the NOSB meeting concerns me. I like to believe that greed and power are not motivating forces in the organic industry (this is where Brian would tell me that I like to believe in the tooth fairy, too...).

As producers, we have to insist that these government-types in Washington take the higher ground. It is no secret that the highest purposes of the NOP fly in direct opposition to the larger forces at the USDA. That is just the way it is. Because they must fly their own flag, they need clear direction from the industry and consumers they serve. That is what the NOSB was created for in the first place. So last month the NOP made decisions on the sunset

of certain products with no discussion outside of their office. We saw the police called during the NOSB meeting in San Antonio to arrest a protester from a consumer group and the director of the NOP deciding to chair the NOSB meeting himself. It's disturbing and startling stuff. It's embarrassing. (Miles, really, what were you thinking?) I suggest we all write a letter to Miles McEvoy reminding him of our expectations to take the higher moral ground. Oh, and yes, we need to remind him that he needs to play well with others.

Liz Bawden, NODPA President

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NODPA MISSION STATEMENT

The mission of the Northeast Organic Dairy Producers Alliance is to enable organic dairy family farmers, situated across an extensive area, to have informed discussion about matters critical to the wellbeing of the organic dairy industry as a whole.

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ORGANIC INDUSTRY NEWS

From The NODPA Desk May, 2014

By Ed Maltby, NODPA Executive Director

“Just as the NOSB meeting was beginning Tuesday morning, a small group of activists gathered in front of the room to peacefully protest the USDA’s unilateral change of the “Sunset Provision”, which governs the removal of synthetic ingredients from organic production.

USDA staff responded by calling local San Antonio police. After 15 minutes of chanting “Don’t change sunset!” the police arrested organic activist Alexis Baden-Mayer and carried her off in handcuffs for daring to stand up against the USDA’s watering down of organic standards.”

(Dave, Lisa and the Food Democracy Now! team)

Most of us that have attended the National Organic Standards Board (NOSB) meetings in the past have had the greatest difficulty in just staying awake through the many days of hearing about technical changes to various ingredients with obscure names that I’m sure I should know if I’d paid attention during my school science classes. In the past, there have been many street theater-type demonstrations to highlight different positions, some guitar singing when there was more time to make comments, and some commentators that just refused to shut up. It was all mostly civil discourse, even though some presenters felt intimidated by the threatening and personal comments by a small minority. That this demonstration even took place is an indication of the level of frustration with the USDA National Organic Program (NOP).

The NOP has decided not to follow historical precedent or the usual level of transparency and communication with all stakeholders as they change how the NOSB operates. Democracy can sometimes be messy and the demonstration at the NOSB is indicative of how passionately folks feel that organic certification is not just a marketing tool but “it is a well-defined alternative to our industrial food and agriculture system that is desperately needed at this time for human, environmental, and global health,” according to Liana Hoodes, Executive Director, National Organic Coalition. Peaceful demonstrations and thoughtful critiques of NOP actions are signs of strength and commitment – it will strengthen consumers’ confidence that the USDA will not be able to arbitrarily lower the organic standards.

The USDA’s assertions that the agency can make unilateral changes of the sunset provisions and the democratic nature of NOSB/NOP process are at the crux of what consumer, environmental and producer groups are objecting too. Increasingly, the USDA is applying the regulations enacted by the Federal Advisory Committee Act (FACA) that requires them to control the agenda, work plan and governance of a FACA Board. Under the 1990 Organic Food Production Act (OFPA), the NOSB has specific roles that separate it from other FACA committees. In September 2013, the USDA changed the policy around the sunset provision and in February 2014, they abolished the NOSB Policy Development Subcommittee and took control of the Board’s Policy and Procedure Manual. Upon doing so, the USDA asserted its authority to determine the NOSB’s future work plan and usurped other critical decision making responsibilities.

As a result, the USDA National Organic Program (NOP) head, Miles McEvoy, installed himself as “co-chair” of the NOSB meeting and then ran the meeting in Texas.

A few days before the meeting, at the urging of the National Organic Coalition, the original authors of OFPA in Congress, Senator Patrick Leahy (Vermont) and Peter DeFazio (Oregon) wrote a joint letter to USDA Secretary Tom Vilsack urging him to “reverse this policy”. Regarding the unilateral changes to the Sunset Provision, Senator Leahy and Rep. DeFazio stated unequivocally that they, “were extremely concerned by this significant and unwarranted policy change,” which was made, “without the benefit of full notice and comment.” Leahy and DeFazio went on to say that the USDA’s recent decisions run, “counter to the key principals of public involvement and oversight in the organic certification process as well as adhering to the highest standards possible for organic food production.”

SAVE THE DATE: The 14th Annual NODPA Field Days will be on Thursday and Friday September 25 & 26, 2014 at Stonewall Farm, in Keene, New Hampshire.

This week it was reported that a cooperative in Wisconsin has recently topped a \$30 pay price for conventional milk for some members when all bonuses for components have been factored in, a higher price than some organic producers receive. We have seen an increase in the number of “organic plus” marketing of organic fluid milk and manufactured products in the last few years, with greater opportunities for producers who sell bulk organic milk to increase their pay price with their production practices (See Pay Price, Feed and Retail price update for more details). The strength of the organic retail market has encouraged the growth of more independent processors and given producers a few more choices in to whom to sell their milk. The Field Days this year will look at those opportunities and feature sessions that analyze the potential for those that have the appropriate production practices. It will also bring together producers who have made the change in their marketing of bulk milk and allow for some great exchange of views, success stories and potential pitfalls. If the Field Days are not yet marked on your calendar, now is the time to do so, and book the relief milker so you can attend and benefit from the experience of other producers.

Some of you will notice that we have changed the dates on the NODPA News to more accurately reflect that we publish the newsletter bi-monthly. This is not my justification for being continuously late with my articles, and you can be sure that Lisa McCrory will not become less professional in ensuring that we meet our production goals. It does reflect that we do sometimes “stretch” our production schedule to allow us to comment on events or make allowance for everybody’s busy schedules. We use a printer that lives and works down the road, a mail house that is a small local business and a graphic designer that is a sole proprietor with a long history of supporting organic and sustainable agriculture.

NODPA and its producer members reinvest in their local community every day, strengthening the economy of their rural neighbors. Processors need to pay a fair wage to organic family farms to keep them in business and the NOP needs to trust that organic stakeholders understand the issues and allow for an open and transparent process. Sometimes an open process can be more beneficial in the long run, even if it is a little less efficient and a bit messy in the short term. ♦

ORGANIC PRODUCTION

A Pasture Is A Terrible Thing To Waste

By Dr. Hubert Karreman, VMD

Cows grazing pasture can enjoy live, fresh feed loaded with vitamins, minerals, protein, fiber, fats, and carbohydrates as well as immune enhancing essential oils, tannins, flavanoids, terpenoids, polyphenols and carotenoids. They thrive on pasture since it is what they are biologically programmed to eat. They get to exercise in fresh air. It's also deeply satisfying for us to watch and listen to a herd of cows grazing.

There are many ways to graze cows: management intensive strip grazing, New Zealand style, "Mob" style, "Tall grass" style. Which is best? The answer is whatever way draws you the most and is enjoyable for you to do. Regardless of method, you need to make sure the feed is out there, not excessive amounts and definitely not too little. Making sure the right amount of feed is available in the area to be grazed is really important for both cow and pasture.

Would you believe that a Holstein herd of 50 cows could get 100% of its daily dry matter intake needs by grazing a total of 1.3 acres of pasture that day? It's true - if there is 1600 lbs/acre of dry matter available in the pasture for them to eat. How about 42

Jerseys getting 70% of their daily dry matter intake while grazing less than 1/3 acre for 12 hours? They can - if there's 2000 lbs/ac dry matter available there for them to eat. If you've been giving excessively large paddocks in relation to estimated dry matter intake from pasture, correctly sizing paddocks will likely free up ground to make hay or baleage.

But how do you know how much is out there? For only 15-20 minutes per week you can learn to size paddocks for the upcoming 7-10 days. I've sized paddocks about 200 times for farmers in Lancaster, PA over the last few years - measuring dry matter available of pasture weekly. Even if the method is not scientifically blessed, it gives a rough idea of how much feed is out there. From there the next step is sizing the paddocks. It is definitely better than blindly laying out paddocks or by looking backwards at how the cows milked and not truly knowing the pasture stand.

Sizing paddocks is a two-step process:

1. Estimate Dry Matter Available (DMA) to graze
2. Pasture DMI / DMA = Paddock size

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Estimating DMA requires:

- 15 minutes per week
- Calculator, collapsible yard stick, a tupperware container, hand shears and a small 400 gram digital scale (\$50)
- Walking the field, taking note of growth, bare ground (%) and areas of existing manure pies or inedible plants.
- Thinking like a cow - where would she most likely eat?

With the above in mind, you are well on your way to providing the amount of pasture you desire your cows to be getting, without wasting or skimping.

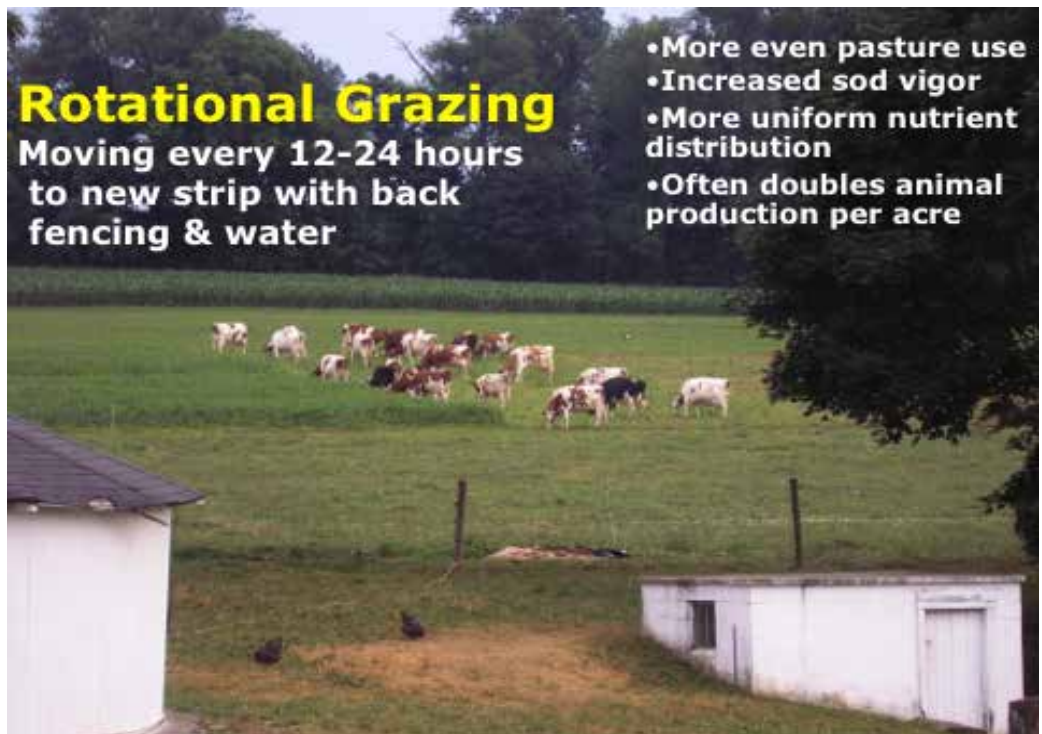
Steps to estimate dry matter available per acre of pasture (DMA)

1. Using a collapsible measuring stick, form a right angle of 12' on each side to create a basic 1 square foot area, then clip the plant material down to 3 - 4" height (residual height post-grazing). If a variety of

growth is seen, take 3-4 samples and average the results.

2. Weigh the fresh sample (in ounces or grams)

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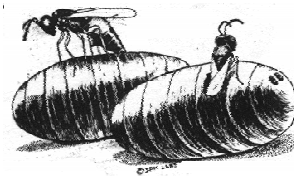


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ORGANIC PRODUCTION

Pasture

continued from page 5

Dry Matter Available per acre

1 sq.ft. fresh pasture (ounces) x 456 = Dry Matter Available per acre

OR

1 sq.ft. fresh pasture (grams) x 15.2 = Dry Matter Available per acre

The above conversion numbers take into account expanding the grams or ounces of 1 sq. ft. to pounds of forage dry matter in 1 acre, as well as taking into account the average dry matter content of 20% for fresh pasture and an 80% utilization rate when using new paddocks every 12 -24 hours. This conversion number is only for nice green carpets of pasture – it does not take into account lots of bare ground, boulders or other unusable areas.

If you can eyeball the yield of a pasture field in dry matter pounds per acre, then you don't need to do direct clippings. However, very few individuals can do that. Even if you can, it is good to do clippings to reassure yourself of estimates.

Factors that modify DMA

Utilization rate (50-80%) | Bare ground (% observed) |
Unedible, ungrazable areas (% observed)

Time in paddock	Utilization rate
Less than 24 hours	80%
48 hours	75%
72 hours	70%
4 – 6 days	65%
7 days	50%

The utilization rate is based on NRCS work done in Pennsylvania. The utilization rate decreases relative to the time that the animals are in the same paddock, due to trampling, increased number of manure paddies and urinating on plants – all factors in that decrease plant palatability.

For instance, a rocky pasture with patches of bare ground and weeds needs to be taken into account when trying to figure out dry matter availability. For example, if a group of cows will be grazing a field for 7 days that has 10% bare ground and 15% boulders, the initial 1 square foot of weighed fresh pasture would still be multiplied by the standard 20% (0.20) to get dry matter content - but then multiply by 50% (0.50) utilization rate and then multiply for bare ground (x 0.10) and boulders (x 0.15). Then multiply by (x 95) if grams or (x 2850) if ounces to convert the 1 sq.ft. area to arrive at dry matter available per acre.

Sizing paddocks: animal size, DMA and pasture DMI

Once dry matter is estimated the rest is simply based on the size of

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your average animal and the dry matter intake needed from pasture.

Cows will generally consume about 3.5% of their body weight in dry matter per day. It can be argued that animals consume more (when the cow is fresh) or less (late lactation or dry period). But a fair average for the entire herd is to say 3.5% of body weight daily. (see table)

Body Weight	Dry Matter Intake in pounds daily
1000	35
1100	38.5
1200	42
1300	45.5
1400	49

Paddock Size = DMI divided by DMA

Recall the two examples from the beginning: (1) the 50 Holsteins getting 100% of dry matter intake from 1.3 acres of pasture, with 1600 lbs dry matter available per acre and (2) the 42 Jerseys getting 70% dry matter intake from pasture on less than 1/3 acre for 12 hours, with 2000 lbs dry matter available per acre. How did we arrive at paddock size?

Holsteins in the example herd are estimated to weigh an average of 1200 lbs. From the table, that size animal would eat 42 pounds

of total dry matter per day. Multiply dry matter needs for one cow x 50 cows. You will need to provide 2100 pounds of feed for the day for the herd (from any source). The pasture has 1600 lbs DMA.

Paddock size = 2100 needed / 1600 available = 1.3 acres/day or 0.65ac/12 hrs.

Jerseys in the example herd are 1100 lbs on average. From the

continued on page 8



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ORGANIC PRODUCTION

Pasture

continued from page 7

same table, that size animal would eat 38.5 pounds of total dry matter in a day. Multiply dry matter needs for one cow x 42 cows. You will need to provide 1617 pounds of feed for the herd (from any source). 70% of that is desired from pasture. So $1617 \times 0.70 = 1132$ lbs from pasture needed. The pasture has 2000 lbs DMA.

Paddock size = $1132 \text{ needed} / 2000 \text{ available} = .57 \text{ acre/day}$ or $.28 \text{ acre/12 hrs.}$

Warm season annuals

The "summer slump" of hot dry weather affects farmers everywhere. Most native cool season pastures will go dormant, leaving essentially no grazable ground. The absolute best way to keep your animals grazing throughout the summer is to plant a warm season annual like sorghum sudan grass. This plant grows well all the way into Vermont. It provides lots of dry matter availability per acre. It grows best at precisely the worst time for native pastures – July and August. In southeastern PA it should be planted the last week of May about $\frac{1}{2}$ " deep and when the

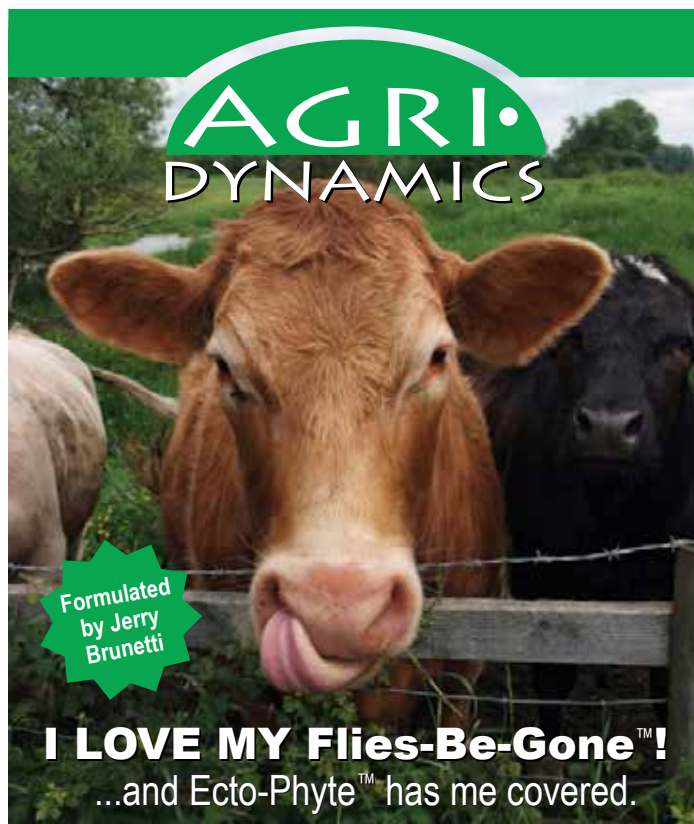
soil is at least 60°F. In many of my measurements, only about $\frac{1}{8}$ of an acre of sorghum sudan per 12 hour period will provide the minimum 30% dry matter intake from pasture for 40-cow organic Holstein herds.

Averages from southeastern PA

In the 200 pasture samples for paddock sizing that I've done over the last 3 years, it was observed that the best quality and quantity for grazing is the height of pasture when you would make hay. This follows common sense in a big way as well. For example, when clover would be 7-8", orchard grass 12-18" and alfalfa around 12-14". This gave an average of about 250lbs/inch/acre. Incidentally, the brix (plant sap sugar) values were also the highest at the time to make hay: Grasses 4-7, Legumes 10-12, Sorghum up to 20. The higher the brix level the better - the sweeter, more palatable and more energy within the plant.

Water and Back Fencing

Keep in mind that cows will drink between 10-30 gallons per day, depending on size, stage of lactation and season. They must have free access to plenty of good water in order to maximize milk production. Also, back fencing with a simple poly wire is needed so recently grazed paddock plants can start their re-

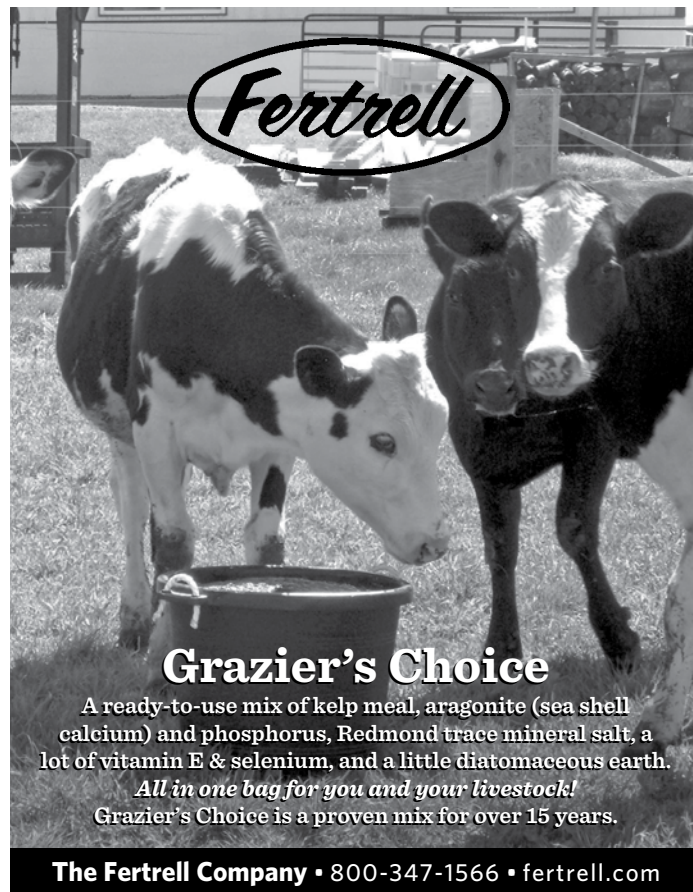


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growth. Cows should only be in the paddock that they are put into for fresh grazing and there should be water accessible to them in that paddock.

Conclusion

While there is a lot to be said for giving animals lots and lots of space to roam around on pasture, the flip side is that there can be invisible losses of potential yield from your farm acreage. By sizing paddocks based on what is actually standing there and matching that to how much pasture you want your animals to eat, you will be providing more precisely what they need. The benefit to this is that it allows pasture that is still in front of them to keep growing more. In doing this you may find you have excess forage from which to make hay or baleage for winter feeding and become more self-sufficient - certainly a good situation. ... and even potentially have more forage to graze later into the grazing season!



Quadrat for measuring forage dry matter

Hubert Karreman is a veterinarian for the Rodale Institute in Kutztown, PA, doing applied research, educational activities and raising certified organic livestock. He is also owner of Bovinity Health, LLC. See page 7 for information.

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ORGANIC PRODUCTION

Organic Dairy Production with the End in Mind

By Arden J. Nelson, DVM, and Diplomate, ABVP-Dairy

We are What We Eat

What we eat has a profound effect on what we are. Are we healthy? Are we fat? Are we dry-skinned? Are we diabetic? Are we allergic? Our human diet influences the initiation and outcomes of our diseases through nutrient imbalances. The most important diseases in our modern society are chronic diseases that are largely modifiable through nutrition.

I have been a dairy cattle veterinary nutrition consultant for over 34 years. I believe completely that "Nutrition is Everything to Dairy Cows". Nutrition management controls all the important metabolic diseases of dairy cattle: milk fever, ketosis, retained placenta, metritis, displaced abomasums, decreased fertility, increased lameness, reproductive problems, and decreased production efficiency. Through controlling all these diseases, nutrition also controls premature culling for disease and production.

Nutrition management also impacts infectious disease by promoting healthy immune systems that are not prone to over-zealous responses. One example is the reduction in bulk milk SCC through ration changes alone. Fewer new mastitis infections and better spontaneous cure rates lower the bulk milk SCC.

This is in addition to nutrition being the largest expense on every dairy farm, and nutrition being the most important factor responsible for enhancing or inhibiting productivity. Nutrition is everything to dairy cows.

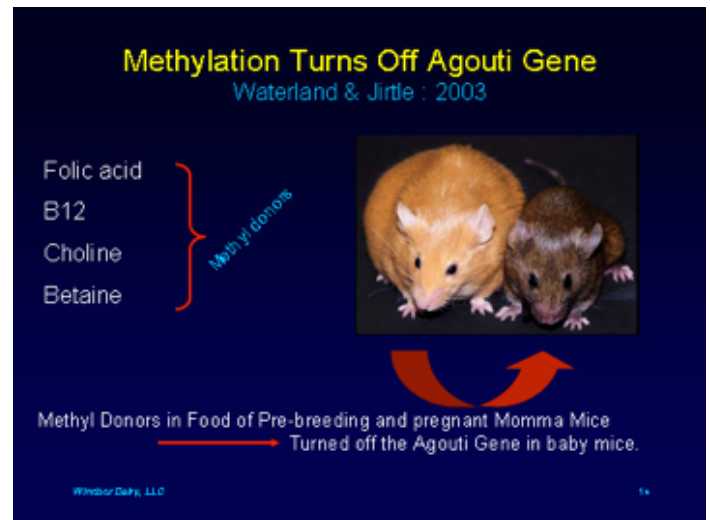
Nutrition is everything to us as humans also. Epigenetics, the effects of environment on the actions of our genes, can change the expression of our trans-generationally carried genetic code such that some genes are expressed, and others are suppressed from expression. This system of the environment (think nutrition, think pesticide exposure, think of the influence of our biome organisms in and on our bodies) affecting what genes are active during our lifetimes is of stunning impact by itself. But, what about the fact that these changes in gene activity can be passed on to future generations, again and again and again? This is truly mind boggling!! We are what we eat and our grandchildren will someday be what we eat now ... Wow!

In a study of epigenetics, (See Figure 1) Waterland and Jirtle stopped the expression of the Agouti gene that produces coat color change, obesity, diabetes, heart disease, and cancer in Agouti mice by feeding methyl donors to the pregnant mouse mothers. Nearly all of the mouse pups were normal, meaning not Agouti! The methylation turned off the Agouti gene.

"These findings indicate that you are not only what you eat, but what your mother and grandparents ate as well."

by Dana C. Dolinoy, (Future Medicine LTD, 2007.)

Figure 1. Methyl donors in the diet of Agouti Mother Mice caused the turning off of the Agouti gene, resulting in nearly 100% normal offspring.



Our bacterial 'roommates'

Recently, researchers have been uncovering the mysteries of the effects of our bacterial body inhabitants (the "human biome"). Each of us has more bacterial DNA in and on our bodies than we have human DNA. Does this mean that each of us is an ecosystem? YES! This population of bacteria influences our bodies in many ways. Examples of this synergy between human and biome: our biome aids in digestion of our food, influences whether we are obese or not, can influence allergies, perhaps even our chances of developing cancer. Some have suggested that we are mere decades away from treating/preventing of specific diseases with inoculation of our skin or digestive systems with a blend of selected bacterial populations. I submit that, in order for these bacterial populations to survive and thrive, we must provide the right nutrition for them, too. Not unlike the concept that a balance in rumen microflora is necessary for healthy and profitable milk production, our resident bacteria need our consideration of their nutritional happiness. Nutrition is everything to humans, too.

NEWS FLASH: "Milk is not milk."

Contrary to recent conventional milk marketing theory, milk is not milk. While this is news that is quite unbelievable and unwelcome to many in the conventional dairy business, it is not news to organic dairymen. Organic producers know that organic milk is different.

Milk is one of the most changeable foods known to man. What

continued on page 12

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—John Haynes, Haynes Dairy, Organic Valley Producer
Claremont, NH (The barrel is Kevin's DIY Trap for house flies)



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—Mark Opitz Hidden Valley Farm, Belmont, WI



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ORGANIC PRODUCTION

The End in Mind

continued from page 10

ever diet the cows eat is reflected in changes to the milk they produce, and usually this happens quickly. It is possible that we have been drinking the wrong milk for human health for the last 50-60 years because of the nutritional changes we have made in what we feed milk cows! Milk may not be the perfect food for calves or consumers IF WE FEED IMPROPER DIETS to the cows!

Breast milk may not be the perfect food for human babies if mothers don't eat a proper diet – but that is a topic for another time.

Organic Milk is Different

Certified organic milk is different than conventional milk, and this has been shown through four research studies reported from 2006 through 2013.

The latest and most thorough study was published in December 2013. This study compared Organic Valley milk with conventional milk processed in the same 14 plants across seven regions in the U.S. Milk samples were collected across 18 months of time. See Figure 2.

Benbrook and colleagues showed that: organic milk is 25% lower in omega-6, 62% higher in omega-3, and 18% higher in CLA than conventional milk.

Because dairy is a large part of the daily diet for dairy consumers, these changes in milk fatty acids are a significant help in correcting our PUFA intake imbalance.

Figure 2. Omega-6, Omega-3, and CLA levels in organic milk as percentage of the conventional milk samples from the four studies shown in Table 1. Notice the consistent results across the studies.

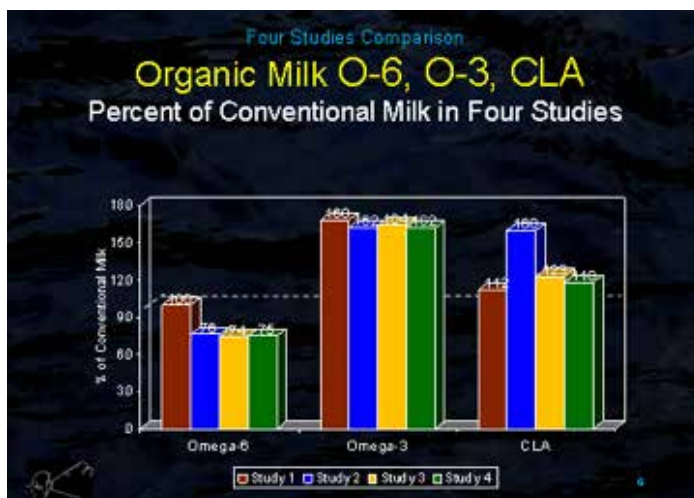


Table 1. Four research studies have compared fatty acids in organic and conventional milk.

Study	Country	Location	Lead Author	Year
1	England	NW England, Wales	Ellis	2006
2	England	England	Butler	2008
3	USA	Across U.S.	O'Donnell	2010
4	USA	Across U.S.	Benbrook	2013

Why is Organic Milk Different than Conventional Milk?

It is very simple. Organic cows eat different diets than conventional cows. Less grain, more forage, more pasture easily changes the Omega-6 and Omega-3 levels in milk. In a sense, this is returning to what cows ate prior to the cow dietary changes that started in about 1950. Prior to then, most foods were still naturally organic, because all of our crops were organic.

Milk Fatty Acids

Polyunsaturated fatty acids (PUFAs) make up a small percentage of the total fatty acids in milk, but are a very important contributor to our health as milk consumers, and are easily altered through changes in cow diets. See Figure 3 for the fatty acid classes in cows' milk. The PUFAs include omega-6, omega-3, and Conjugated Linoleic Acid (CLA).

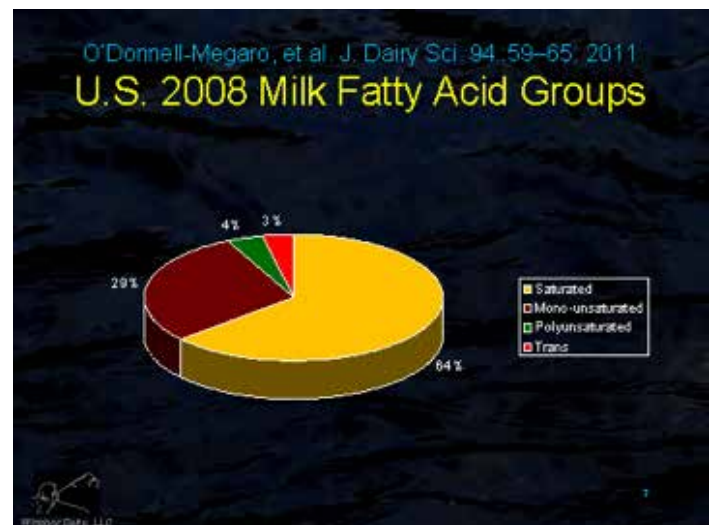


Figure 3. The PUFAs make up only 4% of the fatty acids in milk, but that 4% is very changeable, and VERY IMPORTANT to human health.

Our Problem is Omega-3 Deficiency

Much of our human imbalance in PUFA intake has arisen

continued on page 14

Can Your Pasture Be Harmed By The Effects From Too Much Lime?

By Neal Kinsey

Can you apply too much lime?

Finding the correct answer to that question can be quite confusing. The problem is complicated because some soils produce extremely well that have a high pH and very high calcium levels, and yet other soils, sometimes on the same farm, with the same pH and calcium levels are a big problem. We see this in soils from several parts of the U.S., France and Austria for example. Because some soils do so well with a high pH and high calcium, it can give the false impression that too much lime to supply more calcium would never be a problem. But it can be, and it is an expensive problem to correct once you have it.

Many farmers have been told, "You can't use too much lime." That is not true! In our work with thousands and thousands of acres that have previously been over-limed, detailed soil testing continues to prove applying too much lime is a detriment to most soils. This holds true not only for grass and forage crops, but for whatever crop you are intending to grow. And once this happens, it can be far more expensive to correct than just the cost of spreading an excessive amount of limestone or other calcium containing material.

What makes identifying the problem somewhat complex is the fact that it can take up to three full years to see the whole picture from the total effects of too much limestone that is applied on a field. If too much is used, it is not normally noticeable in the first year. In fact, if lime is needed, but in substantially less amounts than what is actually applied, noticeable improvements will likely become evident within the first year or two. But by the end of the third year, when problems from any excess will be most evident, many growers have already forgotten the possible long-term negative effects of an excessive limestone application, and tend to place the blame elsewhere (on weather, fertilizer, seed, etc.).

The adverse effects from over-liming can show up in a number of ways. Principally it requires dealing with the damage caused by nutrients being tied up from too much of an increase in calcium and/or magnesium as well as the effects that increasing the soil pH has on nutrient availability. And this is the real crux of the problem – if enough of all the other needed nutrients are present, the extra lime will be helpful to a soil. However, if any critical nutrient is already lacking or even present in an amount that is barely sufficient, the lime can effectively reduce its availability and cause problems unless or until that lack is correctly identified and adequately supplied.

The more the calcium level is elevated from the use of calcium carbonate limestone, or gypsum, or from the calcium make-up of dolomite lime, or any other significant calcium source, the more chance the trace elements, plus potassium and magnesium, have of being tied up in the soil - to the point that the crops can no longer take them up in sufficient amounts. Then plants suffer in terms of quality and yield which then translate into problems for the cows and nutrients in the milk.

Some growers might be led to think that just as long as there is not too much limestone applied, there is no problem. High calcium limestone (calcium carbonate) and gypsum (calcium sulfate) are the most common

sources of calcium. But the problem can be caused by other materials too. The list includes oyster shell, rock phosphate, kiln dust, marl rock or other ground sea shells, sugar beet processing lime, and stack dust from the scrubbers of utilities or industrial facilities burning high sulfur coal. All of these, as well as poultry manure, especially from laying hen operations (where calcium is supplemented to strengthen the egg shells) can be a significant source of additional calcium - and for some dairies, the lime sprinkled in the barn that gets incorporated with the manure can be a significant source as well. Compost should always be suspect until the actual calcium content is accurately measured by testing and the date is determined where any extra lime may have been added. Also wood ashes that are applied at high tonnage rates, and irrigation water, can contribute substantially to the increase of the levels of calcium in the soil.

Adding calcium also increases the pore space in every soil. This is a desirable result until pore space reaches 50% of the total soil volume. But when too much calcium is applied by over-liming, so much pore space can result that the soil dries out much easier than before. So farmers can lose efficiency of water use, whether it's from rainfall or irrigation, if soils are over-limed.

Here is a critical point to understand, the application of too much calcium from lime or any other source will affect the availability of all the other elements, which can be tied up or rendered unavailable by its addition as well as any adverse effects from a higher pH. This is not meant to discourage farmers from applying needed lime or calcium. Just consider that how the lime affects the soil should be known beforehand and the appropriate steps taken to prevent any adverse effects. The fact is without good measurement for any negative effects, it will not be possible to correctly manage them. Applying the proper amount of limestone should always be done, but if not able to be determined and corrected, the adverse effects from too much lime can make problems that could have been caught in time, thus avoiding far more serious negative consequences in terms of needed plant nutrition.

Don't be fooled, applying too much lime or other sources of calcium can be costly in terms of lowering crop nutrients and yields. But the failure to apply needed calcium because it "might" hurt the availability of other nutrients will cost far more. Even in pastureland or so called "low pH crops", too little calcium (sometimes still not reflected by a low soil pH), can cost you just as much and likely far more in most cases, if not corrected.

The best way to determine what is actually needed or not needed in terms of liming is to use a detailed soil analysis. The soil analysis should include measurement of calcium and magnesium and the percentage of saturation of each in the soil. Only by checking for both calcium and magnesium saturation and measuring the micronutrient levels can it be determined when there is too little or too much there, or if the proper amount is already present.

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ORGANIC PRODUCTION

The End in Mind

continued from page 12

through two mistakes in our foods selection.

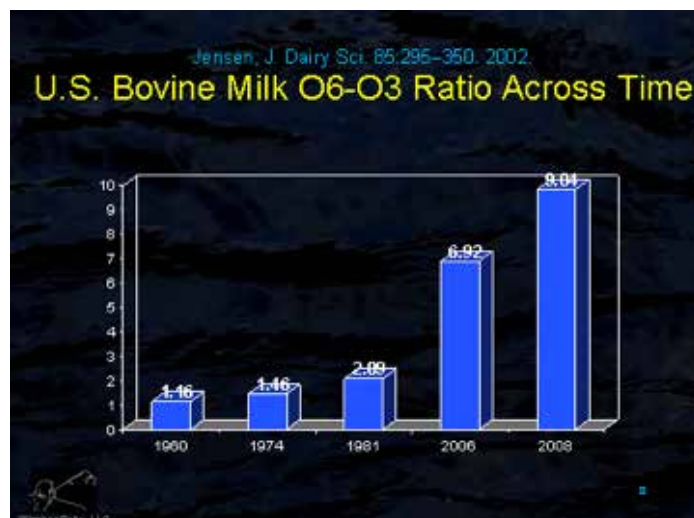
Mistake 1: we are feeding our food animals too much Omega-6 since about 1950. See Figure 4 for history of Omega-6:Omega-3 ratios in U.S. bovine milk. In the last 50 years, milk O6:O3 ratio has increased by 8 fold! All farm animal origin foods have been altered in this same way.

Mistake 2: we are eating too much vegetable oil origin omega-6 since 1960-1970. Vegetable oils are variable in PUFA types, but in general are very high in Omega-6. See Figure 5 for depiction of the timing of the "GREAT FAT CHANGE" in human diets in the U.S.A.

Who cares that Organic Milk has less O-6 and More O-3?

You and every human in western societies should care. The largest nutritional problem we face today is Omega-3 deficiency. Our diet is high in Omega-6 and low in Omega-3. This is not good for us because our typical diet in the U.S. has an O-6 to O-3 ratio of 15:1 while our species has evolved through 2.5 million years on a diet that averaged 2:1. Is it any wonder that we are sick? If you are raising animals (think cows) and are feeding them a ration that is deficient in a very necessary nutrient (think effective fiber for rumen health), do you expect them to thrive in constant health? Do you expect them to suddenly successfully change from the

Figure 4. O6:O3 ratio in bovine milk from 1960 through 2008. Ratio has increased 8 fold in 48 years



thousands of years of slow genetic change that dictates what is necessary in their diet? Will they thrive if you feed your cows like pigs? Of course not! Yet, we are feeding our food animals so that our food of animal origin is not meeting our nutritional needs. We have changed our diet to an incorrect diet over the last 60 years. We humans have a dietary problem, and the problem is us!

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Figure 5. The Great Fat CHANGE happened across ~30 years. Bad fats include margarine and vegetable oils. Good fats include cream, butter, lard, and tallow.



Begin with the End in mind

I challenge everyone involved in food production to begin with the end in mind. Who are you feeding and what do they need from your food?

Who consumes the organic milk you are making and what are their nutritional needs? With so many management challenges, why add one more to your list? Because nutrition is everything to cows and

to humans. We humans are awakening slowly to the power of food to modulate our diseases. As more people become smarter about the food and disease connection, more people will want better fat balance in their diets. Organic milk will be part of that better human dietary balance that leads to better human health.


Better for Cows and People


Many changes to milk cow diets can be better for cows and better for milk consumers, too. One example is Omega-3 fatty acids. Omega-3 and Omega-6 are two essential PUFAs for humans. We cannot make these, and therefore the designation “essential”. We also know that dairy cattle produce the same or more milk and breed better (See Figure 6) when they have more dietary Omega-3 than we have typically provided during the last 60 years. Sounds like a no-brainer, right?

Figure 6. Cows on Flaxseed (high Omega-3) supplemented diet conceived much better than cows on Sunflower seed (high Omega-6) supplemented diet. Milk production was the same, and pregnancy losses were lower on the flaxseed diet. (not shown)

It is simply that the changes we made starting 60 years ago in what we feed our dairy cattle were partially incorrect. Omega-3 decreased in cow diets because we started feeding more corn, less forage, and less pasture. Green forages and pasture grasses and forbs are a great source of omega-3 for dairy cows. When they eat enough Omega-3, their milk is higher in Omega-3, and their diet is closer to what they need. When we drink higher omega-3 milk,


continued on page 32


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ORGANIC INDUSTRY NEWS

Pay price, feed and retail price update for May 2014

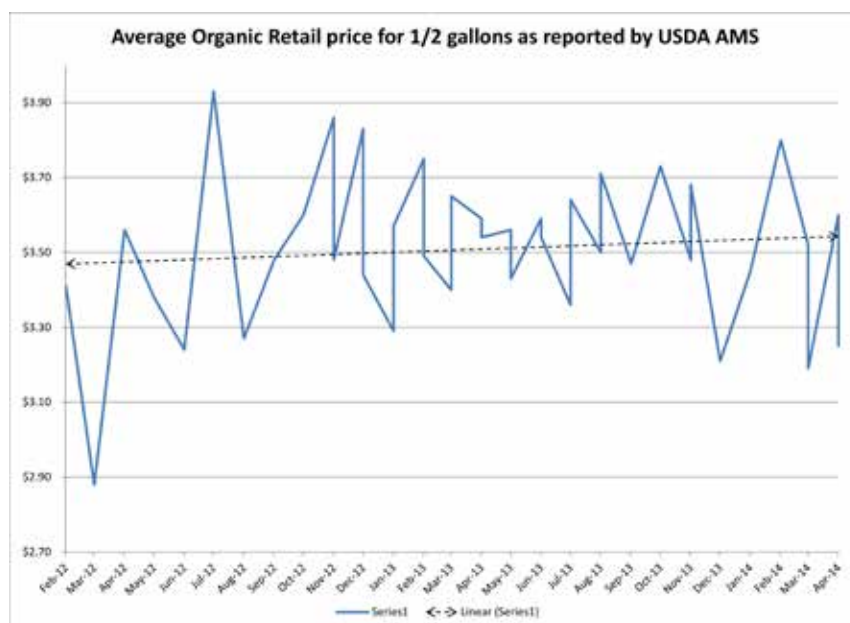
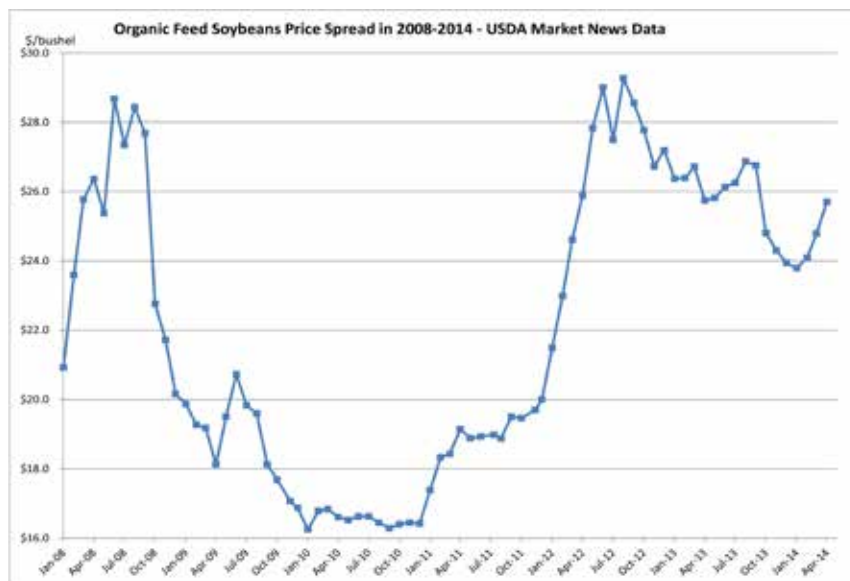
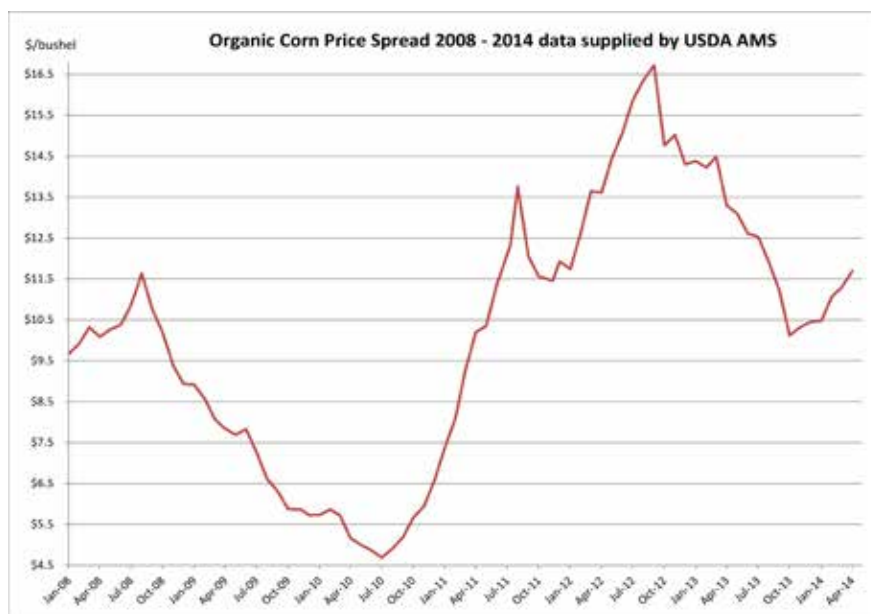
By Ed Maltby NODPA Executive Director

With retail fluid sales increasing by approximately 7% per year, an increased demand for no-grain milk, and a supply shortage, which has some supermarkets posting lack of availability signs in stores, we are seeing a distinct difference in how the two national brands of organic milk are responding to the increased demand for milk. CROPP Cooperative is tentatively offering a small \$1/cwt increase and WhiteWave Horizon Organic is extending their MAPP for Northeast farmers until December 31, 2014, but offering no increase. CROPP is responding to increased demand for "Grass milk" by upping their premium in the face of competition from other companies' higher pay price and increased marketing of "100% grass-fed" organic milk. The Northeast market has become increasingly competitive for milk due to a late 'spring flush' and producers who have cut back production in the face of high feed inputs and stagnant pay price, with one processor reporting that they are down 40 tanker loads from last year, and no milk going into the conventional market.

Stonyfield Yogurt has enrolled one producer in Maine for their direct contract program, with the milk being delivered to the Stonyfield facility co-mingled with milk from independent processor, "Moo-Milk." Stonyfield is still working on a pay price but anticipates it will match what other processors are paying, and reliable sources have the pay price for the first producer at \$39-40 /cwt, although this is not confirmed by Stonyfield and is subject to a confidentiality agreement. Their program will include a payment package that will reflect costs of production and quality, and also the producer's willingness to be part of their education program by opening their books to Stonyfield and working with Stonyfield consultants to make producers more efficient.

It is reported that Organic Valley will increase its pay price by an additional \$1/cwt National MAP on August 1, 2014 (Northeast pay price would be \$30.80/cwt and New England \$31.05/cwt), with the CROPP Board mandating that the

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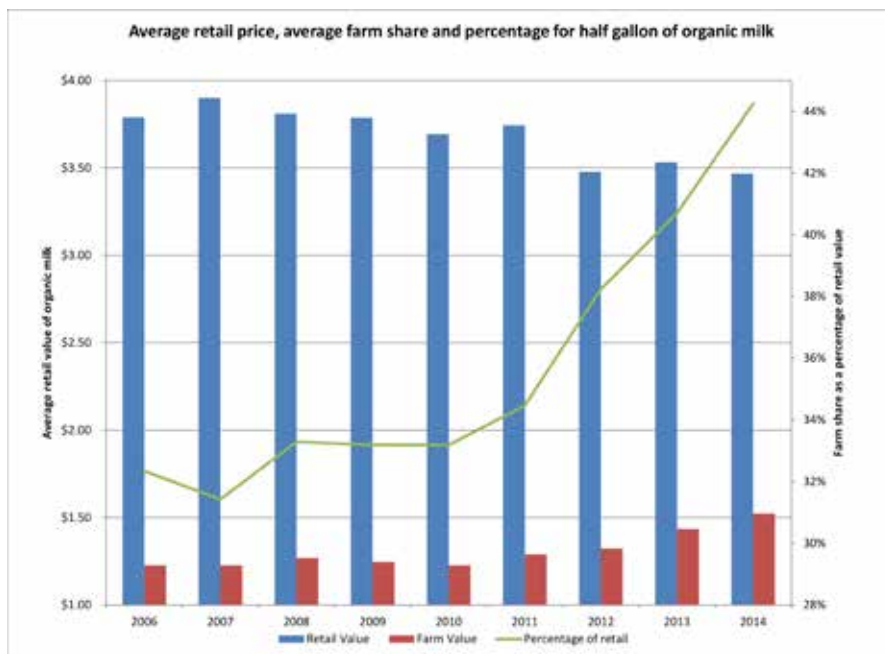


ORGANIC INDUSTRY NEWS

Pay & Feed Prices

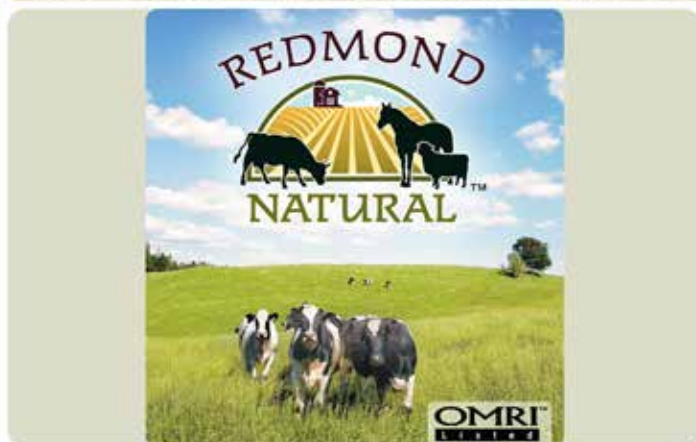
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dollar come from the retail market (a cost of \$0.05 per half gallon) rather than budget for reducing overall company-wide profit. CROPP responded to producer concerns over pay price by reinstating the monthly meetings of their producer committee to look at regional pay price structure in light of changing cost of inputs, especially with the challenges facing western producers who are experiencing high feed costs. CROPP is looking into establishing a no-grain milk supply in NY and New England once they find a processing plant that can handle the separated product to process both fluid milk and cheese. Currently, their no-grain milk premium is \$3/cwt plus a \$1/cwt for soil mineralization, and a projected dollar increase in August, which would bring the premium to \$5/cwt, and a no-grain pay price of \$35.80/cwt in NY and \$36.05 in New England, plus quality, components and seasonal premiums.



Horizon Organic took their \$3 seasonal premium back in March (the contracted agreed time) after leaving it in place for all of 2013. This caused confusion among the co-ops that handle payments, with some leaving the \$3 in place for March milk then having to take the \$3 back in April, plus the \$3 drop

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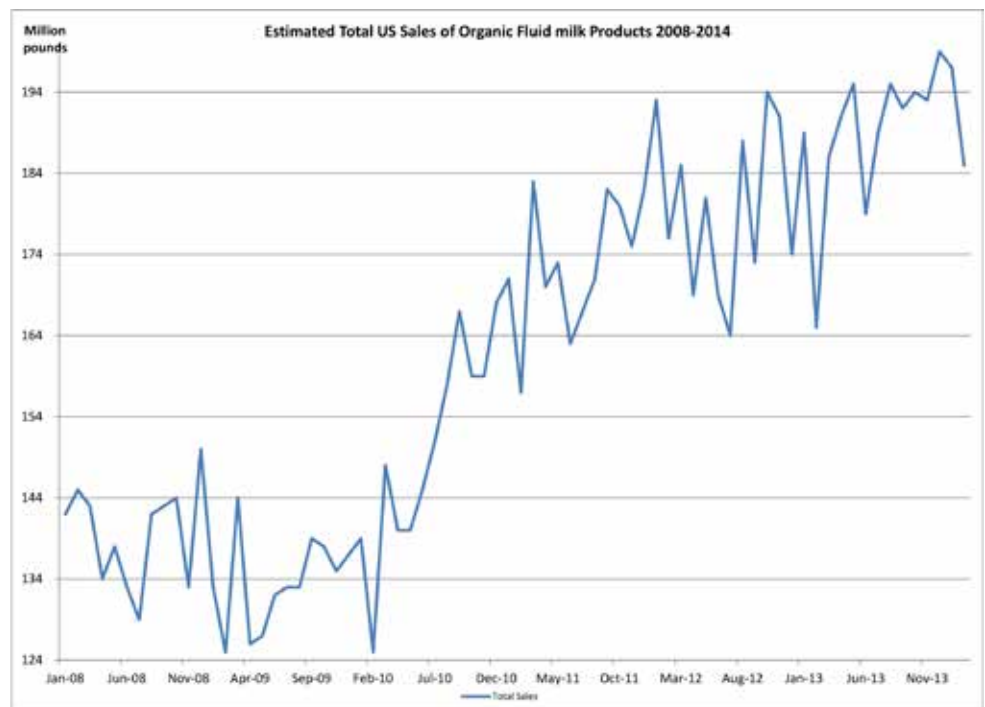
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for a total drop of \$6 for one month. This happened at the worst time for producers who have endured a particularly long winter and late spring. In mid-April, 2014, Horizon notified their farmers that they were extending the \$3.50 MAP until December 31, 2014. This extension only applies to producers located in Maine, Maryland, New Hampshire, New York, Pennsylvania and Vermont. This makes the price \$28.50/cwt, plus premiums, for the rest of the year, which is approximately \$2 behind CROPP. Horizon's logic around choosing just the Northeast states for the prolonged MAPP is confusing as some producers in Michigan are only at \$28.00/cwt. and their milk goes to the same plant as New York producers, and they are closer to the plant than a lot of New York producers.

Maple Hill Creamery (MHC), with their 100% grass-fed organic milk, currently pays \$42/cwt for the 6 "winter months" and \$38/cwt the other 6 months for the milk they receive. It is a flat price regardless of compo-



nents and quality and is only paid for milk on the MHC truck. MHC pays the producer's share of check-offs and has no deductions for hauling and other costs. MHC producers

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ORGANIC INDUSTRY NEWS

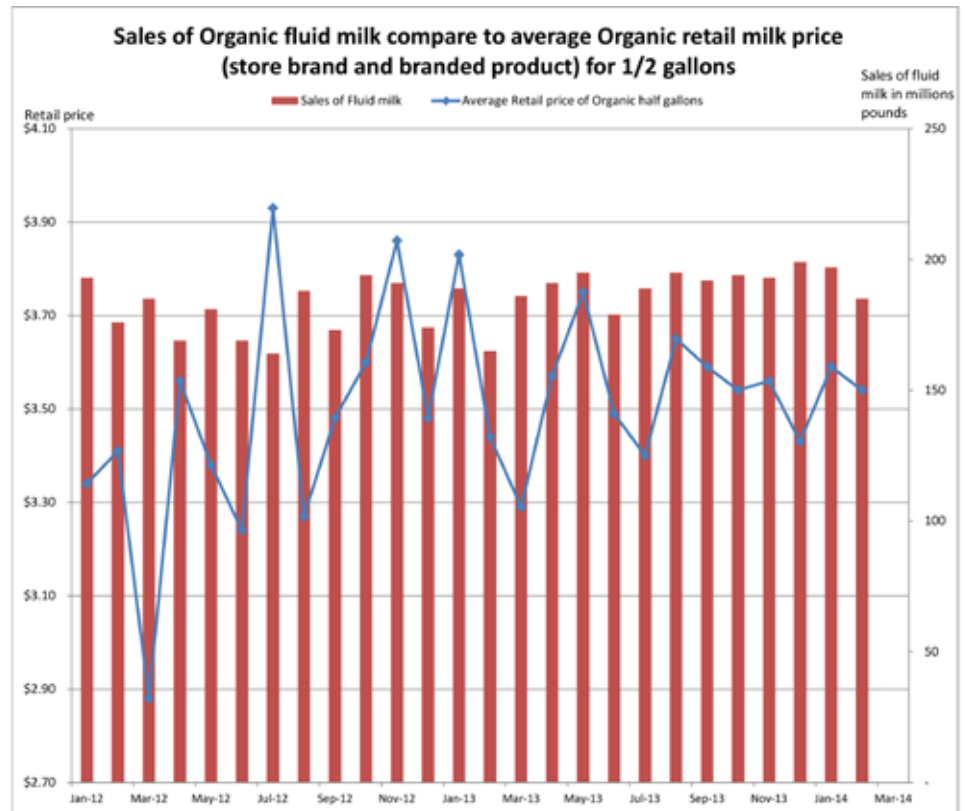
Pay and Feed Price

continued from page 19

currently contract with Horizon Organic, who handles their quality testing, inspections, and balancing.

Upstate Niagara has increased its MAP to bring their pay price up to \$31/cwt, matching the CROPP price, as they expand to a new line of organic Greek yogurt. Like other processors, they offer \$2.50/cwt to new organic members for their first 12 months, and will pay \$3/cwt to existing members for the final year of transition.

Byrne Dairy, the privately owned Central NY processor headquartered in Syracuse, NY, will soon finish constructing a new yogurt facility and are establishing their own organic line. They are reported as having offered an organic dairy a straight \$38.50/cwt with minimal quality standards, and may be interested in entering



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the no-grain dairy market as well.

Trickling Springs Creamery, the Pennsylvania-based company marketing milk, cream, butter, ice cream, yogurt and cheese in the Mid-Atlantic market from its two farms in Chambersburg, PA, will offer grass-fed organic dairy products from its new farm in Koshkonong, Missouri. The farm is 100% grass-fed as certified by the American Grass-fed Association, and Certified Organic. Milk and other dairy products will be sold in the Midwest and Southeast, while Mid-Atlantic markets will continue to be served from Chambersburg, PA.

With the lingering cold and wet weather, this year's planting of corn and soybean is behind schedule and pastures are slow to grow.

The price for organic feed grade soybeans is at the same level it was this time last year of \$25.55 per bushel and the price for



feed grade organic corn is approximately \$1.50 per bushel lower than last year at \$11.70 per bushel. These prices are out of the Midwest and any transport charge needs to be added. ♦

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ORGANIC PRODUCTION

Crossbreeding? Consider Norwegian Reds

By Dr. Gary W. Rogers and Joan Cooper, M.S., Geno Global

Background on Norwegian Red

Norwegian Red is the primary dairy breed in Norway – a country that has over 210,000 Norwegian Reds distributed in over 10,000 herds. By contrast Norway has only about 3000 Holsteins and less than 750 Jerseys. Many non-Holstein breeds (including polled breeds) contributed to the early development of the Norwegian Red, but in general the Norwegian Red is an

continued on page 24



Norwegian Red x Holstein dam on right.
Backcross daughter (3/4 Holstein x 1/4 Norwegian Red) on left.

Table 1. USDA-CDCB/Interbull PTAs (April 2014) for Jerseys, Holsteins and Norwegian Reds being marketed in US. Values for Norwegian Red and Jersey sires are converted to the US Holstein base, plus heterosis is added (assumes these are used to produce crossbred daughters). More analysis of this chart on pages 24 & 30.

	PTA Milk Yield	PTA Fat Yield	PTA Protein Yield	PTA Daughter Pregnancy Rate ¹
ALL AVAILABLE SIRES:				
Average of 15 Norwegian Red sires available in the US Today ²	17	53	41	5.9
Average for active AI Holstein sires in US (daughter-proven)	820	40	28	0.2
Average for active AI Jersey sires in US (daughter-proven) ²	-2092	34	-10	4.0
TOP 5 SIRES:				
Average of top 5 Norwegian Red sires available in the US today ²	757	76	60	5.8
Average of top 5 active AI Holstein sires for Net Merit in US (daughter-proven)	1257	70	48	1.7
Average of top 5 active AI Jersey sires for Net Merit in US (daughter-proven) ²	-1461	80	18	4.2

¹ Daughter pregnancy rate (DPR) is the US measure of cow fertility. Each unit increase in daughter pregnancy rate equals 4 fewer days open.

² PTAs are on the US Holstein base and have heterosis added.

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ORGANIC PRODUCTION

Crossbreeding

continued from page 22

Ayrshire-based population. The North American Ayrshires are not closely related to the Norwegian Red, though there is a genetic link with the Swedish Red and the Finnish Ayrshire as a limited number of sires from these breeds have been shared over the past 60-70 years.

The Norwegian Red has been heavily selected for health, fertility and production using a well-designed breeding program for almost 40 years. The Swedish Red has a similar breeding history and more recently the Finnish Ayrshire population adopted a similar breeding goal. The Norwegian Red breed is one of the healthiest, most hardy and most robust of all high producing dairy breeds in the world. Norway has the largest population of Ayrshire-based cows and has had the largest progeny test program for Ayrshire-based cattle of any country in the world.

Norwegian Red cattle are moderate in size with mature cow weights around 1300 pounds and calves are hardy and fast growing. Top producing herds in Norway average well over 25,000 pounds of milk per year. Fat percentage averages 4.2% and pro-

tein percentage averages 3.4% so fat and protein production are outstanding, especially given the moderate cow size.

Norwegian Reds have an extremely low frequency of important health problems. Clinical mastitis incidence and metabolic disease incidence are very low compared to most dairy populations. Calving difficulty (2%) and stillbirths (3%) are also very low in Norway. Norwegian Reds have remarkable fertility with an average calving interval under 12.5 months, 1st service conception rate in lactating cows over 60% and maiden heifer conception rates more than 70%.

Norwegian Red has a high frequency of the polled gene (absence of horns). Frequency of polled is about 50% today across all of Norway. Systematic selection of polled animals has increased the frequency of polled animals over the past 50 years and will continue until all animals are polled.

Breeding program

The aim of the breeding program is to simultaneously improve production traits as well as health, fertility and other traits that are important for ease of management and lowered cost of production. Milk component production, resistance to mastitis, resistance to other diseases, fertility and udder characteristics have been heavily emphasized.

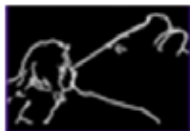
continued on page 30

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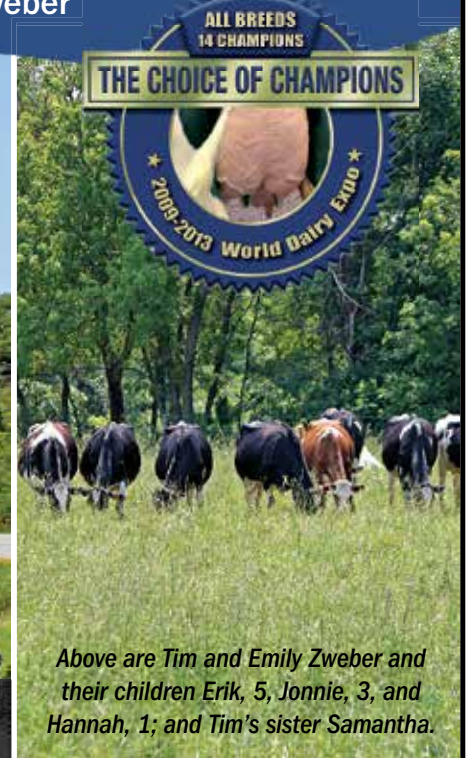



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— Tim Zweber



Above are Tim and Emily Zweber and their children Erik, 5, Jonnie, 3, and Hannah, 1; and Tim's sister Samantha.

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Tim and wife Emily are in partnership with his parents Jon and Lisa at Zweber Farms — home to 120 milk cows, along with dry cows and youngstock near Elko, Minnesota. Tim and Jon share the management of this Century Farm. Tim’s brother Steve and sisters Sarah and Sam also help out when they can.

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“Quality milk is important, and we get a real high premium for having low somatic cell counts (SCC).

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ORGANIC PRODUCTION: FEATURED FARM

Dharma Lea Farm, Sharon Springs, NY

Returning Nutrition to Food, & Profits to the Farmer

continued from page 1

Members of the Weston A Price Foundation, they have been keen on the importance of nutrient dense whole foods and traditional diets and are committed to growing quality food for themselves and selling some of their food products to their community.

In just a short while, they started to look into ways that they could spend more time together as a family, and less time chasing the dollar with off-farm jobs. Phyllis was the first to quit her job so that she could care for and homeschool their kids, and Paul participated as a 'weekend warrior farmer'. But a full time farming lifestyle was starting to look more and more attractive for this couple and when an opportunity came around for them to purchase a nearby organic dairy farm (complete with the cows), it was a chance of a lifetime that they could not pass up. Paul admits that they were naïve and had a tremendous learning curve during those first few years, but does not regret their decision. "Farming is difficult financially, but we are well-fed, everyone is fine; the fact that you get to be together far outweighs the (challenges)." They homeschool their 5 children and enjoy working and playing with them on the farm – having the pleasure of watching them become individuals.

Grass-Fed Organic Milk Market

Dharma Lea Farm was the first of a growing number of Dairy farms to start shipping milk to Maple Hill Creamery, a 100% grass-fed organic dairy company that is in its 5th year of production. The company uses only whole, unhomogenized milk, and markets European-style yogurt and drinkable yogurt.

Paul and Phyllis started shipping their milk to Maple Hill Creamery midway through 2011 and are happy with this new market. They are able to market their milk for what it is – a 100% grass-fed product – and are paid a decent price as well. Current mailbox price is \$38 per hundredweight during the growing season (6 months), and \$42 per hundredweight in the non-growing season (6 months) with no trucking fees. As the company continues to grow, Paul and Phyllis assist by 'vetting' or interviewing new producers.

Herd Genetics and Management

With a cull rate of less than 10%, and an increasing market for their replacement heifers, the Van Amburghs are very happy with the new breed of cow that they are developing. They call their cows 'Ohonte' which is the Mohawk word for grass.

"We have an extensive inbreeding program," explains Paul, "and are selecting for type (including great udders), depth and width with large hips, vigor, health, strength, milk, butterfat, protein, A2A2, beauty, fertility and longevity – not in that order." They also select for easy fleshing cows.

Following the teachings of Gerald Fry (co-Author of 'Reproduction and Animal Health'), they have been doing some carefully managed inbreeding, creating a new breed of cow that is a cross between Milking Devon, New Zealand Friesian, New Zealand Jersey and New Zealand Ayrshire. Their line-breeding methodology, using composite bulls, allows for certain traits to concentrate.

They calve year round, but mostly late fall and early winter to meet



Paul and his Ohonte Cows 'outstanding in their field'



Ohonte Cow at Dharma Lea Farm

the needs of Maple Hill Creamery. They milk 50 milk cows in a tie stall barn and typically have 7-8 dry cows and another 7-8 heifers in the string. Production per cow averages about 8,700 lbs per cow, and increases as the cows get older which means that their average production per cow will be closer to 10,000 lbs per cow in the near future.

Grazing Tall

Paul and Phyllis operate a planned grazing system based upon Holistic Resource Management principles. There are three different animal groups that they manage on the farm: 1) the milkers, 2) 'momma/baby' group, 3) beef animals. Their grazing season normally starts on May 1st and wraps up around Thanksgiving, but they have noticed that, as a result of their management, the pastures are starting to last a little longer.

Milk cows are moved 4-6 times a day during the early/middle of the grazing season and twice a day when the grass production slows down. The other two groups are moved up to 4 times a day early in the season and twice a day later in the season. The frequent moving allows the groups of livestock to graze in tight paddocks; they get in, graze & trample and move to the next section of feed. Pre-grazing height is usually about 3 feet tall; the animals graze the top third of the plants and trample the remaining pasture stand into the ground, feeding the soil biology, building organic matter and returning carbon. "We try to have more grass in each paddock each time we return to it, building roots, and increasing mineral and water cycling," explains Paul.

They have tried annual forages with mixed results. Though they feel that planting sorghum has worked on their farm, "when you add in all the fuel, effort, seed and soil disruption, it is a net loss," explains Paul. A couple years ago they started planting herbal leys according to blends suggested by Newman Turner. This system is working out for them, and they are steering away from conventional tillage practices and are learning better ways to get their crops established using no-till practices. "The idea," explains Paul, "is to reduce costs associated with

tillage, reduce soil damage, and to sequester more carbon... all the while improving animal performance, soil health, water retention, mineral cycling, and yield." They are very happy with the results so far and plan to implement this on the entire farm anticipating a huge financial impact.

Livestock Health

Dharma Lea farm has a closed herd and they do not vaccinate their livestock. As they continue to select for good cows they find that there are fewer and fewer health issues all the time. They supplement their cows diet with minerals and turn to nutritional supplements from Agri-Dynamics (such as Power Fresh Rockets, and Hemocel Bullets) when the animals are showing signs of stress or dis-ease. They also use apple cider vinegar (about 2 ounces per cow per day) as it contains vitamins, enzymes and acetic acid – a potent energy source.

They do not have any organically minded vets in their area, so they rarely see them. If a cow or heifer does not get bred, she goes to their grass-fed ground beef program. Ultimately, they have figured it out on their own using the counsel of Dr. Hue Karreman, Gerald Fry, Jerry Brunetti, and others.

Raising Calves on the Cows

Paul has read many books on livestock genetics and is particularly fond of the info provided in books published prior to the 1970's where their focus was more on quality versus quantity. One particular book had an impact on how they have chosen to raise their calves. The book, written by Merton Moore and E.M. Gildow, DVM, titled 'Developing a Profitable Dairy Herd; The story of how the experts at Carnation Milk Farms built a record-breaking herd of champion cows and bulls'. In this book, it emphasizes the need for the calf to receive nutrients from its mother's milk plus grasses and then later from

continued on page 28

FEATURED FARM

continued from page 27

pasture alone.

For the past two years, the Van Amburghs have adopted the 'Madre Method' better known as 'baby/mommy method' and have had virtually zero calf health issues since. Calves that they choose to keep in the milking herd are raised on their mothers for the first 10 months of life. "The milk that mom makes is designed just for her calf with potent genetic info", explains Paul. "We recently weaned a Milking Devon/Holstein calf at 10 months and she weighed over 900 lbs; she was ready to breed. When calves eat the food that is specifically designed for them, they do very well." The baby/momma cow and calves are grazed in a separate group from the lactating cows, and are brought in to be milked at each milking – though there is little left to go into the tank.

The rest of the heifers and bull calves that are not slated to stay on the farm are raised on milk for the first 10 weeks and are then sold as vealers or dairy stock.

Holistic Management and the Alan Savory Institute

Paul and Phyllis were exposed to the teachings of Holistic Management many years ago, and haven been applying these principles to their farm business and their lives. With only 20 FSA payments left, they will soon

have enough financial freedom to invest more time and energy into the parts of the farm that are more satisfying to them and most fitting to their Whole Farm Goal. "Holistic Resource Management has made a huge difference for us. The understanding it brings, and the methods of management are critical to doing grass-fed dairy," says Paul.

In 2014, the Allan Savory Institute (who promotes large-scale restoration of the world's grasslands through holistic management) selected Dharma Lea Farm to be a Savory Institute Affiliated Hub. The chosen hubs will be model farms providing education, training, and consulting - sharing local solutions to land degradation, food and water security, and community empowerment - within their region. Ten hubs from all over the world will be selected each year until there are 100 hubs by the year 2025. To learn more about the Allan Savory Institute and Savory Hubs, go to: www.savoryinstitute.com.

Resources

Paul and Phyllis and give credit to many important resources and individuals in inspiring them along the way. Books that they turn to include those by Newman Turner, Louis Bromfield, Ann Hagedorn, and Allan Savory (Holistic Resource Management). They have high regard for the many mentor farmers that have helped them along the way, as well as the knowledge and support from Hubert Karreman, Jerry Brunetti, and Gerald Fry.

Organic Dairy Needs

When asked if he sees things in the organic dairy industry that needs

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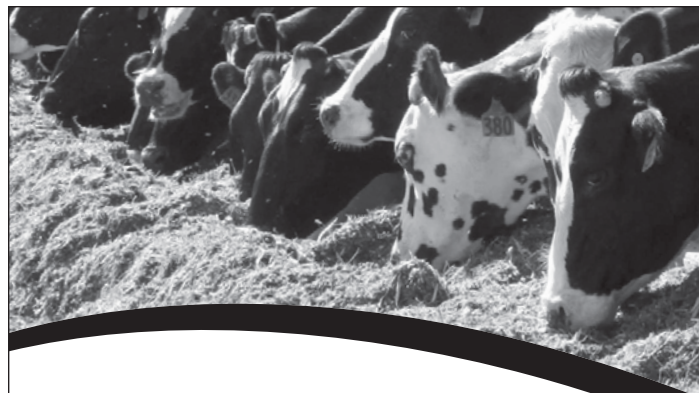
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to be addressed, Paul responded: “We need more markets. When an organic dairy farm can choose between 50 different processor markets in upstate New York, we will have arrived.” He went on to say that we need investors in this movement of processing and marketing local products. More people are awakening to the “new food” system – one based upon equity and equality – and the opportunities are endless.

“An agriculture based upon export is not the way to go”, he concludes. “[The ‘new food’ system] is a real business and when money can be made, more folks will get involved.” ♦

You can learn more about the Van Amburghs and their farm by going to their website: www.dharmalea.com.



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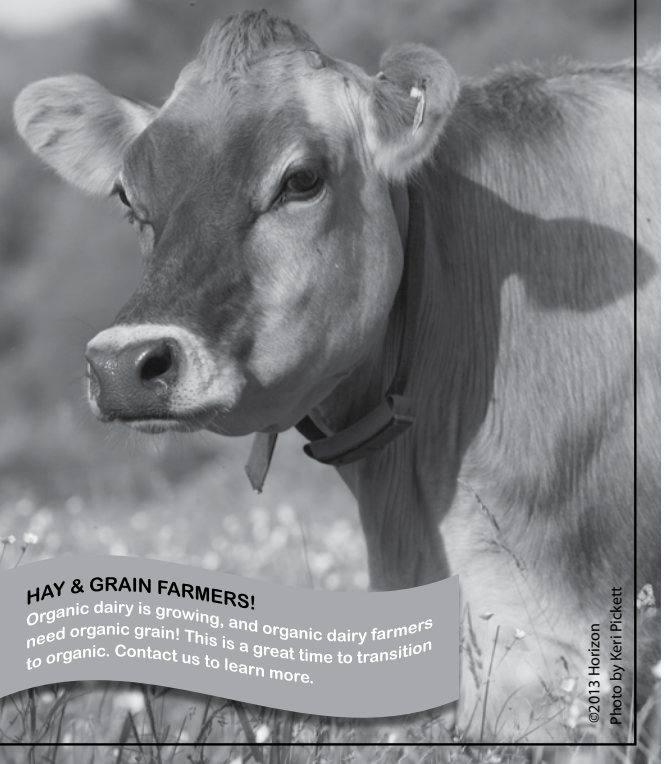
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Photo by Keri Pickett

ORGANIC PRODUCTION

Crossbreeding

continued from page 24

The Norwegian Red breeding program has progeny tested approximately 125 young bulls yearly for several decades. About 10 to 12 of the highest ranking bulls (for TMI) are selected from these 125 each year for use in the general population. The progeny-tested bulls receive very accurate genetic evaluations even for the lowly heritable traits like health and fertility because we get 250 daughters or more in their first daughter-based genetic evaluations.

Crossbreeding with Norwegian Red in the US

Use of Norwegian Red sires has increased dramatically in the US over the past few years. Norwegian Red sires have been used for crossbreeding with US breeds since there are no purebred Norwegian Reds in the US - - they are mainly used on Holsteins and on Jersey x Holstein crosses. ABS Global is the exclusive distributor of Norwegian Red sires in the US and Canada.

We now know how well the Norwegian Red crosses are performing. We can also compare Norwegian Red crosses with current Holstein sires for many traits that are critical to organic dairy producers. In the US we are fortunate to have a multi-breed genetic evaluation so bull proofs are easy to convert from one breed

base to another breed base. We can account for the heterosis (or hybrid vigor - especially important in lowly heritable traits like fertility) and convert proofs for Norwegian Red sires to the US Holstein base, thereby "comparing apples to apples." Historically, Norwegian Red sires are extremely impressive on the US Holstein base with unparalleled records for daughter pregnancy rate (US measure of cow fertility). Also impressive is the fact

that Norwegian Reds have fat and protein production similar to Holstein sires used during the same time period.

We can use the official USDA-CDCB/Interbull Predicted Transmitting Abilities (PTA)¹ from the April 2014 US sire summary for 15 Norwegian Red sires currently being marketed in the US to illustrate the performance of Norwegian Red sires compared to the US Holstein base (Table 1). In addition the heterosis from crossing calculated by USDA-CDCB has been added to the PTAs which assumes that the NRF sires will be used for crossbreeding.

Averages for active AI Holstein sires, active AI Jersey sires (PTAs converted to the Holstein base plus heterosis) and the 15 Norwegian Red sires currently available in the US are presented in **Table 1 (page 22)**. In addition, comparisons are made between the top sires for each breed - - 5 top daughter-proven Holstein sires based on Lifetime Net Merit, the top 5 daughter-proven Jersey sires based on Lifetime Net Merit and the top 5 Norwegian Red sires. Data reflect how crosses from Norwegian Red sires and from Jersey sires would be expected to perform compared with pure



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Holsteins.

Productive life (PL) is not included in the comparison in Table 1 because Norwegian Red sires have PL proofs in the US with very low accuracy. Proofs for PL for Norwegian Red sires are very impressive but may not be realistic. It will require more years of data on Norwegian Red daughters in the US before PL evaluations for Norwegian Red sires will have high reliability.

Table 1 (on page 22) shows that crossbred daughters of Norwegian Red sires will produce fat yields that are equal to those you expect from Holstein cows. In addition, crossbred daughters of Norwegian Red bulls will likely produce slightly more protein yield than either Holsteins or Jersey crosses. However, where the Norwegian Red sires shine is in the area of daughter fertility. Crossbred daughters of Norwegian Red sires will be the most fertile of all breeds used in the US to date. These Norwegian Red daughters will have 20 to 25 fewer days open than Holsteins depending on which Norwegian Red sires are used.

The bottom line is that crossbred daughters of Norwegian Red sires available in the US today will likely be more profitable and easier to manage than purebreds in organic dairy herds. Organic dairy producers who want moderate-sized cows with extremely high fertility, excellent health and outstanding production will be pleased with daughters of Norwegian Red sires. In addition, many Norwegian Red sires are polled and 2 currently available

Norwegian Red sires are homozygous polled (all offspring will be polled).

¹Predicted Transmitting Ability, or PTA, is an estimate of the average genetic superiority (or inferiority) that a bull (or cow) will transmit to its offspring for a given trait. PTAs are adjusted to a reference population of animals called the genetic base. Each breed has its own base and the U.S. "upgrades" the genetic base for each breed every 5 years. Currently the U.S. base is the average PTA of cows born in 2005. The average PTA of these cows is then set to zero. For example, a sire with a PTA of +1000 lbs. of milk, +50 lbs. of fat, and +45 lbs. of protein is expected to have daughters that yield on average 1000 lbs. more milk, 50 lbs. more fat, and 45 lbs. more protein than a daughter of an average cow born in 2005. As the reliability (%R) for a PTA increases, one can be more confident in the estimate of a PTA. When looking at PTAs, focus on the difference between bulls and reliabilities of PTAs. ♦

Dr. Gary Rogers was raised on a Holstein farm in eastern Tennessee and served the dairy industry as a professor of dairy science for 20 years. He served for a total of 10 years at the Journal of Dairy Science, of which he was Editor-in-Chief for 5 of those years, and became the Global Technical Advisor for Geno Global in 2008.

Joan Cooper, M.S. has supported dairy extension and research professionals since 1988. She is currently a data analyst and support specialist for Geno Global. See their ad on page 6.




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ORGANIC PRODUCTION

The End in Mind

continued from page 15

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Each of the diseases on this list of western society human maladies is linked to omega-6 and omega-3 imbalance. How many of these have affected your family and friends?

Diabetes, obesity, heart attacks, depression,
Alzheimer's, cancer, stroke, schizophrenia,
insulin resistance, asthma, arthritis, lupus,
ADHD, post-partum depression.

Does this appear to be a list of our common diseases in the U.S.? All 14 diseases have researched links to dietary omega-3 deficiency. (The Omega Diet, Simopoulos and Robinson)

OUR DEATHS

This is a list of the 10 leading causes of death in the U.S. for 2010, in decreasing order (CDC data). The ones in red italics have researched connections to dietary omega-3 deficiency.

Six of the top ten killers in the U.S. are linked to Omega-3 dietary

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Classified Ads

Livestock For Sale:

75 Close-up or freshening certified organic Jersey Linebacks and a few milking Shorthorns. Selling as a group only; price starts at \$2,000 per animal. Please contact Brian Wilson, 802-377-1786. (Addison County, VT)

Four certified organic Holsteins: Three dry due in May, one fresh May 1st. These are good cows (4-quartered, low cell count); I just have too many spring cows. Dry cows are AI bred to Holstein. \$7000 for group. Also, five 8-10 month old Holstein heifers AI sired, nice shape and ready for pasture. \$2500 for group. Contact Eric @ 607-267-9338, Maryland, N.Y.

We are selling about a dozen DRY dairy cows. Most are Jerseys and Jersey crosses with a couple of tall Holsteins. Please note that several of these cows were bred late and due dates range from mid-July through October. All of these cows are bred (either by service bull or Genex) and have been confirmed pregnant by either a vet check or DHIA's "IDEXX" milk pregnancy test. Age ranges are 3-5 years old and all are certified organic. Prefer to sell them as a group, and/or asking \$1250 each. Email ron@bedrockfarmvt.com for more info. We are based in Georgia, VT if someone wants to come up and take a look at them.

Feed and Seed:

For Sale: NOFA-NY Certified Organic clover seed and timothy seed. Cleaned and bagged on farm. Also, bedding hay still available (4 1/2 X 4 Round bales). Steuben County - Avoca, NY Contact: Jeff (Mitchell Farm) @ 607-566-8477 or Mitchellorganics@hotmail.com

50 bales of Balage left. Weight between 1150 and 1300 pounds. Baleage at 16% protein, 72 NEL. Willing to negotiate on the price if it's all taken. Contact Travis Forgues, Cell: 608-632-3105, travis.forgues@organicvalley.coop (located in Alburgh, Vermont)

Property for sale:

45 or 55 acres +/- with house, barn, indoor & outdoor arenas ready for your horse operation or could easily be converted back to dairy. Additional land may be available by sublease. Beautiful fields have been fertilized regularly with wood ash & manure (Organic certifiable). Perimeter pasture fence (high tensile), pasture watering system and more. House has been updated without losing it's charm. All buildings have been well maintained & updated periodically. Fantastic views of Willoughby Gap. Also consider selling all 134 acres, call to discuss. For more info visit our website: www.nealperryfarm.com, click "Farm For Sale" tab. Rebekah Perry, Narrow Gate Farm, 509 Dutton Brook Lane, Brownington, VT 05860, 802-754-2396

Certified



Gluten-Free



Are you labeling your product "gluten-free"?

If so you will need to comply with the FDA's new regulations that defines and sets conditions on the use of the term "gluten-free" on food labeling, including that the food must contain less than 20 parts per million of gluten. Getting your product certified gluten-free with GFCO at 10ppm or less ensures your gluten-free claim meets the requirements and increases consumer confidence.

Pennsylvania Certified Organic's partnership with the Gluten-Free Certification Organization (GFCO)

- **Simplifies the inspection process** — PCO and GFCO will coordinate the scheduling of a simultaneous inspection for both gluten-free and organic certifications.
- **Saves time** — one inspector conducts a combined inspection of both gluten-free and organic products.
- **Saves money** — the amount of inspection fees and travel expenses incurred is reduced by having a combined inspection.

Contact PCO for more information:

814-422-0251 • pco@paorganic.org • www.paorganic.org

Dairy Consulting Group LLC

YOUR GO TO SOURCE FOR GRAZING GENETICS



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Brian Stone 508-784-1893

brian.stone@dairyconsultinggroup.com

Willie Gibson 802-535-9067

willie.gibson@dairyconsultinggroup.com

NET UPDATE

Recent ODairy Discussions

*By Liz Bawden, Organic Dairy Farmer,
NODPA President*

Robust discussions about steam-flaked corn, a down cow problem, uterine infections, swollen knees, A-2 cows and “stargazer” syndrome.

Last month, a producer asked if steam-flaked corn may be a better feed choice than ground corn when cows are out on pasture. According to one producer, “the steam-flaked corn increased our milk protein content and increased our rumen output efficiency. It did this by allowing more corn to be digested while minimizing rumen acidosis potential. Forages in our diet were alfalfa hay and minimal corn silage, with canola meal as protein supplement.” Another producer pointed to research from Arizona State, which concluded that steam-flaked corn could be 15 to 20% higher in energy. But it was also noted that obtaining quality steam-flaked corn can be difficult; and the added water can make it difficult to store without spoiling. Another producer reported that he saw “very little difference” when he fed steam-flaked corn on his farm.

A down cow, 6 months fresh, puzzled the farmer and their attending vet. She eats well, has normal blood work, and can crawl to change position. But she can't rise, even with help. Several farmers weighed in with similar experiences, and all of them suggested the cow was probably suffering from cancerous tumors. There is no cure, and often the meat will be condemned. A few farmers discussed the Bovine Leukemia Virus (BLV), also called Leukosis. The virus is transferred from cow to cow by re-using needles and from saliva; the virus will cause multiple tumors throughout the cow's body in 3 to 5% of infected cows. Roughly 80% of the cattle in the U.S. are positive for BLV. Several producers agreed that needles should only be used once and then discarded to avoid the possibility of spreading the virus in their herds.

A farmer was treating an older cow, at 80 days in milk, for pyometra (uterine infection). He asked for treatment suggestions from the group. One vet shared the experiences of two of his clients that cleared up similar long-standing infections: the first farmer used homeopathic Pulsatilla twice daily; the second farmer infused a mixture of 55cc dextrose and 5 cc iodine once weekly for three weeks. The vet pronounced the treated cows at both of these farms “in perfect shape” after the treatments. A producer (who didn't have much faith in homeopathy at the time) gave it a try with three cows with “pretty bad” pyometra. She gave Pulsatilla 30C twice a day for 14 days, then switched to Pulsatilla 200C twice a day for 30 days. During that month, the cows were offered free choice Dynamamin (Editor's note: we assume this is Desert Dynamamin from Agri-Dynamics), and the treated cows ate this aggressively. By the end of the treatment, the cows were cycling and ready to breed. Another vet suggested that acupuncture can be a very effective treatment along with the homeopathics. Stomach 36 was suggested since it is a master point for the lower body -- a producer can massage that point, or use it as an injection site for sterile water or vitamins. And the final advice: “The absolute best

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Website & E-Newsletter Advertising

NODPA is pleased to provide additional advertising opportunities for our organic dairy supporters and resource individuals through our Website and our monthly E-Newsletter.

Website Advertising

Three banner ads are located at the top of the home page and at least 10 other pages on NODPA's website. NODPA.com receives over 2500 visits each month navigating to an average of 3 pages per visit.

Ad Design: Display-ready ads should be 275 pixels wide by 100 pixels tall. Your ad can link to a page on your website.

Cost: Display-ready ads are \$150 per month.

E-Newsletter Advertising

Two banner ads are located at the top of each E-Newsletter, going out monthly to over 2,000 individuals through our E-Newsletter, the NODPA-ODairy discussion forum, and NODPA's Facebook page.

Ad Design: Display-ready ads should be 300 pixels wide by 125 pixels tall. Your ad can link to a page on your website.

Cost: Display-ready ads are \$125 per month.

Discounted rates for commitments of 6 months or more.

Interested in one or both of these opportunities? For more information, contact Lisa McCrory, NODPA News and Web Editor, at:

Email: Lmccrory@hughes.net

Phone: 802-234-5524

Go to the following web page for more information:

www.nodpa.com/web_ads.shtml

Subscribing to ODairy:

ODairy is a FREE, vibrant listserv for organic dairy farmers, educators and industry representatives who actively participate with questions, advice, shared stories, and discussions of issues critical to the organic dairy industry.

To sign up for the ODairy listserv, go to:

www.nodpa.com/list_serv.shtml

Calendar

May 21-22, 2014

Kentucky Grazing School, Versailles, Kentucky

This two-day grazing school includes classroom sessions that introduce rotational grazing, explore stocking rates, fencing, and animal nutrition, and on-farm field exercises that involve participants in building a rotational grazing system. Link: www.uky.edu/Ag/Forage/

May 31, 2014

Biological Monitoring with Holistic Management, Cresco, Iowa

Land Stewardship Project and Practical Farmers of Iowa are presenting a series of regional Holistic Management workshops, concluding with this event. Holistic Management presents a whole-farm planning framework that incorporates farmer and family principles into realistic management decisions based on quality of life, profitability and stewardship goals. Link: www.practicalfarmers.org/blog/2014/03/07/planned-grazing-with-holistic-management-register-now/

May 31 - June 1, 2014

Mother Earth News Fair, Puyallup, Washington

The fun-filled, family-oriented Mother Earth News Fairs feature practical, hands-on workshops on renewable energy, green building, gardening, and small-scale agriculture. Topics will include butchering, beekeeping, alpacas, foodshed financing, choosing livestock, aquaponics, livestock guardian dogs, and many more. Keynote speakers include Joel Salatin and Jo Robinson.

Link: www.motherearthnews.com/fair/washington.aspx#axzz2zcdFWD25

June 4-9, 2014

**The American Society of Dowsers 54th National Convention
Lyndon State College, Lyndonville VT**

Fifty speakers and workshops, plus an extensive tradeshow area. Learn how to find water for wells, use dowsing for agricultural purposes, earth healing and more. For more info: www.dowsers.org or call: 802-684-3417

June 6-8, 2014

Midwest Women's Herbal Conference, Mukwonago, Wis.

With over 40 workshops, plant walks and Centered in the Wise Woman Tradition, the Midwest Women's Herbal Conference provides a gathering space to focus on earth-centered healing, nourishment, and the plants that grow around us. For more info: www.midwestwomensherbal.com, Email: herbwomen@gmail.com, Phone: 920-452-HERB

July 1, 2014

**Controlling Flies to Keep Your Organic Cows Happy and Healthy
Twin Oaks Dairy LLC, Truxton, NY**

Join Kathie Arnold at Twin Oaks Dairy to see the Spalding CowVac first hand in an organic dairy system. Hear what additional methods the Arnolds use in order to strive for optimum comfort and production for their herd. Tour the Arnold's farm and see how this exemplary dairy manages their farm. Learn how to develop a fly control program from Keith Waldron, a Cornell University Senior Extension Associate who serves as the Livestock and Field Crop IPM Coordinator with the NYS Integrated

Pest Management Program at the New York State Agricultural Experiment Station in Geneva. This field day is sponsored by NOFA-NY through the USDA Risk Management Agency, Outreach and Assistance Program. Special thanks to Spalding Fly Predators for co-sponsoring this event and providing lunch.

Registration Instructions: To pre-register, go to: <http://tinyurl.com/shop-NOFAevents> or call Stephanie at 585-271-1979 ext. 509 to make payment. Registration is \$10/person and \$15/two or more people from the same farm.

July 1, 2014

Value Added Grains Variety Trials

Cornell Freeville Organic Research Farm, Freeville, NY

Join us for a twilight field trials tour of value added grains. This event will include discussion with David Benscher, Research Support Specialist of the Cornell/OREI value added grain project, Gary Bergstrom, Cornell Plant Pathology, Elizabeth Dyck from OGRIN, and other OREI partners. There will also be equipment demonstrations. **Registration Instructions:** This event is FREE of charge. call Stephanie at 585-271-1979

July 4-5, 2014

Horse Progress Days, Mt Hope, Ohio

For more info, call: 330-857-6340, ext 6 or go to: www.horseprogressdays.com

July 21, 2014

**Organic Dairy High Quality Forage Production
Stine Farm, Redwood, NY**

Bill Stine of Stine Farm welcomes you to tour his farm and learn about his forage production system. Hear how he maintains production with a baleage and hay based ration. See his pasture system and learn what practices Bill has implemented to be a successful organic dairy farmer. To pre-register call Stephanie at 585-271-1979 ext. 509 to make payment. Registration is \$10/person and \$15/two or more people from the same farm.

July 17-19, 2014

**Grasstravaganza: Pasture Soil Health Creates Wealth
Morrisville State College, Morrisville, NY**

Featuring Ray Archuleta ("Soil Guy"), Jerry Brunetti (Agri-Dynamics) and Jim Gerrish (writer, cattle rancher, consultant). For more details: www.grasstravaganza.morrisville.edu, or call: 315-684-6076

July 18-20, 2014

**Seed Savers Exchange Annual Conference
Heritage Farm, Decorah, Iowa**

For more info: 563-382-5990 or go to: www.seedsavers.org/education/events

July 24-25, 2014

**Maine Grain Alliance's 2014 Kneading Conference
Skowhegan, Maine**

For more info: 207-717-4578 or go to: www.kneadingconference.com

July 30, 2014

K-Line Pasture Irrigation, Horning Farm, Penn Yan, NY

See Alvin Horning's K-Line irrigation system, learn how he rotates his pastures for simplicity in irrigation. Hear how Alvin is using irrigation to maximize pasture production, mitigate the risk in extreme weather patterns and maintain high quality forage. This field day is sponsored by NOFA-NY through the USDA Risk Management Agency, Outreach and Assistance Program and supported by Organic Valley. Free

July 30-August 1, 2014

**Grassfed Rising 2014: Polishing the Soil-Grass-Consumer Connection
Columbia, Missouri**

Featuring Dr Fred Provenza, Dr. Don Huber, Greg Judy, and more. For more info, go to: www.grassfedexchange.com.

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About MODPA

The Midwest Organic Dairy Producer Alliance (MODPA) represents organic dairy producers in WI, MN, ND, SD, IA, NE, KS, MO, IL, IN, OH, & MI with the mission "to promote communication and networking for the betterment of all Midwest organic dairy producers and enhance a sustainable farmgate price." To ensure a fair and sustainable farm gate price.

1. Keep family farms viable for future generations.
2. Promote ethical, ecological and humane farming practices.
3. Networking among producers of all organic commodities.
4. Promote public policy, research and education in support of organic ag.

MODPA Board

Wisconsin

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zimbadairy@tband.net
Phone: 989-872-2680

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Ernest Martin, Director
1720 Crum Rd
Shiloh, OH 44878
Phone and Fax: 419-895-1182

Net Updates

ODairy

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way to prevent them is to be intensive with treatment in the first 7 - 10 days of lactation if there is a retained placenta." Caullophyllum was recommended for day 1 to 3, either as a mother tincture or multi-potency homeochord. Then switch to Pyrogenium for days 4 to 8. At day 5, manual removal of the placenta begins, and is attempted daily thereafter. Iodine pills are administered at this point, if she is not yet improved.

A young Jersey calf had a very swollen knee and developed some ear drainage. A vet attempted to drain the knee, but there was no fluid there. Several producers suggested that it was most likely a naval infection, and experience tells us the once it shows up in the knee joint, it is likely not curable. A vet on the list suggested that it may be a mycoplasma infection. He suggested treating the calf immediately with antibiotics.

There is a lot of interest these days in A2 cows - cows that produce milk with the A2 type of beta casein protein. A producer asked where to get A2A2 testing done. Clean tail hairs are pulled for the test - make sure they have the whole hair follicle including the little root ball on the end; place them in a paper envelope. Two labs were suggested by producers: The University of California Veterinary Genetics Lab at Davis, CA (phone #530-752-2211) has a fast turn around and tests cost \$25. Geneseek in Lincoln, NE (phone #402-435-0665) charges \$12 for the test plus \$1 for the hair card in which you send the hair to the lab.

"Star Gazer" syndrome was the diagnosis for this 6 month heifer calf - viral meningitis with polioencephalomalacia (from a thiamine deficiency). Vets concurred that the heifer should receive Vitamin B1 (Thiamine) injections. If giving the Thiamine IV, make sure that it is

labeled for IV use, and push it in very, very slowly. Generally, the first dose of 20cc Thiamine is given IV, then follow up with 10cc IM injections twice daily for 4 days. It was suggested to have a bottle of epinephrine on hand; rarely, an animal will experience anaphylactic shock. It was also suggested that the farmer administer immune supportive preparations such as garlic tincture, Vitamin C, or Echinacea. ♦

Advertise With Us!

**NODPA News is Published Bi-Monthly
January, March, May, July, September & November**

Join as a **Business Member** and receive an additional 5% off all advertising. To learn more about Business memberships and the Web Business Directory, go to www.nodpa.com/directory.shtml or contact Lisa McCrory.

2014 Ad rates and sizes listed below.

**Deadline for advertising in the
July, 2014 issue is June 15, 2014.**

Full Page Ad (7.5" W x 10.25" H) = \$575

1/2 Page Ad (7.5" W x 4.5" H) = \$290

1/4 Page Ad (3.5" W x 4.75" H) = \$160

**1/8 Page Ad/Business Card:
(3.5" W x 2.25" H) = \$85**

Commit to a full year of print advertising and receive a volume discount.

Classified Ads: Free to organic dairy farmers and business members. All others \$20 for the first 30 words; \$.20 per word over 30

For advertising information call Lisa McCrory:
802-234-5524 or email Lmccrory@hughes.net

Please send a check with your ad (made payable to NODPA).



mosa@mosaorganic.org
608-637-2526

**When you're serious
about organic.**

Northeast Organic Dairy Producers Alliance Producer Milk Check Assignment Form

I, _____ (please print name on your milk check)
 request that _____ (name of company that sends your milk check)

deduct the sum of :

_____ \$0.02 per hundredweight to support the work of NODPA

_____ \$0.05 per hundredweight to support the work of NODPA (the amount that has been deducted in the past for national milk marketing but can now be returned to you as an organic producer if you have applied for the exemption.) If you need assistance in applying for the exemption, check here _____

_____ \$0.07 per hundredweight (the \$.05 marketing check-off plus \$0.02)

as an assignment from my milk check starting the first day of _____, 201____. The total sum will be paid monthly to NODPA. This agreement may be ended at any time by the producer by sending a written request to their milk buyer with a copy to NODPA.

Milk handlers please send payments to:

Northeast Organic Dairy Producers Alliance (NODPA), Ed Maltby, NODPA Executive Director, 30 Keets Rd, Deerfield, MA 01342

Producer signature: _____ Date: _____

Producer number/ member no: _____ E-mail: _____

Number of milking cows: _____ Tel #: _____

Certifying Agency: _____

Farm Address: (please print) _____

Producers—please send this to NODPA, Attn Ed Maltby, Executive Director, 30 Keets Rd, Deerfield, MA 01342, so we can track who has signed up and forward this form to the milk handler. Thank you.

Subscribe to the NODPA News and support NODPA!

By becoming a subscriber you will receive 6 copies of the NODPA News and help support the Northeast Organic Dairy Producers Alliance. NODPA depends on your contributions and donations. If you enjoy the bi-monthly NODPA News; subscribe to the Odairy Listserv (http://nodpa.com/list_serv.shtml); visit our web page (www.nodpa.com) or benefit from farmer representation with the NOP and processors that NODPA provides, please show your support by making a generous contribution to our efforts.

Note that if you sign up for the NODPA Voluntary Organic Milk Check-Off, you will be automatically signed up as a NODPA News subscriber.

_____ \$35 to cover an annual subscription to NODPA news

_____ \$300 to \$500 to become a Friend

_____ \$50 to become an Associate member (open to all)

_____ \$500 to \$1,000 to become a Patron

_____ \$100 to become a supporter of NODPA

_____ \$1,000+ to become a Benefactor

_____ \$150 to become a Business Member

Name: _____

Farm Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Date: _____

Are you a certified organic dairy producer? YES NO

Number of milking cows _____

Milk buyer _____

Are you transitioning to organic? YES NO If yes, anticipated date of certification: _____

Please mail this form with a check to: Ed Maltby, NODPA Executive Director, 30 Keets Rd, Deerfield, MA 01342, or by fax: 866-554-9483 or by email to ednodpa@comcast.net. Please make your check payable to: NODPA

Credit card: Master Card Visa Card #: _____

Name on Card: _____ Expiration Date: ____ 201__ Security Code on Card: _____

Organic Milk Sought

CROPP Cooperative/Organic Valley

CROPP Cooperative/Organic Valley is the nation's largest farmer-owned organic cooperative. With members throughout New England, the Northeast and Southeast, we offer a stable, competitive organic milk pay price to members. We are forecasting solid growth in these regions and welcome the opportunity to talk with producers about joining our Cooperative.

We offer veterinary support, quality services, organic food, the Organic Trader buy/sell newsletter and inclusive communications from a farmer-owned cooperative with over 25 years of organic farming and marketing experience. Our Feed Department sources organic feed purchases for our member operations. Please contact our Regional Managers or Farmer Relations for further details.

- In New England, contact John Cleary at (612) 803-9087 or john.cleary@organicvalley.coop or Steve Getz at (608) 632-3790 or steve.getz@organicvalley.coop.
- In New York, contact David Hardy at (608) 479-1200 or david.hardy@organicvalley.coop.
- In Central and Western Pennsylvania area, contact Peter Miller, at 612-801-3506 or peter.miller@organicvalley.coop.
- In the Southeast, contact Gerry Cohn at (919) 605-5619 or gerry.cohn@organicvalley.coop.

Farmer Relations is available from 8:30 a.m. to 4 p.m. Eastern Monday through Friday at (888) 809-9297 or farmerhotline@organicvalley.coop and online at www.farmers.coop.

Natural by Nature

Looking for an organic milk market? Natural Dairy Products Corporation (NDP) was founded in 1995 as a family owned and operated organization producing organic dairy products under the Natural By Nature brand name. Natural By Nature organic dairy products are produced with great care and distributed nationwide.

We are actively seeking organic, grass-based dairy producers in the southeastern PA, northern MD and DE areas. NDP pays all hauling and lab costs, and we are currently offering

a signing bonus, so this is the time to call! We'd be happy to answer your questions ... please call 302-455-1261 x221 for more information.

Upstate Niagara

Upstate Niagara is a member owned dairy cooperative dedicated to high quality dairy products. We are currently seeking new organic member milk. Upstate Niagara offers a highly competitive organic pay program with additional premiums for milk quality and volume. For producers interested in transitioning to organic production, we also have programs to assist you in the transition process.

If you are interested in becoming a member, please contact Mike Davis at 1-800-724-MILK, ext 6441. www.upstateniagara.com

Maple Hill Creamery

Seeking 100% Grass Dairy Farmers! Maple Hill Creamery, located in Stuyvesant, NY is a small manufacturer of 100% grass-fed organic yogurt. We are growing rapidly and are looking for more 100% grass-fed farms in the NY state area to join us.

We offer:

- Six month winter premium
- Grass fed premium paid OVER organic milk price
- Grass fed dairy technical assistance / mineral program
- Organic transition payments possible

Requirements:

- No grain, no corn silage
- Just pasture, dry hay and baleage
- Certified Organic
- Please CALL US with questions! Phone: 518-759-7777

Dairy Marketing Services Organic:

More milk is needed by Northeast organic customers! Dairy Marketing Services can help you facilitate the transition from conventional to organic production. Count on DMS Organic specialists for organics, transition stabilizers, pasture requirements, pasture supplies and more. Call David Eyster at DMS: 1-888-589-6455, ext. 5409 for more information today.

To be listed, free, in future Organic Milk Sought columns, contact Lisa McCrory at 802-234-5524.

Become a Member of MODPA!

Member dues are \$35 per year, for which you receive our newsletter and become part of our team working for the best interests of all organic dairies.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Certified Organic Dairy? Yes No # of cows: _____

Transitioning: _____

I wish to support MODPA (check whatever applies):

___ By becoming a state rep or director.

___ By supporting MODPA with a %/cwt check-off.

___ By providing a donation to support the work of MODPA. \$_____ enclosed.

Please send this form to: Bruce Drinkman, MODPA Treasurer, 3253 150th Ave, Glenwood City, WI 54013. Go to page 36 to learn more.

ORGANIC INDUSTRY NEWS

Organic Dairy: Getting Down to Business

2014 NODPA Field Days

Stonewall Farm, Keene, NH | September 25 & 26, 2014

Increasingly, organic dairy producers are faced with the 'glass ceiling' on the price processors are willing to pay for wholesale organic milk. So what are the alternatives? An approach gaining traction is to go beyond wholesale fluid milk and focus on other value added dairy products – such as raw milk, yogurt, cream, butter, cheese, ice cream, and 'grass-milk'. Organic dairy farmers are also exploring new strategies that market their milk with a focus on local consumer needs and interests, and new niches such as 'grass-milk' products, small scale processing and local brands. The 14th annual NODPA Field Days will look at the business behind these production practices and marketing strategies, and help you determine if something is right for you.

As we plan the 2014 NODPA Field Days, we will be offering workshops that will analyze the economic benefits of diversifying production and marketing, and share how Northeast organic dairy farmers can become involved. You may be asking, "Is this an option for me?" In order to answer your questions, we will feature presenters who have first-hand knowledge and experience, providing participants with up-to-date and relevant information regarding product diversification, small scale processing and niche marketing, and putting the resources and information in the context of how this can work on the Organic Dairy – both large and small. In addition, we will have workshops that address on-farm micro-processing, small grains production, and alternative veterinary practices, such as Chiropactic, Acupuncture and Acupressure for cows. And back by popular

demand will be the Veterinary Q & A.

There will be a farm tour of Stonewall Farm; plenty of time for catching up with old and new friends during the social hour and Thursday evening banquet; many opportunities to meet with industry professionals at the full trade show, and plenty of good local food to enjoy throughout this 2-day event.

It's been over eight years since New Hampshire hosted NODPA's Field Days, so we are returning to the state and will be at Stonewall Farm in Keene, New Hampshire. Stonewall Farm, a non-profit, working organic dairy farm and education center in the southwest corner of the state, is well acquainted with production diversity. As cost of production outpaced the pay price for organic milk, they recognized that diversification and niche marketing were important components of their business model. They produce yogurt, ice cream and cheese, and have the capacity to bottle their own milk. Previously, raw milk was a big seller at the farm but they stopped due to an arrangement they have with their current milk buyer. In addition, the farm has a vegetable operation, a CSA, farm store, sprouted grains fodder system, and, in conjunction with Antioch College, they are in the process of establishing a 1-year, full-time farmer education program. With so much going on at Stonewall Farm, we thought it would be the perfect setting for this year's NODPA Field Days program. We hope you will mark your calendar and plan to spend time with us in September in New Hampshire. ♦



Northeast Organic Dairy Producers Alliance (NODPA)

c/o Ed Maltby
30 Keets Road
Deerfield, MA 01342

PRSRT STD
US POSTAGE PAID
PERMIT NO. 4256
Northampton, MA

CALENDAR

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August 8-10, 2014, NOFA Summer Conference, UMass, Amherst, MA

Dr. Elaine Ingham will present the keynote, "The Organic Biological Revolution". For more info: www.nofasummerconference.org. Phone: 508-572-0816

August 14, 2014

Practical Soil Management for New Lands and New Farmers The Farm at Locusts, Staatsburg, NY

Participants will have the opportunity to walk the fields, examine soil tests, work through calculating amendment rates, and see field demonstrations of mineral applications and cover crop management. You will be taught about tillage and field prep; soil mineral balancing and liming; and utilizing intensive cover cropping to build soil organic matter and available nitrogen. Bring a farm soil test to discuss with the group! Call Stephanie at 585-271-1979 ext. 509

August 27, 2014

Fodder Production Workshop, B-A-Blessing Farm, Whitesville, NY

John and Tammy Stoltzfus of B-A Blessing Farm welcome you for an all-day

event to learn how to incorporate fodder production on your farm. Hear from John about how fodder is produced and fed as a part of his milking herd ration. Representatives from Farmtek and an Organic Valley specialist will also be available to answer product and nutrition questions. Call Stephanie, at 585-271-1979 ext. 509. This event is FREE and lunch will be provided.

September 25-26, 2014

14th Annual NODPA Field Days, Stonewall Farm, Keene, NH

The 14th annual NODPA Field Days will feature workshops that explore increasingly popular production and marketing strategies for organic milk that go beyond the wholesale market, and analyze the economic benefits of diversifying production and marketing that focus on local consumer needs and interests, niche marketing, and more. In addition, we will focus on alternative veterinary practices such as Chiropractic, Acupuncture and Acupressure for cows, and the popular Veterinary Q & A session. Stonewall Farm, this year's setting, is an educational farm that has an organic dairy, micro-milk processing facility, on-site hydroponic barley fodder operation, cheese and yogurt making capacity, is creating a small grains cooperative, and more. See page 39 for more Field Days details, and see the July/August NODPA News for the full program, or check online in the next few weeks at www.NODPA.com. For details on sponsorship and to reserve limited trade show space, please contact NODPA event coordinator, Nora Owens, at noraowens@comcast.net.
