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Milk House News

F2C's Raw Milk University Makes a Splash

In January, the Farm-to-Consumer Foundation launched "Raw Milk University", a series of internet-based seminars for dairy producers interested in raw milk operations.

Twelve sessions of the "webinars" were scheduled, in January, April, July and October. Three programs were held each month; one with a focus on dairy cows, one on goats and the third an Open Forum for people interested in raw milk issues.

The webinars were presented using GoToWebinar a service that allows attendees to listen to the raw milk experts, see related pictures and information, and ask questions in real time.

Designed for producers who want to learn the essentials in starting a raw milk dairy or improving any raw milk operation, this series gave participants the opportunity to learn from experts in the raw milk community.

F2C's goals in launching Raw Milk University were to educate farmers on starting, maintaining, or learning more about how to improve a raw milk dairy operation; educating consumers on safe handling guidelines as well as other ways to support the raw milk movement, to promote raw milk production and consumption and raising awareness of Farm-to-Consumer Foundation's mission.

Tim Wightman presented webinars focusing on cows, Sharon Wilson presented webinars focusing on goat sessions. Both Tim and Sharon hosted the Open Forum sessions where participants could ask questions directly about their operation.

Tim is a farmer and long-time dairy and soils consultant and serves as F2C President. He operated and designed raw milk dairy farms in several states and now lives and farms

in New Hampshire. He consults worldwide with dairy farmers on raw milk safety and direct marketing and provides free consultations for Defense Fund members.

The author of the Raw Milk Production Handbook, Tim is also the host in the From Grass to the Glass - Chore Time DVD.

Sharon owned and operated the largest raw goat dairy in Colorado (Natural Choice Dairy, LLC) and currently serves as a member of the Board of Directors and Secretary of the Farm-to-Consumer Foundation and was one of the founding board members and treasurer of the Raw Milk Association of Colorado (RMAC). Her role in RMAC was to help to define and create testing regimes for goats and raw goat milk along with quality recognition and recommended collection processes. She has been consulting on raw goat milk dairies nationwide for over 8 years.

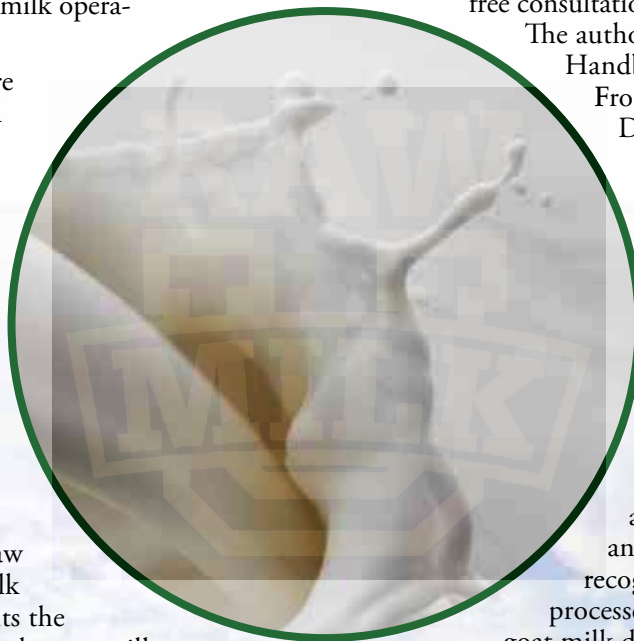
All of the sessions have been very well received with participants remarking on the great amounts knowledge and experience shared by Tim and Sharon.

There are sessions still to come this fall, with Focus on Cows October 8th, Focus on Goats October 15th and the Open Forum on October 22nd. Cost of each Webinar is \$40. Past webinars have been recorded and will soon be offered for sale through F2C's website.

Fresh Milk: Drafting a New Publication

Work has begun on the new Fresh Milk Production Publication, and F2C expects the project to stay on track for a December publication date.

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Healthy Soil Workshops Proposed for 2014-2015 Winter Conferences



It all begins with good soil.

People, animals, and plants: all need well-mineralized food for a healthy existence. Producing foods with proper nutrients and minerals requires healthy soil, a soil enriched through the practices of biological farming. Learning how a healthy, living soil functions is the key to sustainable farming.

The Farm-to-Consumer Foundation has proposed a workshop introducing the Principles of Biological Farming for the Northern Michigan Small Farm Conference scheduled for January 24, 2015 in Traverse City, Michigan.



Joe Scrimger, Rebecca Brown and Tim Wightman make up F2C's Biological Farming Team. Between them they bring together over 40 years of combined experience in the practice of creating and maintaining balanced, biologically active soils. In addition to using these methods on their own farms, they have shared their knowledge with farmers and consumers all over the world, dedicating their professional lives to the advancement of quality food and forage through increased soil capacity.

Our second newsletter is still a work in process.

We hope you find the stories and tidbits recounted here as interesting as we do. We'd like to continue our relationship online.

Please go to:

[www.f2cfnd.org/
our-newsletter](http://www.f2cfnd.org/our-newsletter)

and register so we can continue the discussion. Your input will help guide our content and our organization.

Eat well.

**Watch for a sustainable farming conference near you.
Register on our site for updates!**

The presentation will cover a variety of management techniques, including promoting plant diversity, using cover crops, proper tillage techniques, mitigating soil compaction, and strategically applying correct soil input and foliar fertilizer at the optimal time - all with the aim of fueling the soil microbe population.

Each farm is unique, and each requires a customized plan for soil management, but every farm's program begins with soil and plant tissue testing. Learning to accurately interpret these test results provides the right foundation for developing the most effective soil inputs and creating a successful biological farm system. F2C's presentation covers the essentials of soil and plant tissue testing, and explores various types of biological soil and foliar inputs and mineral behaviors.

With the increased consumer demand for higher quality, nutrient dense foods, the benefits of developing a biological system for growers are clear: improved crop quality and yield, reduced issues of pests and weeds, better water retention and carbon sequestration and lower production costs. And the benefits for the consumer are obvious - better tasting and healthier food.

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Fresh Milk: Drafting a New Publication

Subcommittee Members Tim Wightman, Rebecca Brown, Sharon Wilson and Ted and Peg Beals have recruited Lily Dougherty-Johnson as Project Manager for the Fresh Milk Production publication.

Ten individuals, including farmers, veterinarians, researchers, health professionals and a professor, have agreed to serve as members of an expert panel to draft a new publication about fresh milk production.

The five members of the subcommittee, along with Gerald Snyder, Arden Nelson, Marguerita Cattell, Ton Baars, and Joseph Heckman will be the contributing authors. The entire team met for an intensive and productive 3-day meeting in October in Colorado.

Using the Guide to Good Dairy Farming Practice, published by the United Nations and the International Dairy Federation, as a starting point, subcommittee members created an outline of twenty-two chapters to be included in the publication. Each chapter was discussed at length.

In January, the project manager assigned tasks of drafting and reviewing chapters to each member of the team. This first stage



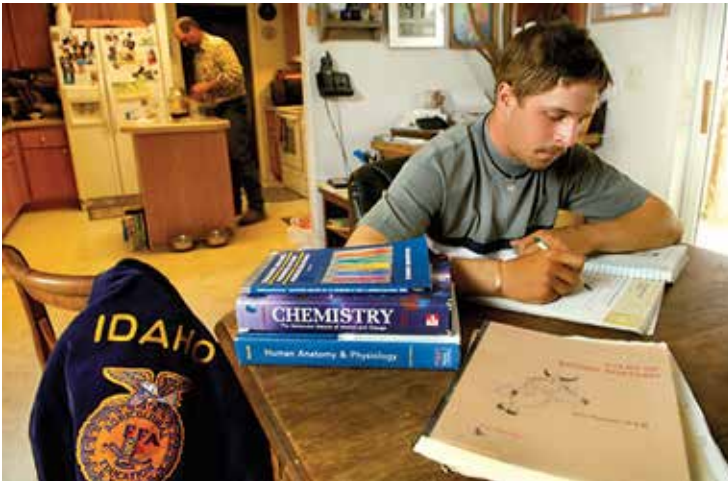
Photo by Chiot's Run

is near completion: 21 chapters are drafted, and 14 reviewed by a second member of the panel.

The next step is in review, as both the steering committee and later the whole team will edit the texts in preparation to have the manuscript assembled into its final draft. There will also be a review of the material with small changes to prepare a parallel publication specific to goat dairying. Finally, the draft will be turned over to a professional writer for revision, with an expected publication date in December 2014.

Nurturing Future Farmers

Proposed FFA Curriculum Program



The Farm-to-Consumer Foundation is currently developing an alternative curriculum for high school students active in the National FFA Organization, one that focuses on the benefits and importance of local sustainable agriculture.

Introduced in stages, the program begins with an overview of the history and concepts within the local food movement. Topics include the local food movement as a consumer-driven movement, the history of organic farming, the 1980s farm crisis, the introduction of community-

supported agriculture, and the link between the current food system and human, animal and environmental health.

As a follow up, students may develop and maintain gardens at their schools, using the principles of sustainable farming, and local markets to sell their crops. Apprenticeship programs could connect students with local farmers involved in the production of organic produce and livestock for the locavore community, restaurants and other consumers.



Currently, students in the Future Farmers of America program are taught conventional and industrial crop production methods through curriculum provided to FFA teachers by a foundation sponsored by national fertilizer companies. F2C is eager to offer teachers an alternative curriculum and to provide free materials through the F2C website.

In addition, the Farm-to-Consumer Foundation is working on an essay contest for student enrolled in FFA. Essay questions, flyer and print ad design are being developed for introduction this fall at the FFA National Conference.

You can donate to support this curriculum at: www.f2cfnd.org/donate.

F2C : Find Us on Facebook! (& Other Social Media Sites)



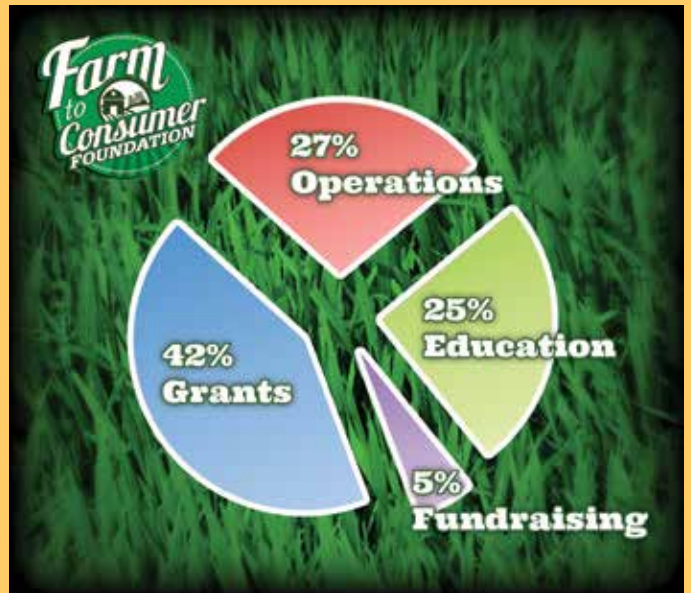
Our Vision

Supporting farmers engaged in sustainable farm stewardship and promoting consumer access to raw milk and local foods.

Farm-to-Consumer Foundation

Building the Foundation for a sustainable local food movement.

2692 Madison Rd. Suite N1-371 Cincinnati, Ohio 45208
(513) 593-9430 | www.f2cfnd.org



Please Donate

We don't grow the food, we help make it better. Your donations put "sustainable" into our educational programs, and will be tax-deductible to the fullest extent allowed by law. [EIN 26-0758408]

Online: www.f2cfnd.org/donate-today/
via mail:

Farm-to-Consumer Foundation
2692 Madison Rd. Ste. N1-371 Cincinnati, OH 45208

Or, you can call to set up a monthly donation schedule: **513-593-9430**

In September, F2C hired social media wunderkind Hannah Westheimer to engage the public with the Farm-to-Consumer Foundation via social media sites.

Hannah's plans for attracting and engaging followers include maintaining an active presence on all sites and posting material of interest to the public, while expanding public awareness about sustainably-farmed foods, increased choice and access to local sources and how to support the farmers growing and raising these foods.

In addition, she is creating a platform to foster interaction, education, and discussion with sustainability-related online communities.

Farm-to-Consumer-Foundation's Facebook page is up and active and can be found at <https://www.facebook.com/pages/Farm-to-Consumer-Foundation/275033089246744>.

Farm-to-Consumer-Foundation's LinkedIn page is up and active and can be found at <http://www.linkedin.com/company/farm-to-consumer-foundation>.

Be sure to follow the Foundation's Twitterfeed for up-to-the-minute information and discussion: <https://twitter.com/f2cfnd>.



And watch for more social media presence as F2C launches our profile on Google+.