

Farming Knowledge and Production Experience

One of the most important requirements for farming is knowledge of farming practices and hands-on experience. Both before and after you have identified the farm enterprises that interest you, you should also explore several different farming practices. Evaluate farming practices against your overall farm goals and values and the ways in which you like to work. Then, identify those that you think would fit best into your operation. Again, remember to make sure that your production methods fit with your overall goals and value—or you may not end up at your envisioned destination.

There are many ways to increase your knowledge of farming practices. Some of the greatest sources of information are other farmers. There are numerous producer groups, farm organizations, and management clubs that provide field days, workshops, and chances to network with other farmers. Another option is to attend field days and workshops sponsored by land grant university experiment stations, the Minnesota Department of Agriculture, or the Extension Service. You can also get good ideas and information from publications, books, magazines, and the Internet.

It is a good idea to have hands-on experience before you invest in a particular enterprise or practice, or begin to rely on farming for a significant portion of your income. Although there are currently few hands-on classes offered, this is a growing field and you should check with local schools and technical colleges near you. An even better way to get some hands-on experience is to locate a farmer who farms in a manner consistent with your own values and find a way to spend some time working with him or her. This can be an informal arrangement where you volunteer some time, an apprenticeship or mentorship, or even a more formal arrangement where you are paid as a “hired hand.” There are several directories of internship and apprenticeship opportunities that can help you identify willing farmer mentors, as well as producer groups.

Publications

General Production

The Community Farm: A Voice for Community Supported Agriculture, Jim Sluyter and Jo Meller (editors), quarterly newsletter.

The Community Farm is a forum dedicated to preserving small farms and building community from the perspective of Community Supported Agriculture (CSA). The newsletter provides information about CSA farming and small-scale farming in general and lists many good resources and events. Available from The Community Farm • 3480 Potter Road • Bear Lake, MI 49614 • phone: (616) 889-3216
 • e-mail: csafarm@jackpine.com
 • website: www.gks.com/TCF

Greenbook, Energy and Sustainable Agriculture Program (ESAP) staff (compilers), published annually, ESAP, Minnesota Department of Agriculture.

The *Greenbook* summarizes the project results of farmers, researchers, and educators who received ESAP demonstration grants to implement and test new and innovative farm production ideas. It provides a great way to see what farming alternatives are being tried out on the landscape throughout Minnesota, and to contact the people who are using those practices. Available from the Minnesota Department of Agriculture-ESAP • 90 West Plato Boulevard • St. Paul, MN 55107 • phone: (651) 296-7673
 • fax: (651) 297-7678 • e-mail: Alison.Fish@state.mn.us • website: www.mda.state.mn.us/esap/greenbook.html

The Non-Toxic Farming Handbook, Philip Wheeler and Ronald Ward, 1998, Acres U.S.A., 236 pages.

This book integrates the diverse techniques and technologies of classical organic farming, Albrecht-style soil fertility, Reams-method soil and plant testing analysis, and other alternative technologies. It provides an understanding of the available non-toxic tools. Available from Acres U.S.A. • P.O. Box 91299 • Austin, TX 78709 • phone: (800) 355-5313 • fax: (512) 892-4448 • e-mail: orders@acresusa.com
 • website: www.acresusa.com

Permaculture: A Designers' Manual, Bill Mollison, 1988 (1997 reprint), Tagari Press, 576 pages.

This book is about designing sustainable human settlements, and preserving and extending natural systems. It covers aspects of designing and maintaining a cultivated ecology in any climate, the principles of design, design methods, climactic factors, water, soil, aquaculture, and more. Learn about topics such as watershed design, farmer's trees, and intercropping. It is designed to help you plan a farming operation with synergistic component pieces. Out of print, but check your local bookstore for used copies, or your local library.

Rebirth of the Small Family Farm: A Handbook for Starting a Successful Organic Farm Based on the Community Supported Agriculture Concept, Bob and Bonnie Gregson, 1996, IMF Associates, 64 pages.

Farmers Bob and Bonnie Gregson wrote this book to inspire and give advice to those who, like them, are interested in making a successful living with a small organic operation on which they produce more than 60 crops as well as livestock. According to the UC SAREP website, "they wrote their book, 'from the perspective of two people working together to make a reasonable, community-oriented living on a very small farm, in the fervent hope that many thousands of these two- to ten-acre farms will pop up and be successful all over the country with many fewer trials and errors than we experienced!'" Available from IMF Associates
 • Box 2542 • Vashon Island, WA 98070
 • e-mail: damedora@rosevalley.com

Resourceful Farming: A Primer for Family Farmers, Small Farm Resources Project, 1987, Center for Rural Affairs, 118 pages.

This guide to alternative low-cost farming is based on 13 on-farm practices and their economic analyses. It also includes a discussion of what appropriate alternative agriculture might look like. Available from the Center for Rural

Affairs • 101 S Tallman St. • P.O. Box 406
 • Walthill, NE 68067 • phone: (402) 846-5428
 • fax: (402) 846-5420 • e-mail: info@cfra.org

Small Farm Today, bimonthly magazine, Missouri Farm Publishing Inc.

This publication features articles on profitable breeds of livestock, draft animals, poultry, alternative crops, vegetable and small fruit crops, sustainability, aquaculture, marketing, wool and fiber, rural/home based businesses, equipment, gardening, rural living, and more. It's a good source of ideas and resources. Available from Small Farm Today • 3903 West Ridge Trail Road • Clark, MO 65243
 • phone: (800) 633-2535 • fax: (573) 687-3148
 • e-mail: smallfarm@socket.net
 • website: www.smallfarmtoday.com

Small Farmer's Journal, quarterly magazine, Small Farmer's Journal, Inc.

This magazine features articles on draft animals but has an eclectic mix of information on many other low-technology, inexpensive production methods. Available from Small Farmer's Journal • P.O. Box 1627 • Sisters, OR 97759 • phone: (541) 549-2064
 • fax: (541) 549-4403
 • e-mail: agrarian@smallfarmersjournal.com
 • website: www.smallfarmersjournal.com



Pastured cattle on Art Thicke's farm in La Crescent, MN

Crops

A Bountiful Harvest: Minnesota Fruit and Vegetable Growers Manage Pests, Greg Booth and Tim King, 2002, Minnesota Department of Agriculture (MDA), 50 pages.

This publication contains stories about 15 Minnesota fruit and vegetable growers who use integrated pest management or organic production techniques in their operations. Available from IPM Program-MDA
 • 90 West Plato Boulevard • St. Paul, MN 55107
 • phone: (651) 297-3217
 • e-mail: jeanne.ciborowski@state.mn.us
 • or see the full text on line at: www.mda.state.mn.us/ipm/FandVIPM.html#veg

Agroforestry Overview, Alice Beetz, 1999, ATTRA, 12 pages.

This publication discusses the various aspects of agroforestry including practices (alleycropping, silvopasture, shelterbeds, buffer strips, forest farming), costs, marketing, products,

and resources. It also contains a list of other resources. Available from ATTRA
 • P.O. Box 3657 • Fayetteville, AR 72702
 • phone: (800) 346-9140 • fax: (479) 442-9842
 • e-mail: webmaster@attra.org
 • or see the full text on-line at: www.attra.org/attra-pub/agroforestry.html

Alternative Agronomic Crops, Patricia A. Sauer, 1998, ATTRA, 12 pages.

This information package describes several topics about alternative field crops, including considerations for diversification, marketing, types of crops, and additional resources. Available from ATTRA
 • P.O. Box 3657 • Fayetteville, AR 72702
 • phone: (800) 346-9140 • fax: (479) 442-9842
 • e-mail: webmaster@attra.org
 • or see the full text on-line at: <http://www.attra.org/attra-pub/altcrop.html>

Alternative Field Crops Manual, 1992, Center for Alternative Plant and Animal Products, University of Minnesota Extension Service, and University of Wisconsin Cooperative Extension Service.

This publication provides information on the production of nearly 50 minor or new field crops, some of which may be considered alternatives to traditional farm crops. It summarizes each crop in terms of soils, climate, varieties, pest and disease, yields, equipment, market, utilization, production, potential, and related resources. Available from Minnesota Grown Opportunities • Minnesota Dept. of Agriculture • 90 West Plato Boulevard • St. Paul, MN 55107 • phone: (651) 297-8916 • e-mail: meg.moynihan@state.mn.us • website: www.mda.state.mn.us/mgo

Alternatives in Insect Pest Management—Biological and Biorational Approaches, Tess Henn and Rick Weinzierl, University of Illinois Extension, 75 pages.

This publication provides information and evaluation of the safety and effectiveness of

alternative insect pest management such as microbial insecticides, botanical insecticides and insecticidal soaps, attractants, traps, beneficial insects, and predatory mites.

• Only available on-line at:
www.ag.uiuc.edu/vista/pdf_pubs/altinsec.pdf

Biointensive Integrated Pest Management (IPM), Rex Dufour, 2001, ATTRA, 52 pages.

This publication provides the rationale for biointensive Integrated Pest Management (IPM), outlines the concepts and tools of biotensive IPM, and suggests steps and provides informational resources for implementing IPM. It is targeted to individuals interested in agriculture at all levels. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at:
www.attra.org/attra-pub/PDF/ipm.pdf

Biological Farmer: A Complete Guide to the Sustainable & Profitable Biological System of Farming, Gary Zimmer, 2000, Acres USA, 365 pages.

This practical how-to guide explains farming methods that will improve the environment, reduce erosion, reduce disease and insect problems, and alter weed pressure. It focuses on ways to reduce input costs and increase profits while improving soil conditions and livestock health. Available from Acres U.S.A. • P.O. Box 91299 • Austin, TX 78709 • phone: (800) 355-5313 • fax: (512) 892-4448 • e-mail: orders@acresusa.com • website: www.acresusa.com

Discovering Profits in Unlikely Places: Agroforestry Opportunities for Added Income, Scott Josiah, 2000, Minnesota Institute for Sustainable Agriculture and the University of Minnesota Extension Service, publication no. BU-7407-GO, 19 pages.

This publication discusses the potential of agroforestry practices around the farm, the various types of trees, shrubs, and herbs used, and how to get started. It also includes a list of other resources. Available from the University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281



Farm Beginnings™ student Nancy Adams gets some advice from Larry Johnson during a tour of Larry's cut flower business.

- e-mail: order@extension.umn.edu
- or see the full text on-line at:
www.extension.umn.edu/distribution/naturalresources/DD7407.html

Considerations for Organic Herb Production, Katherine Adam, 2003, ATTRA, 20 pages.

The emphasis of this publication is on research into organic herb production in the U.S. and implications for herb production under the National Organic Program regulations. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842

- e-mail: webmaster@attra.org
- or see the full text on-line at:
www.attra.org/attra-pub/PDF/om-herb.pdf

Managing Cover Crops Profitably, 2nd edition, Christopher Shirley, Greg Bowman, and Craig Cramer, 1998, Sustainable Agriculture Network, 212 pages.

This practical introductory guide provides information on how to use cover crops to save money, prevent soil erosion, and prevent pest problems. It provides descriptions, uses, and proven management strategies for a wide variety of cover crops. This publication also includes an extensive list of expert contacts willing to help get you started. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • website: www.sare.org • or see the full text of the first edition on-line at:
www.sare.org/htdocs/pubs/mccp/

Manures for Organic Crop Production, George Kuepper, 2000, ATTRA, 12 pages.

This publication discusses the problems and challenges associated with using both raw and composted manures and some of the solutions. Guano is also dealt with in this document. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842

- e-mail: webmaster@attra.org
- or see the full text on-line at:
attra.ncat.org/attra-pub/PDF/manures.pdf

Minnesota Grown Opportunities (MGO) Crop Pamphlets, Minnesota Department of Agriculture, Agricultural Utilization Research Institute, University of Minnesota Extension.

This is a series of pamphlets on several alternative crops. They describe the history, use, environmental requirements, cultural practices, and production economics/markets for each specified crop. The pamphlets also answer frequently asked questions and provide information specific to diversification. Additional pamphlets will be available in the future. The series includes:

Buckwheat, Emily Saeger and Elizabeth Dyck, 2001, 9 pages.

Chicory, Chris Hanson, 2002, 6 pages.

Cranberry, Bethany Davidson and Chris Hanson, 2001, 4 pages.

Echinacea, Bethany Davidson, 2002, 6 pages.

Field Pea, Hans Kandel (editor and compiler), 2001, 12 pages.

Flax, Elizabeth Dyck, 2001, 9 pages.

Hazel, Scott Josiah, Erik Streed, 2001, 5 pages.

Hybrid Poplar, Erik Streed and Chris Hanson, 2001, 6 pages.

Industrial Hemp, D. Pfarr, M. Maxwell, K. Sannes, and K. Edberg, 2001, 7 pages.

All are available from the Minnesota Department of Agriculture • 90 West Plato Boulevard • St. Paul, MN 55107

- phone: (651) 297-8916
- e-mail: meg.moynihan@state.mn.us
- website: www.mda.state.mn.us/mgo/publication/

Principles of Sustainable Weed Management, Preston Sullivan, 1999, ATTRA, 22 pages.

This publication discusses a wide range of topics dealing with weed management, including: root cause of weeds, weed banks and germination, monoculture vs. biodiversity, management strategies, and costs. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at: <http://www.attra.org/attra-pub/weed.html>

Steel in the Field: A Farmer's Guide to Weed Management Tools, Greg Bowman (editor), 1997, Sustainable Agriculture Network, 128 pages.

Real-life, on-farm agricultural experts explain how mechanical weed control works in their sustainable cropping systems. This publication features 37 weed management tools and highlights 22 farms across the United States. The book contains major sections for agronomic row, horticulture, and dryland cropping systems. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • website: www.sare.org

A Whole-Farm Approach to Managing Pests, 2000, Sustainable Agriculture Network, 20 pages.

By laying out ecological principles for managing pests and suggesting how to do so in real

Richard Ness
discusses soil
quality with Farm
Beginnings™
students.

farm situations, this bulletin helps producers design farm-wide approaches to control pests. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • website: www.sare.org • or see the full text of the first edition on-line at: www.sare.org/farmpest/index.htm



Soils

Assessing the Soil System: A Review of Soil Quality Literature, Ann Lewandowski and Mark Zumwinkle, 1999, Minnesota Department of Agriculture, 65 pages.

This publication is an introduction for non-soil scientists to the issues and terminology found in soil quality research. Topics covered include: defining soil quality, soil quality indicators, making assessments, and management impacts. It also provides suggestions for entry points into soil quality literature. Available from the Minnesota Department of Agriculture-ESAP • 90 West Plato Boulevard • St. Paul, MN 55107 • phone: (651) 296-7673 • fax: (651) 297-7678 • e-mail: Mark.Zumwinkle@state.mn.us • or see the full text on-line at: www.mda.state.mn.us/esap/sqlitreview.pdf

Building Soils for Better Crops, 2nd edition, Fred Magdoff and Harold van Es, 2000, Sustainable Agriculture Network, 240 pages.

This publication discusses the importance of creating a balanced, diverse soil ecosystem in order to produce healthy crops. Ecological soil management can raise fertility while reducing environmental impacts. This book contains information about soil structure and the management practices that affect soils, as well as practical information like how to interpret soil test results. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • website: www.sare.org

Fertile Soil: A Grower's Guide to Organic and Inorganic Fertilizers, Robert Parnes, 1990, AgAccess, University of California, 210 pages.

This book gives a basic understanding of soil fertility. It includes sections on nutrient requirements for various plants and composting as well as many good tables with hard to find information. Available from Fertile Ground Books • 3912 Vale Ave. • Oakland, CA 94619 • phone: (530) 298-2060 • Available from bookstores, or check your local library.

Soil Management Series, Ann Lewandowski (editor), 2000, Minnesota Institute for Sustainable Agriculture, Natural Resources and Conservation Service, and University of Minnesota Extension Service, publication no. PC-07398-GO, 5 volume set.

This 5-volume set is designed to help farmers maximize soil health and productivity and offers advice on how to make the best use of recommendations for soil management provided by extension services and other advisors. The titles of the five volumes are: *Soil*

Management, Compaction, Manure Management, Organic Matter Management, and Soil Biology and Soil Management. Available from the University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281 • e-mail: order@extension.umn.edu • or see the full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC7398.html

Sustainable Soil Management, Preston Sullivan, 1995, ATTRA, 34 pages.

This package contains information on sustainable soil management. Topics described include: soil composition, soil health assessment, organic matter and humus management, soil testing for chemical properties and plant nutrients, use of fertilizer, and tillage. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at: www.attra.org/attra-pub/soilmgmt.html

Livestock

Alternative Swine Production Systems Program, Minnesota Institute for Sustainable Agriculture and the University of Minnesota's Swine Center.

This program seeks to provide research and promote low emission and low energy alternative pork production systems that are environmentally friendly and more profitable, and that support rural communities. The program has regular newsletters as well as several publications covering topics such as sustainable production, hoop structures, Swedish deep bedding, pasture systems, low antibiotics, and marketing. For more information, contact Wayne Martin • 385 Animal Science/Vet Med • 1988 Fitch Avenue • University of Minnesota • St. Paul, MN 55108 • phone: (612) 625-6224 or (toll-free) (877) ALT-HOGS • e-mail: marti067@tc.umn.edu • website: www.misa.umn.edu

Bison Production, Lance Gegner, 1999, ATTRA, 20 pages.

This publication discusses the advantages and disadvantages of raising bison and provides

information on pasturing, fencing, handling, marketing options, diseases, and parasites. It also provides a list of additional resources. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at: www.attra.org/attra-pub/bison.html

Breeds of Livestock, 2001, Department of Animal Science at Oklahoma State University.

This is an informational resource on breeds of livestock throughout the world, including cattle, goats, sheep, swine, horses, poultry, donkeys, llamas, yaks, buffalo, and camels. It also provides links to current research and other sites. It is searchable by breed name or region of the world. Only available on-line at: <http://www.ansi.okstate.edu/breeds/>

Evaluating an Aquaculture Enterprise, Lance Gegner, 2001, ATTRA, 17 pages.

This publication discusses the considerations and concerns that need to be weighed before

starting an aquaculture enterprise. These include goals, resources, regulations, species, production systems, marketing, and financial planning. It also provides further sources of information. Available from ATTRA

- P.O. Box 3657 • Fayetteville, AR 72702
- phone: (800) 346-9140 • fax: (479) 442-9842
- e-mail: webmaster@attra.org • or see the full text on-line at: www.attra.org/attra-pub/aquaculture.html

Farm Animal Behavior and Welfare, D.M. Broom and A.F. Fraser, 1998, CAB International, 448 pages.

This book offers a comprehensive look at animal behavior and handling for all farm animals. Available from CAB International Publishing

- 10 East 40th Street, Suite 3203 • New York, NY 10016 • phone: (212) 481-7018 or (800)-528-4841 • fax: (212) 686-7993
- e-mail: cabi-nao@cabi.org

Farm Animal Health: A Practical Guide, Patrick Cullen, 1991 (out-of-print), Pergamon Press.

This book supplements the experience of farmers and livestock handlers with nontechnical descriptions of the normal physiology, specific diseases, and disease prevention for cattle, sheep, and pigs. Check your local library.

Farm Animal Well-Being: Stress Physiology, Animal Behavior and Environmental Design, Solon Ewing, Donald Lay, and Eberhard Von Borell, 1998, Prentice Hall PTR, 357 pages.

This book looks at the effects of stress on animal behavior. Topics covered include biology of the stress response, animal behavior and handling, and how to design the physical, social, and dietary environment for the animals. It includes a glossary as well as references. Available from Prentice Hall PTR

- phone: (800) 282-0693 • fax: (800) 835-5327
- website: vig.prenhall.com

Fertilizing Crop Land with Beef Manure, Michael Schmitt and George Rehm, 1998, University of Minnesota Extension Service, publication no. FO-05882-GO, 4 pages.

This bulletin is written for beef producers and provides agronomic information with which to optimize beef manure use. It covers manure sampling, developing spreading plans, equipment calibration, and the logistics of manure

application. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave.

- St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281
- e-mail: order@extension.umn.edu • or see the full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC5882.html

Also in same series:

Fertilizing Crop Land with Dairy Manure, publication no. FO-05880-GO, 4 pages. See in full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC5880.html

Fertilizing Crop Land with Swine Manure, publication no. FO-05879-GO, 4 pages. See in full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC5879.html

Fertilizing Crop Land with Poultry Manure, publication no. FO-05881-GO, 4 pages. See in full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC5881.html

Grass Based & Seasonal Dairying, Alice Beetz, 1996, ATTRA, 38 pages.

This collection of information on dairying explores sustainable dairying, particularly grass-based and seasonal dairying. Topics include pasture as primary feed source for cattle, rotational grazing, seasonal dairying, breeds, and equipment. Available from ATTRA

- P.O. Box 3657 • Fayetteville, AR 72702
- phone: (800) 346-9140 • fax: (479) 442-9842
- e-mail: webmaster@attra.org
- or see the full text on-line at: www.attra.org/attrapub/gbdairry.html

Grass Farmers, Allan Nation, 1993, Green Park Press, 224 pages.

This book presents 37 success stories that will give you a real sense of can-do and insight into how people are running their operations. It discusses ideas that can be applied to any grass-based operation and a vision of the profits that can be earned in grass farming. Available from Acres U.S.A. • P.O. Box 91299 • Austin, TX 78709 • phone: (800) 355-5313 • fax: (512) 892-4448 • e-mail: orders@acresusa.com

- website: www.acresusa.com
- or from the Stockman Grass Farmer • P.O. Box 2300 • Ridgeland, MS 39158 • phone: (800) 748-9808 • fax: (601) 853-8087 • website: www.stockmangrassfarmer.com

Grass Productivity, André Voisin, 1988, Island Press, 353 pages.

This book is often referred to as the classic text for rotational grazing. It addresses grazing in detail including the following topics: periods of occupation, stay and rest, number of layout paddocks, fertilizer application, and grazing systems. The book also contains information from research centers and farms in the United States, Germany, France, New Zealand, and Great Britain. Available from bookstores, or check your local library.

Grazing Reference Materials Manual, UW-Extension and UW-Madison/Faculty, 1996, Center for Integrated Agricultural Systems, comprised of 51 different publications.

This manual is a solid collection of articles and publications on management intensive grazing, many of which contain worksheets. Sections include: goal setting and resource management, grazing systems, design and construction, animal management, forage management, housing and off-season feeding, and economic considerations. It also includes a good reference guide. Available from the Center for Integrated Agricultural Systems • 1450 Linden Drive • Room 146 Ag Hall • Madison, WI 53706
 • phone: (608) 262-5200 • fax: (608) 265-3020
 • e-mail: kmtaylor@aae.wisc.edu
 • website: www.wisc.edu/cias/

Grazing Systems Planning Guide, Kevin Blanchet, Howard Moechnig, and Jodi DeJong-Hughes, 2000, University of Minnesota Extension Service and the Natural Resource Conservation Service, publication no. BU-07606-GO, 47 pages.

This publication acts as a step-by-step planning guide to starting a grazing operation. It offers information on paddock design and layout, fences, water systems, forages, soil fertility management, brush and weed control, and monitoring. It also includes an example and other references. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281
 • e-mail: order@extension.umn.edu
 • or see the full text on-line at: www.extension.umn.edu/distribution/livestocksystems/components/DI7606.pdf



Hogs Your Way: Choosing a Hog Production System in the Upper Midwest, Prescott Bergh, Gigi DiGiacomo, and Debra Elias Morse, 2001, Minnesota Institute for Sustainable Agriculture and University of Minnesota Extension Service, publication no. BU-7641, 84 pages.

This guide helps you define your goals and choose the hog production system best suited to your resources, goals, and values. It discusses conventional and alternative hog production methods, including Swedish deep bedding, pasture-based, and confinement. The publication also profiles farmers using these systems and lists additional resources. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069
 • phone: (612) 624-4900 or (800) 876-8636
 • fax: (612) 625-6281
 • e-mail: order@extension.umn.edu
 • or see the full text on-line at: www.extension.umn.edu/distribution/livestocksystems/DI7641.html

Matt Fendry, a 2001 Farm Beginnings™ student, on his farm outside of Lanesboro.

Keeping Livestock Healthy: A Veterinary Guide to Horses, Cattle, Pigs, Goats & Sheep, 4th Edition, N. Bruce et al., 2001, Storey Books, 352 pages.

This complete reference on livestock health is a thorough guide to preventing disease through good nutrition, proper housing, and appropriate care. This edition draws on the latest research from experts on each of the five animals covered—horses, cattle, pigs, goats, and sheep. It presents new information on vaccines, artificial insemination, ultrasonography, disease testing, drug treatments, and diseases such as Lyme disease, Potomac fever, blue-tongue, foot-and-mouth disease, and mad cow disease. Available from Storey Publishing, LLC • 210 MASS MoCA Way • North Adams, MA 01247 • e-mail: webmaster@storey.com • website: www.storeybooks.com

Knee Deep in Grass, Earl Fuller, Dennis Johnson, Brian Loeffler, and Helene Murray, 1996, University of Minnesota Extension Service, publication no. BU-06693-S, 30 pages.

This report highlights 29 Minnesota dairy grazing farms as a way to introduce the types of production and business management strategies associated with management intensive grazing (MIG). The report provides information about the effects of MIG on farm family quality of life and the type of equipment in operation on these farms. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281 • e-mail: order@extension.umn.edu • or see the full text on-line at: <http://www.extension.umn.edu/distribution/livestocksystems/DI6693.html>

Land Planning Guide, Sam Bingham and Alan Savory, 1999, Island Press, 36 pages.

A companion guide to “Holistic Management: A New Framework for Decision Making” (see Farm Vision, Goal Setting section), this publication provides a comprehensive grazing planning model that allows for increased stock density while improving the environment. It covers managing stocking rates, stock density, herd effect, and timing. It also contains a wealth of information on financial, biological, and land planning and monitoring, and includes a number of useful forms and observation sheets. Available from The Center for Holistic

Management • 1010 Tijeras NW • Albuquerque, NM 87102 • phone: (505) 842-5252
• fax: (505) 843-7900
• e-mail: center@holisticmanagement.org
• website: www.holisticmanagement.org

The Lasater Philosophy of Cattle Raising, Laurence Lasater, 1972, Texas Western Press, 69 pages.

This book provides an ecological approach to cattle raising. It offers insight and basic information applicable to any cattle operation (or other livestock operation) and describes the origins of the Beefmaster breed. It also covers Lasater’s six essentials of cattle selection: weight, conformation, milking ability, hardiness, fertility, and disposition. Check your local library.

Manure Management Alternatives: A Supplemental Manual, Minnesota Department of Agriculture.

This publication is geared towards livestock producers and offers information on six technologies/systems for dealing with manure: composting, vegetative filter strips, mechanical separation, anaerobic digestion, gasification, and odor control. It also includes a glossary. Available from the Minnesota Department of Agriculture • 90 West Plato Boulevard • St. Paul, MN 55107 • phone: (651) 296-3820 • e-mail: Matt.Drewitz@state.mn.us • website: www.mda.state.mn.us/fmmac/default.htm#links

Manure Management in Minnesota, Michael Schmitt, 1999, University of Minnesota Extension Service, publication no. FO-03553-GO, 4 pages.

This bulletin outlines manure characteristics, application factors, use, and crops. It includes a worksheet to aid in analyzing nutrients for crop use. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281 • e-mail: order@extension.umn.edu • or see the full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC3553.html

The Organic Decision: Transitioning to Organic Dairy Production, Steve Richards, Steve Bulkley, Craig Alexander, Janice Degni, Wayne Knoblauch, and Dan

Demaine, 2002, Cornell University, publication no. EB 2002-02.

This workbook helps you explore transitioning from conventional dairy farming to organic production. It guides you through questions about market stability, production costs, and herd health. After completing the workbook, you should have a business plan, a budget, and an action plan to follow. Available from the Department of Applied Economics and Management • Attn: Faye Butts • 358 Warren Hall • Cornell University • Ithaca, NY 14853-7801 • phone: (607) 254-7412 • e-mail: fsb1@cornell.edu • website: aem.cornell.edu

The Organic Field Crop Handbook, Second Edition, Janet Wallace, editor, 2001, Canadian Organic Growers.

This book is a practical reference guide for both organic field crop farmers and conventional farmers who are considering making the transition to organic farming. The handbook contains updated information on growing methods, organic certification, and the economics of organic farming in Canada. Part of the book is devoted to detailed descriptions of how to grow various field crops. Based on interviews with successful organic farmers from across Canada, each crop profile includes information on suitable crop rotations, intercropping, seeding rates, weed and pest control, harvesting methods, and more. Available from Canadian Organic Growers • 125 South Knowlesville Road • Knowlesville, NB, Canada E7L 1B1 • phone: (506) 375-7383 • fax: (506) 375-4221 • e-mail: office@cog.ca • website: www.cog.ca

The Organic Livestock Handbook, Anne Macey, editor, 2000, Canadian Organic Growers.

This spiral bound guide is a comprehensive review of information on organic livestock production. Farmers provided details of the actual livestock management practices used on their farms. The principles and practices outlined are applicable to any scale of production. Available from Canadian Organic Growers • 125 South Knowlesville Road • Knowlesville, NB, Canada E7L 1B1 • phone: (506) 375-7383 • fax: (506) 375-4221 • e-mail: office@cog.ca • website: www.cog.ca

Pasture Management Guide for Livestock Producers, 1998 (revised), Iowa State University Extension, publication no. PM 1713.

This excellent guide covers pasture management for producers of horses and other livestock. It describes practices for increasing production and profits through improved grassland management. Available from ISU Extension Distribution • 119 Printing and Publications Bldg. • Iowa State University • Ames, IA 50011-3171 • phone: (515) 294-5247 • fax: (515) 294-2945 • e-mail: pubdist@exnet.iastate.edu • website: www.extension.iastate.edu

Pastured Poultry—An HPI Case Study Booklet, Anne Fanatico, 2000, ATTRA and Heifer Project International, 34 pages.

This publication follows the experiences of farmers trying pastured poultry for the first time and features four farmers in close-ups. Highlighted topics include: brooding, pen construction, weather, pasture management, feeding, mortality, processing, marketing, labor and earnings, and quality of life. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at: www.attra.org/attra-pub/pasturedpoultry.html

Pastured Poultry Profits, Joel Salatin, 1996, Chelsea Green Publishing, 334 pages.

This book describes a proven production method that is capable of producing a sizeable income off of a small acreage. It provides great detail about all aspects of raising and marketing poultry on pasture. Available from Chelsea Green Publishing • P.O. Box 428 • White River Junction, VT 05001 • phone: (800) 639-4099 • fax: (802) 295-6444 • website: www.chelseagreen.com

Pastures for Profit: A Guide to Rotational Grazing, Dan Undersander, Beth Albert, Dennis Cosgrove, Dennis Johnson and Paul Peterson, 2002 (revised), University of Wisconsin-Extension, publication no. A3529, 38 pages.

This publication is a good overall introduction to rotational grazing. It includes information on pasture basics, setting grazing management goals, setting up a rotational grazing system,

and possible problems. It also gives examples of three Wisconsin grazing farms—dairy, sheep, and beef. A short glossary of terms and an additional resources list is included at the end. Available from University of Wisconsin Cooperative Extension Publications • 45 N. Charter Street • Madison, WI 53715 • phone: (608) 262-3346 or tollfree (877) 947-7827

Practical Sheep Dairying, Olivia Mills, 1992, Thorson's Publishing, 320 pages.

This book is a comprehensive guide to raising dairy sheep. Topics covered include how to start a dairy flock, selecting ewes, management of dairy ewes, rams and lambs, milking techniques, flock health, and marketing sheep dairy products. Check your local library.

Profitable Poultry: Raising Birds on Pasture, 2002, Sustainable Agriculture Network, 16 pages.

This bulletin features farmer experiences plus the latest research in a new guide to raising chickens and turkeys using pens, movable fencing, and pastures. With original ideas for marketing poultry products and a page of additional, expert resources, the bulletin offers a jumping-off point for new producers. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • website: www.sare.org • or view the full text on-line: <http://www.sare.org/bulletin/poultry> • download bulletin at: www.sare.org/bulletin/poultry/poultry.pdf

Quality Pasture: How to Create it, Manage it, and Profit from it, Allan Nation, 1995, Green Park Press, 288 pages.

This book offers down-to-earth, low-cost tactics to create high-energy pasture that will reduce or eliminate expensive inputs or purchased feeds. It gives real-life examples using seasonal dairying, beef production, baby calf rearing, and multi-species grazing. The book covers pasture silage making, stored forages, extending the grazing season, a drought management plan, and wet weather tips. Available from Acres U.S.A. • P.O. Box 91299 • Austin, TX 78709 • phone: (800) 355-5313 • fax: (512) 892-4448 • e-mail: orders@acresusa.com • website: www.acresusa.com or from the Stockman Grass Farmer • P.O. Box 2300 • Ridgeland, MS 39158

• phone: (800) 748-9808 • fax: (601) 853-8087
• e-mail: bpetrucci@niu.edu
• website: www.stockmangrassfarmer.com

Rotational Grazing, Alice Beetz, 1999, ATTRA, 105 pages.

This diverse compilation of resources describes how to manage pastures and grazing animals to more profitably utilize the farm's resources. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702
• phone: (800) 346-9140 • fax: (479) 442-9842
• e-mail: webmaster@attra.org
• or see the full text on-line at: <http://www.attra.org/attra-pub/rotategr.html>

Salad Bar Beef, Joel Salatin, 1996, Chelsea Green Publishing, 368 pages.

Salatin explains how his farm makes a large profit from a small beef herd. This book is a complete how-to guide for successfully and profitably entering the natural, grass-fed beef business. Available from Chelsea Green Publishing • P.O. Box 428 • White River Junction, VT 05001 • phone: (800) 639-4099 • fax: (802) 295-6444 • website: www.chelseagreen.com

Small Dairy Resource Book, Vicki Dunaway, 2000, Sustainable Agriculture Network, 56 pages.

This publication provides a list of resources intended for farmers and others interested in adding value to dairy products. The resources cover such topics as on-farm cheesemaking, ice cream, butter, dairy processing, raising dairy animals, business and marketing, food safety, and feeds and grazing. Available from Sustainable Agriculture Publications • Hills Building, University of Vermont • Burlington, VT 05405 • phone: (301) 504-6425 • e-mail: san@nal.usda.gov • or see the full text on-line at: www.sare.org/handbook/dairy

Small-Scale Livestock Farming: A Grass-Based Approach for Health, Sustainability, and Profit, Carol Ekarius, 1999, Storey Books, 217 pages.

This thorough guide will help you produce healthier animals, reduce feed and health care costs, and maximize profits. Through case studies of successful farmers, this book shares details on every facet of livestock farming with insights for working with nature instead of against it. Topics covered include: choosing

suitable livestock, understanding housing, fencing, and feeding needs, animal husbandry, animal health, marketing strategies, and help in creating a complete financial and biological farm plan. Available from Storey Publishing, LLC • 210 MASS MoCA Way • North Adams, MA 01247 • e-mail: webmaster@storey.com • website: www.storeybooks.com/

The Stockman's Guide to Range Livestock Watering from Surface Sources, 36 pages.

This book covers a broad range of topics, from water quality and why it's important for your animals, to the benefits of improved watering systems. Nine different methods of getting water to your animals that minimize risks to herd health are illustrated with photos and drawings. A workbook at the back of the book takes the reader through a step by step costing analysis of each alternative. Available from Prairie Agricultural Machinery Institute • Box 1900 • Humbolt, SK, Canada S0K 2A0 • phone: (800) 567-7264 or (306) 682-5033

Stockman Grass Farmer, monthly magazine, Mississippi Valley Publishing Corporation

This magazine focuses on grazing and pasture management. It contains very informative articles about all aspects of rotational grazing, livestock management, and other sustainable farming topics. Available from Stockman Grass Farmer • P.O. Box 2300 • Ridgeland, MS 39158 • phone: (800) 748-9808 • fax: (601) 853-8087 • website: www.stockmangrassfarmer.com/sgf

The Stockman's Handbook, M.E. Ensminger, 1993, Pearson Education, 1040 pages.

This book is a comprehensive resource on modern livestock science relative to all species of four-footed animals. It places emphasis on modern technology for large-scale production. Topics covered include: behavior, breeding, feeding, management, buildings and equipment, marketing, showing, business aspects, breed associations, law, and health. Available from bookstores, or check your local library.



Storey's Livestock Series, Storey Books.

This series of books deals with the many aspects of livestock production. Each book is a comprehensive, practical guide that covers such topics as facilities, behavior and handling, breeding and genetics, health care, and production enterprises for the specified livestock. Each book also contains a glossary. The series is comprised of:

- Storey's Guide to Raising Beef Cattle**, Heather Thomas-Smith, 2001, Storey Books, 352 pages.
- Storey's Guide to Raising Chickens**, Gail Damerow, 2001, Storey Books, 352 pages.
- Storey's Guide to Raising Dairy Goats**, Jerome and Jerry Belanger, 2000, Storey Books, 288 pages.
- Storey's Guide to Raising Pigs**, Kelly Klobber, 2000, Storey Books, 320 pages.
- Storey's Guide to Raising Sheep**, Paula Simmons and Carol Ekarius, 2000, Storey Books, 400 pages

All are available from Storey Publishing, LLC • 210 MASS MoCA Way • North Adams, MA 01247 • e-mail: webmaster@storey.com • website: www.storeybooks.com/

Sustainable Chicken Production, Anne Fanatico, 1994, ATTRA, 43 pages.

This publication contains materials from many sources on market potential for chickens and eggs not produced under factory-farm conditions. Alternative chicken production

2001 Farm Beginnings™ student Jennifer Mark on her farm outside Houston, MN.

Robin Whitney
(2000 Farm
Beginnings™
student)
"learns by
doing" on Mary
Doerr's farm.

may involve a range of components and emphasizes preventative measures for health maintenance, sound nutrition, and innovative marketing. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702
• phone: (800) 346-9140 • fax: (479) 442-9842
• e-mail: webmaster@attra.org
• or see the full text on-line at:
www.attra.org/attra-pub/PDF/chicken.pdf

Sustainable Goat Production: Overview, Linda Coffey, Ann Wells, and Richard Earles, 2001, ATTRA, 12 pages.

This publication covers general aspects of raising goats, including grazing, supplemental feeding, health concerns (including parasite control), reproduction, kid management, and marketing. It should be used in conjunction with other publications relating to dairy, meat, cashmere, or mohair goats. This publication also includes a list of additional resources. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702
• phone: (800) 346-9140 • fax: (479) 442-9842
• e-mail: webmaster@attra.org
• or see the full text on-line at:
www.attra.org/attra-pub/goatoverview.html

Sustainable Sheep Production, Ann Wells, Lance Gegner, and Richard Earles, 2000, ATTRA, 12 pages.

This publication covers many aspects of sheep production including pasture and range grazing, alternative health strategies (parasites & diseases), marketing, and industrial development. It also provides additional sources of information. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at:
www.attra.org/attra-pub/sheep.html

Sustaining the Land, People, Animals, and Communities: A Case for Livestock in Sustainable Agriculture, Denny Caneff, 1993, Midwest Sustainable Agriculture Working Group, 26 pages.

This short report gives an overview of the current trends in livestock production and makes a case for sustainable livestock enterprises. It offers several policy options and market responses for farmers, consumers, farm organizations, and others concerned about healthy



animals, healthy communities, the family farm system, a healthy environment, and a healthy food supply. Available from the Midwest Sustainable Agriculture Working Group • 110 Maryland Ave. NE • P.O. Box 76 • Washington, DC 20002 • phone: (202) 547-5754

Swine Source Book: Alternatives for Pork Producers, Julia Tranquilla (compiler), 1999, University of Minnesota Extension Service, publication no. PC-7289-S, 100+ pages.

This three-ring binder is a thorough compilation of educational and popular press publications about alternative swine production systems, including hoop houses, Swedish deep bedding, and pasture. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281
• e-mail: order@extension.umn.edu
• website: www.extension.umn.edu

Udder Sense: A Search for Low-Cost Sustainable Strategies of Resourceful Dairy Farmers, Larry Krcil and Shawn Gralla, 1995, Center for Rural Affairs, 30 pages.

This publication is a collection of farmer interviews and on-farm research results that explore low-cost, sustainable dairy farming alternatives. It provides many good ideas and strategies to consider. Available from the Center for Rural Affairs • 101 S Tallman St. • P.O. Box 406 • Walthill, NE 68067 • phone: (402) 846-428 • fax: (402) 846-5420 • e-mail: info@cfra.org • website: www.cfra.org/resources/publications.htm



Fruits, Vegetables and Flowers

Midwest Vegetable Production Guide for Commercial Growers 2004, Dan Egel et al., 2004, Purdue University, 100+ pages.

This comprehensive publication offers general information on all aspects of growing vegetables, including pest control, registered herbicides, pesticides, and fungicides and their appropriate applications, and watering. Specific recommendations for a wide variety of vegetable crops are also provided. Available on-line through Purdue University Entomology Extension: www.entm.purdue.edu/entomology/ext/targets/ID

Minnesota Fruit and Vegetable IPM News, newsletter, University of Minnesota Extension Service and the Minnesota Department of Agriculture.

This newsletter provides vegetable and fruit crop IPM information, including the most current pest activity data, chemical and non-chemical control options, and research summaries on a variety of topics. Available on-line at: www.vegedge.umn.edu/MNFruit&VegNews/mnindex.htm or in pdf format at: www.mda.state.mn.us/biocon/fruitreports/default.htm

The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener, Elliot Coleman, 2002 (revised), Chelsea Green Publishing, 352 pages.

This is a practical reference for small-scale produce farmers and gardeners. Several sections are devoted to the business side of running a small farm such as marketing, getting part-time

help, and capitalization. However, much of the book is a "how-to" manual for growing healthy, organic produce for market. Available from Chelsea Green Publishing • P.O. Box 428 • White River Junction, VT 05001 • phone: (800) 639-4099 • fax: (802) 295-6444 • website: www.chelseagreen.com

Nutrient Management for Commercial Fruit and Vegetable Crops in Minnesota, Carl Rosen and Roger Eliason, 1994, University of Minnesota Extension Service, publication no. BU-5886-E, 22 pages.

This book offers a concise and comprehensive look at nutrient requirements for most fruit and vegetable crops. Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281 • e-mail: order@extension.umn.edu • or see the full text on-line at: www.extension.umn.edu/distribution/cropsystems/DC5886.html

Organic Greenhouse Vegetable Production, Lane Greer and Steve Diver, 2000, ATTRA, 19 pages.

This publication provides information about the greenhouse vegetable industry, niches for small growers, organic fertility programs, soil culture, bag culture, shallow bed culture, strawbale culture, and economics. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at attra.ncat.org/attra-pub/ghveg.html

Overview of Organic Fruit Production,
Guy Ames and George Kuepper, 2000,
ATTRA, 19 pages.

This publication discusses marketing, cultural practices, fertilization, pests, weed control, and obstacles. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842
• e-mail: webmaster@attra.org
• or see the full text on-line at:
www.attra.org/attra-pub/fruitover.html

Post-harvest Handling of Fruits and Vegetables, Janet Bachmann and Richard Earles, 2000, ATTRA, 19 pages.

This publication covers post-harvest practices suitable for small-scale operations, and points out the importance of production and harvesting techniques for improving quality and storability. Various methods for cooling fresh produce are discussed, and resources are listed for further information, equipment, and supplies. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702
• phone: (800) 346-9140 • fax: (479) 442-9842
• e-mail: webmaster@attra.org
• or see the full text on-line at:
www.attra.org/attra-pub/postharvest.html

Season Extension Techniques for Market Gardeners, Janet Bachmann and Richard Earles, 2000, ATTRA, 24 pages.

This publication contains information about cultural practices, mulches, floating row cover, slitted and punched row cover, cold frames, high tunnels, shade cloth, economics, and resources for additional information. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org
• or see the full text on-line at:
attra.ncat.org/attra-pub/seasonext.html

Simple and Successful Vegetable Farming,
Nigatu Tadesse, 2000, University of Minnesota Extension Service, publication no. EP-07616-GO, educational package with video.

This educational package presents the fundamentals of vegetable farming management in

clear simple English. Four publications are included with a video, each of which can also be ordered separately: *How to Pick, Store and Sell the Vegetables You Grow* (#7619); *How to Keep Your Soil Healthy* (#7620); *How to Protect Your Crops from Pests: IPM* (#7617); *How to Sell Your Crops: Markets* (#7618). These will be helpful to any farmer needing basic information about vegetable farming, but especially helpful for immigrant farmers with minimal English literacy. These educational packets are also available in Hmong (#EP-07475) and Spanish (#07474). Available from University of Minnesota Extension Service Distribution Center • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281
• e-mail: order@extension.umn.edu
• or view on-line at: www.extension.umn.edu/distribution/horticulture/DG7616.html

Suppliers of Seed for Certified Organic Production (Including Untreated and Non-GMO Seed), Katherine Adam, 2002, ATTRA, 8 pages.

This list includes companies that can supply hard-to-find untreated, heirloom, and organic vegetable seed or have pledged not to knowingly sell genetically engineered seed. Some companies also offer a good selection of open-pollinated seeds and plants. A number of sources of organic grain seed are included. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at:
www.attra.org/attra-pub/altseed.html

Sustainable Cut Flower Production, Lane Greer, 2000, ATTRA, 24 pages.

This publication discusses marketing, climate, trade organizations, conferences, literature, and a species list for cut flower production. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 442-9842 • e-mail: webmaster@attra.org • or see the full text on-line at: www.attra.org/attra-pub/cutflower.html

Sustainable Vegetable Production from Start-up to Market, Vernon P Grubinger, 1999, Natural Resource, Agriculture, and Engineering Service (NRAES), publication no. NRAES-104, 268 pages.

This book address concepts and terminology associated with sustainable and organic production philosophies, production practices (soil fertility management, on-farm composting, crop rotations, cover crops and green manures, tillage and field preparation, seeds and transplants, weed control, etc.) as well as business planning and marketing. It include farmer profiles and many useful tables and sidebars. Available from NRAES, Cooperative Extension • PO Box 4557 • Ithaca, NY 14852-4557 • phone: (607) 255-7654 • fax: (607) 254-8770 • e-mail: nraes@cornell.edu • website: www.nraes.org

VegEdge, National IPM Network and the University of Minnesota Extension Service website.

This website provides timely information about all aspects of vegetable crop integrated pest management (IPM), with particular focus on insect pest management in the Midwestern United States. The information is provided as an aid to assist growers, processors, and crop consultants in making IPM decisions. The site includes insect pest fact sheets, a searchable database, and links to various IPM projects throughout the Midwest. It also provides links to several IPM newsletters. Only available on-line: www.vegedge.umn.edu/

Educational Opportunities

2004 Directory of CSA Farms, updated annually, Land Stewardship Project.

This publication provides a listing of Community Supported Agriculture (CSA) farms in Minnesota and Western Wisconsin. Although it is not an internship directory, it is a good listing of farms that beginning farmers can use as a resource to seek advice, connections, and possible internships or other work experience. Available from the Land Stewardship Project • 2200 Fourth Street • White Bear Lake, MN 55110 • phone: (651) 653-0618 • fax: (651) 653-0589 • e-mail: bdevore@landstewardshipproject.org • or see the full text on-line at: [/landstewardshipproject.org/csa.html](http://landstewardshipproject.org/csa.html)

Agricultural Education Programs, Minnesota State Colleges and Universities.

This program offers many two- and four- year programs for specific areas of interest. To find a program in your area, try searching on <http://www.mnscu.edu/Student/FindAProgram.html>, or contact MnSCU • 500 World Trade Center • 30 East 7th Street • St. Paul, MN 55101 • phone: (888) MnSCU-4-U (667-2848) or (651) 296-8012 • e-mail: darla.senn@so.mnscu.edu. As an example, Ridgewater College in Willmar

and Hutchinson offers a two-year Farm Operation and Management program with an opportunity to specialize in several fields, including dairy, crop, or poultry. For more information on that program, contact www.ridgewater.mnscu.edu/courses/technical/farm_oper.html

Center for Agroecology and Sustainable Food Systems (CASFS), University of California, Santa Cruz.

Each year the Center's Apprenticeship on Ecological Horticulture provides 35 students with an intensive, six-month training course in basic organic gardening and farming techniques. During the course apprentices receive more than 200 hours of formal instruction in the classroom, small group classes in the field and on field trips, and over 800 hours of hands-on training. For more information contact the CASFS • University of California • 1156 High Street • Santa Cruz, CA 95064 • phone: (408) 459-4140 • fax: (408) 459-2799 • e-mail: martha@zzyx.ucsc.edu • website: zzyx.ucsc.edu/casfs/

Educational and Training Opportunities in Sustainable Agriculture, 15th Edition, Jane Potter Gates and volunteer staff, 2002, Alternative Farming Systems Information Center.

This directory deals primarily with sustainable agriculture alternatives. Available from the Alternative Farming Systems Information Center • National Agriculture Library, Room 304 • 10301 Baltimore Ave. • Beltsville, MD 20705-2351 • phone: (301) 504-6559 • fax: (301) 504-6409 • e-mail: afsic@nal.usda.gov
• or see the full text on-line at:
www.nal.usda.gov/afsic/AFSIC_pubs/edtr.htm

Farm Beginnings™ Program, Land Stewardship Project.

Originally based in southeast Minnesota, this educational and apprenticeship program is also now available in western Minnesota. It is designed to provide beginning farmers with a combination of hands-on experience and classroom instruction. The year-long program provides participants with direct contacts to local sustainable farmers. It includes a winter workshop series, hands-on apprenticeships, business planning and alternative marketing assistance. For more information contact Karen Stettler • Land Stewardship Project Southeastern Office • 180 E. Main St.
• P.O. Box 130 • Lewiston, MN 55952
• phone: (507) 523-3366 • fax: (507) 523-2729
• e-mail: stettler@landstewardshipproject.org
Or contact Amy Bacigalupo
• Land Stewardship Project Western Office
• 103 W. Nichols • Montevideo, MN 56265
• phone: (320) 269-2105 • fax: (320) 269-2190
• e-mail: amyb@landstewardshipproject.org
• website: www.landstewardshipproject.org/programs_farmbeginnings.html

Michael Fields Agricultural Institute (MFAI), East Troy, Wisconsin.

MFAI is a public, non-profit education and research organization committed to promoting viable food and farming systems that conserve resources, are ecologically sustainable, and are economically viable. MFAI offers a six-month student internship program, various short courses, weekend workshops, conferences, and

field days that train beginning and established farmers and educators, in sustainable, organic, and biodynamic farming methods. For more information, contact the Michael Fields Agricultural Institute • W2493 County Road ES • East Troy, WI 53120 • phone: (262) 642-3303
• fax: (262) 642-4028 • e-mail: mfai@michaelfieldsagininst.org
• website: michaelfieldsagininst.org/

Energy and Sustainable Agriculture Program (ESAP) Field Days, Minnesota Department of Agriculture Field Days.

Farmers and researchers that received Sustainable On-Farm demonstration grants hold various field days and tours throughout greater Minnesota during the spring, summer, and fall. For more information, check the ESAP website: www.mda.state.mn.us/esap/
• or contact Mary Hanks: (651) 296-1277

MISA Internship Directory, Minnesota Institute for Sustainable Agriculture (MISA).

MISA maintains a continually updated file on internship opportunities in fields relating to sustainable agriculture. Available from MISA
• 411 Borlaug Hall • University of Minnesota
• St. Paul, MN 55108 • phone: (612) 625-8235 or (800) 909-MISA (6472)
• e-mail: misamail@umn.edu
• website: www.misa.umn.edu

Sustainable Farming Association (SFA) of Minnesota, Regional chapters throughout the state.

The Sustainable Farming Association of Minnesota (SFA) provides a support network for farmers and networks with other organizations and agencies. The SFA facilitates educational opportunities for both members and the public about economically and environmentally sound agriculture practices. Each chapter plans and organizes various field days and workshops. For more information contact SFA of Minnesota • c/o Mary Jo Forbord • 29731 302 Street • Starbuck, MN 56381 • phone: (320) 760-8732 or (866) 760-8732 (toll free in MN) • e-mail: sustainablefarming@hcinet.net
• website: www.sfa-mn.org

Sustainable Farming Internships and Apprenticeships Resource List, Katherine Adam, (revised annually), ATTRA.

This publication lists organizations and individuals offering internships, educational programs, and apprenticeships throughout the United States and Canada. Available from ATTRA • P.O. Box 3657 • Fayetteville, AR 72702 • phone: (800) 346-9140 • fax: (479) 422-9842 • e-mail: webmaster@attra.org • or see the full text for the North Central Region on-line at: attra.ncat.org/attra-pub/intern.html

Wisconsin School for Beginning Dairy Farmers, University of Wisconsin, College of Agricultural and Life Science, Center for Integrated Agricultural Systems (CIAS) and Farm and Industry Short Course, and the Wisconsin DATCP Farm Link Service.

This nine-month program is designed to help interested, qualified people get started in sustainable grass-based dairy farming. The program offers a combination of training, financial support, mentoring, and internships. It is based at the University of Wisconsin, Madison. For more information, contact the Wisconsin School for Beginning Dairy Farmers • c/o CIAS • 1450 Linden Drive, Room 146 • Madison, WI 53706-1562 • phone: (608) 262-5200 or (608) 588-2836 • e-mail: rlcates@mhtc.net • website: www.wisc.edu/cias/schools/dairysch.html

Wisconsin School for Beginning Market Gardeners

This school at the University of Wisconsin, Madison offers a three-day, intensive course focusing on sustainable production and direct marketing as well as initial start-up strategies. For more information contact the Wisconsin School for Beginning Market Gardeners • c/o CIAS • 1450 Linden Drive • UW-Madison • Madison, WI 53706 • phone: (608) 265-3704 • fax: (608) 265-3020 • e-mail: jhendric@facstaff.wisc.edu • website: www.wisc.edu/cias/schools/mktgardn.html



Organizations

Minnesota Grown Opportunities (MGO), a collaboration of the Minnesota Department of Agriculture (MDA), the Agricultural Utilization Research Institute, and the University of Minnesota.

MGO provides one-stop access to information about diversification opportunities in Minnesota agriculture. This collaboration was established to assist Minnesota producers in diversifying their farming operation by coordinating state agency support. The MGO website has hundreds of pages of links to information on diversification opportunities: cropping, livestock, farming systems, marketing, organic, and value-added options. They also have a library of print information that includes publications and resources not available on-line and information on diversification options not individually highlighted on their site. You can submit diversification questions via the website ("Have a Question").

- MDA • Minnesota Grown Opportunities
- 90 West Plato Boulevard • St. Paul, MN 55107 • phone: (651) 297-8916
- e-mail: meg.moynihan@state.mn.us
- website: www.mda.state.mn.us/mgo

Minnesota Institute for Sustainable Agriculture (MISA), a partnership between the College of Agricultural, Food and Environmental Sciences at the University of Minnesota and the Sustainers' Coalition (a group of community nonprofit organizations, which includes the Institute for Agricultural and Trade Policy, the Land Stewardship Project, the Minnesota Food Association, the Minnesota Project, and the Minnesota Sustainable Farming Association).

MISA operates a website with current sustainable agriculture information, including a calendar of sustainable agriculture events and announcements, a searchable database of resources, and links to many related sites and resources. They also respond to your individual questions about sustainable agriculture.

You can submit questions by e-mail, via the website ("Ask MISA"), by phone, fax or mail. MISA • 411 Borlaug Hall • University of Minnesota • St. Paul, MN 55108 • phone: (612) 625-8235 or (800) 909-MISA (6472) • fax: (612) 625-1268 • e-mail: misamail@umn.edu • website: <http://www.misa.umn.edu>

Minnesota Organic Farmers' Information-Exchange (MOFIE), sponsored by the University of Minnesota's Southwest Research and Outreach Center and Minnesota Grown Opportunities.

The Minnesota Organic Farmers' Information Exchange links producers with information they need to farm organically with success. Through MOFIE, farmers can connect with experienced organic farmer mentors, access information about certifying agencies, and link up with organizations that specialize in organic research and dispersal of organic information. The mentor hotline lists experienced organic producers who have agreed to take time to answer e-mails and phone calls on questions about organic production and marketing from other interested producers. The website also includes information about the Organic Conversion Project, working with over 40 farmers from southern and central Minnesota who are converting part or all of their farms to organic production. You can access information at MOFIE's website: mofie.coafes.umn.edu

Sustainable Farming Association (SFA) of Minnesota, Regional chapters throughout the state.

The Sustainable Farming Association of Minnesota (SFA) provides a support network for farmers and networks with other organizations and agencies. The SFA facilitates educational opportunities for both members and the public about economically and environmentally sound agriculture practices. Each chapter plans and organizes various field days and workshops. For more information contact SFA of Minnesota • c/o Mary Jo Forbord • 29731 302 Street • Starbuck, MN 56381 • phone: (320) 760-8732, 866-760-8732 (toll free in MN) • e-mail: sustainablefarming@hcinet.net • website: www.sfa-mn.org

University of Minnesota Extension Service

Your local regional extension office can be a great source of production information. To locate your local county office, go to the website: <http://www.extension.umn.edu/offices/>, or contact the University of Minnesota Extension Service • 405 Coffey Hall • 1420 Eckles Ave. • St. Paul, MN 55108-6069 • phone: (612) 624-4900 or (800) 876-8636 • fax: (612) 625-6281 • website: www.extension.umn.edu

University of Minnesota Research and Outreach Centers

The University's six Research and Outreach Centers (ROCs), located throughout Minnesota, are a good source of regionally specific information. The ROCs conduct site-specific, coordinated research and outreach programs and focus on regional strengths and issues. They are:

North Central Research and Outreach Center at Grand Rapids. Research and outreach are conducted in aspects of agricultural engineering, environmental issues, forestry, by-product utilization, small fruit and vegetable crops, tourism and travel, and wild rice. NCROC • 1861 E Hwy 169 • Grand Rapids, MN 55744 • phone: (218) 327-4490 • fax: (218) 327-4126 • website: ncroc.coafes.umn.edu

Northwest Research and Outreach Center at Crookston. Research and outreach focus on the production of wheat, flax, sunflower, sugar beet, potato, and dry edible bean crops, as well as the production of specialty crops, including annual canary grass, buckwheat, mustard, canola, bluegrass and timothy seed, and on cow/calf, ewe/lamb operations. Research is also conducted on value-added processing of current agricultural products, introduction and culture of new crops or livestock species, and prairie management systems. NWROC • 2900 University Avenue • Crookston, MN 56716 • phone: (218) 281-8604 • website: nwroc.umn.edu

University of Minnesota Outreach, Research and Education (UMORE) Park at Rosemount. Research programs focus on precision agricultural methods, carbon sequestration, and biological methods for potato pest control. Scientists also investigate strategies for weed management on a variety of crops and maintain ongoing research on swine and poultry. The location also hosts a new immigrant agri-

cultural program. RROC • 1605-160th Street West • Rosemount, MN 55068 • phone: (651) 423-2455 • fax: (651) 423-1491 • website: rroc.coafes.umn.edu

Southern Research and Outreach Center at Waseca. Environmental management research projects include integrated investigations related to groundwater and surface water quality factors. Research programs in swine and dairy production emphasize waste management and odor reduction. Researchers also work on production and technology development for major agronomic crops grown in the region and vegetable crops grown both for processing and fresh markets. SROC • 35838 120th Street • Waseca, MN 56093-4521 • phone: (507) 835-3620 • fax: (507) 835-3622 • website: sroc.coafes.umn.edu

Southwest Research and Outreach Center at Lamberton. Research is directed toward improving environmental quality with focuses on nitrogen management and water quality, organic management systems, and pest management research. SWROC • PO Box 428 • Lamberton, MN 56152 • phone: (507) 752-7372 • fax: (507) 752-7374 • website: swroc.coafes.umn.edu/

West Central Research and Outreach Center at Morris. Research and education is focused on environmental management of crop and livestock agricultural systems, swine production systems, and forage-based livestock systems. WCROC • 46352 State Hwy 329 • Morris, MN 56267 • phone: (320) 589-1711 • fax: (320) 589-4870 • website: wcroc.coafes.umn.edu/

North Central Region Small Farm Task Force.

The North Central Region Small Farm Task Force is composed of University Extension professionals representing the twelve north central states: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

The task force is developing a coordinated effort across the north central area to meet the needs of present and future small-scale agriculture. A major part of this effort is the development of a Sustainable Small Farm Information Network (SSFIN), a searchable database on small farm sustainable agriculture information.

• website: ssfin.missouri.edu

