Loretto Earth Network News

DRAWDOWN

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AN EDIBLE SCHOOLYARD

By Mary Ann Coyle SL

I remember when schoolyards moved into the green generation and out of the cement and gravel stages. Now, in 2017, another evolution is progressing! It feels as if it all happened with a blink of the eye but clearly that is not so.

Twelve years ago, after the New Orleans disaster, we saw people sitting on the rooftops of their homes in the French Quarter, as well as in the suburbs, just waiting for pick-up via helicopter. At this time Claudia Barker wrote an op-ed piece about edible schoolyards and set in motion a different approach for educators who think about curriculum changes needed in this technological age where children are generally busy communicating with others who "tweet" or are addicted to Facebook.

Barker's observation, which she believes is correct, is that if one were to ask a youngster of pre-school age eating a strawberry where that strawberry came from, her/his answer would be: "From the store" because that is where Mom/Dad go to get it. Even though most of our yards have space enough for a garden, we generally don't take time to garden or have a garden that our youngsters can tell their friends about.

I suspect many of us would agree with Barker but I, for one, am not willing to forgo the convenience of having a carrot salad made out of pre-washed carrots rather than the ones dug-up out of the garden. However, I do feel guilty with every bite. What about you?

As I was putting these few thoughts together, I came across a special issue of The Nation magazine (Oct. 30, 2017). It made me wonder where my imagination could go. So let's set the table with Anna Lappé and Zoë Carpenter. The former is a founder of the Small Planet Institute and director of Real Food Media. The latter is editor of The Nation's special issue on food.

Zoë writes: "It's a time of deep uncertainty at every link in the global food chain. For the first time in a decade, the number of hungry and malnourished people in the world is rising. Climate change threatens breadbasket regions the world over.

Mary Ann Coyle SL

Nestlé and other multinational food companies peddle processed foods deeper into remote areas of Latin America, Africa, and Asia, igniting debate about whether they're feeding hungry communities or making them sick."

There are many more thought-provoking gems to be found in this special issue on food. We can think about the food we eat, how it's grown, and where it comes from until we are weary. Will this help? Where can the conversation go? Do we need to read more? Start a garden? Or do we simply need to change our daily menu or bring others to the table to try a new menu? After doing this, can we look toward a new generation of well-nourished children living on the planet we all share?

Edible Schoolyard, New Orleans

Editor's Note:

Libby Comeaux CoL

This issue continues the theme of Drawdown – our responsibility as members of Earth community, not only to stop emitting carbon into the atmosphere, but actively to draw it down. As discussed in LENN Autumn 2017, the UN calls this living "carbon positive" rather than "carbon neutral" (or what some call "net zero carbon"). It's a big responsibility but, given the times, an urgent one to heed. We may not have chosen to live in a developed nation, let alone themost responsible for causing the climate collapse. But here we are, recipients of many privileges as well as this great duty.

Though humans have been warned for over 40 years, we have not stopped climate change. Efforts of many continue, but prudence now requires that we also prepare to survive the climate chaos our culture has caused. This LENN issue celebrates the Local Food Revolution as one way to survive anticipated climate disruption of food distribution networks, while bolstering our immune system response at individual and community levels. This work also helps reduce carbon emissions from industrial food transportation networks and, carefully done, draws down more carbon from the atmosphere.

We feature several stories from the Local Food Revolution (LFR). This focus meets one of LEN's goals to collaborate more effectively with other groups. LFR can be described as not merely an uprising against the industrial food system, but as a spiritual (as well as social and political) movement. It invites us to participate in the very sacramental act of feeding ourselves and others in Earth community at a time of cataclysm and emergence. It does this in a very grounded way, including Slow Money networks that help young local farmers get established and keep going.

The Loretto Earth Network exists to educate and alert its members and all who would join them in both the mystery and miracle of creation and the crisis that threatens our universe. Universe gave us Earth, and life as we know it on Earth is at risk. We listened to feedback from participants at our 25th Anniversary Celebration last year. You want more on ecological living, sustainable communities, food justice, net-zero living, collective action we can take in the face of the environmental crisis, and collaboration with younger folks who are so passionate about Earth. You also want more grounding in the cosmological, spiritual basis of this work, as well as a more global perspective on local action. Land and species conservation at the Motherhouse is another topic you want to know more about, so this issue celebrates the careful tending that is in progress there.

We also celebrate the return of Mary Ann Coyle as a LENN writer! Enjoy.

Loretto Earth Network News

A publication of the Loretto Community

Editor: Libby Comeaux CoL
1663 Steele St Apt 901
Denver, CO 80206

Email: libby.comeaux@gmail.com
www.lorettocommunity.org

Layout: Nancy Wittwer SL

Drawdown is that point in time when the concentration of greenhouse gases in the atmosphere begins to decline on a year-to-year basis.

A plant-rich diet ranks #4 out of the 100 top most-effective ways to draw down carbon from the atmosphere. We need only fifty percent of the human population to make this transition, to remove 66 gigatons of carbon by 2050 through a combination of sequestration and avoided emissions. As Zen master Thich Nhat Hanh has said, making the transition to a plant-based diet may be the most effective way an individual can stop climate change.

Below, LENN writers study neighborhood synergy with Eric.

Dariel Blackburn, Eric Kornacki, Libby Comeaux, Kate Armstrong

In-Yard Gardens Feed the Neighborhood

By Kendra Sandoval

When I met founders of Re:Vision International, Eric Kornacki and Joseph Tiepel, in 2007, they were graduating from DU and planning to ride their bikes from Alaska to Argentina recording the methods of sustainable living they saw along the way. After a short time of pondering, though, they realized that beginning right here at home and following the principle "Think Globally, Act Locally" more closely resonated with their vision of creating a better world for all people in their community.

Over the last ten years Re:Vision, with its mission to develop community-owned economies in marginalized neighborhoods, has grown the largest community-led food system in the country. What started the first year with 8 backyard and frontyard farms in Westwood has expanded to now host over 400 of these farms all around West Denver.

For about the past 50 years, the Westwood neighborhood has been an area with mostly Mexicana families. It has also been a food desert, or an area of town that does not have access to a grocery store or farmer's market within 1-2 miles. Food deserts often have convenience stores that carry food items with a higher preservative and sugar content (e.g., chips, candy and other snacks) rather than complete foods such as vegetables, beans and whole grains. Imagine the challenge folks with no access to a car face when they want better food options, having to walk, ride a bike or take a series of buses long distances while carrying food for their families.

To address this and the other challenges that marginalized communities face, Re:Vision's three main enterprise areas are:
Re:Farm – This program is supporting a thriving economy by cultivating community food systems.
Re:Unite – Attention here is on developing local leaders the world so desperately needs.
Re:Own – The focus here is growing community wealth through a locally-owned economy.

One example is the Westwood Food Cooperative, which, as described by the organization in a recent grant application, is where community members grow their own food, work with each other around food-and health-related issues, work with their neighborhoods to make business decisions that have an impact on their families and the larger community, and where residents are empowered and able to shop within their own community—keeping their money local as a means of economic development.

The overall goal of the Westwood Food Co-op is to increase the access and affordability of locally-grown, fresh, healthy produce in the food desert of Westwood, and to do so through a community-owned and operated cooperative. Thus, Westwood residents will have a sustainable food system, including production and distribution, within their community and owned by their community. This happens through investment in the development of the co-op, an increase in the production of produce within the community, and the infrastructure for the Food Hub and neighborhood market, combined with the facilitation of a program that provides training and technical assistance in value-added processing.

The trick in any sustainable system is allowing and honoring the ever-changing dynamics of the living system itself, and here is where Re:Vision has excelled. To grow a system of backyard and frontyard farms across the west side of Denver can only be done through the cultivation and fostering of deep and lasting relationships. This feeling of deep caring and trust is felt all over

Kendra Sandoval

the Re:Vision campus. What makes Re:Vision unique is the design of the organization. From the ground up, it has been systemic and sustainable. In other words, since its founding moment, this social enterprise has been AWARE of all people involved, all impacts on planet Earth and all inherent prosperity that can be generated with good action and strong conviction.

The beauty of the Re:Vision action plan come to life is that two young men realized that to make a big difference they could focus hyper-locally. They looked around Denver and found a problem—in a beautiful barrio rich with culture and diversity—and then decided to try to solve it, both with and for a community for the greater good of all involved. And then THEY ALL did it and they all continue to do it, in Spanish, in English, around food and family, for meals and meetings, with people of all colors and sizes. They do it because they know it is the future, as it has been the past, to offer one another food we grow together and to share meals made of the wonders we cook.

Kendra Sandoval, native of North Denver, works to build sustainable, replicable systems across all sectors. She has been a political appointee for several Denver Mayors and lives and works in the heart of Downtown Denver. Her activism and love of people, planet and prosperity keep her working to make the world a better place for everyone!

Loretto Motherhouse Farm

Recently LEN coordinator Jessie Rathburn interviewed Cody Rakes, who has been the Motherhouse farmer since October 2015. Let's listen in.

How is the farm doing these days? Can you give us a general update?

Sure, I'll give you a quick overview. The farm has close to 800 acres. Approximately 300 are woodlands. Since the mid-90s, the farm has focused on improving the woodlands for woodland health and also for wildlife. About 100 acres of former crop fields have been converted to native grasses and pollinator habitat or replanted in hardwoods. It also contains some field borders, what we call riparian zones. Basically, these are setback to keep production agriculture away from sensitive areas like streams, sinkholes, ponds. So those acres add up to about 400 acres, or half of the farm, really being conservation and environmental programs. The other half is split half-and-half between row crops (corn, soybeans, wheat) and pasture / hay. For several years going back, the row crop production has been utilizing non-GMO seed and no-till practices.

What is the benefit of no-till management?

The no-till method means that we're disturbing less than 5% of the soil surface at any point in the year. The number one reason for tillage is weed control. The second reason for tillage is to create a seedbed so the seeds can germinate. They used to think you've got to till the ground to get the water in. Well, that's a fool's theory. When you till the ground, you actually drive the air in and the water out. In the process of tillage, you give an influx of oxygen and carbon dioxide into that system. All of those gases then have the opportunity to get in the soil. The microbes in the soil utilize that influx of oxygen and break down

Farmer Cody Rakes and his faithful dog Rascal

the carbon that's in the soil at a higher rate. A byproduct of those microbes breaking down carbon is carbon dioxide. So, when you till the soil, you have an influx of carbon dioxide that's released in the atmosphere. So, we're really trying to get that carbon back into the soil. Carbon is crucial for water-holding capacity, for releasing and making available other nutrients in the soil.

I'm also working on utilizing cover crops. This year, the goal is to plant cover crops on every acre that was harvested. Last year, there were about 175 acres that were harvested; of those 175 acres, I got about 110 planted in cover crops.

What are the benefits of cover crops?

Cover crops build organic matter, increase residue on top of the soil to help keep the rainfall we get on the farm and use it on the crops we're trying to grow. Water's the first essential nutrient; without it, you won't have anything else. So, the biggest goal with the cover crops is to improve water infiltration, water-holding capacity. Plus, those cover crops and the grain crops themselves use carbon. The cover crops will be grown through the winter time to preserve the soil and prevent erosion when the fields would otherwise be fallow. During that winter period, we're harvesting sunlight and sequestering carbon. Come spring, that cover crop will be used for two things. First, it can be killed and left on the soil, which will increase organic matter and build a residue layer on top of the soil like a mulch layer. The other option is to actually cut it and bale it for livestock feed. By harvesting livestock feed off of these acres, I'm using those acres 12 months out of the year for some kind of production, which sequesters carbon. There is some carbon released during the production stages, but responsible cropping can sequester more carbon than is released.

The pasture and hay acres are almost all in perennial grasses. 1-2% of those acres are being used for annual grasses, both summer and winter annuals, which help fill in forage gaps. With the beef cattle we have, we're trying to do a grass-fed grass-finished protocol. To do that, you've got to keep the animals growing. If there's a period in the growth of the animal where they stop growing and just maintain, the muscle will become tough and you'll reduce the tenderness of the meat. I aim for over 1.5 pounds of gain per day on the cattle.

How much do they have to eat in order to gain that much?

For a 1.5 lb./day gain, we're talking about 3% body weight intake. With a 1,000 lb. animal, that's about 30 lbs. of dry matter per day. If you think of grasses, which are about 70%

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moisture, they take in over 100 lbs. of grass per day.

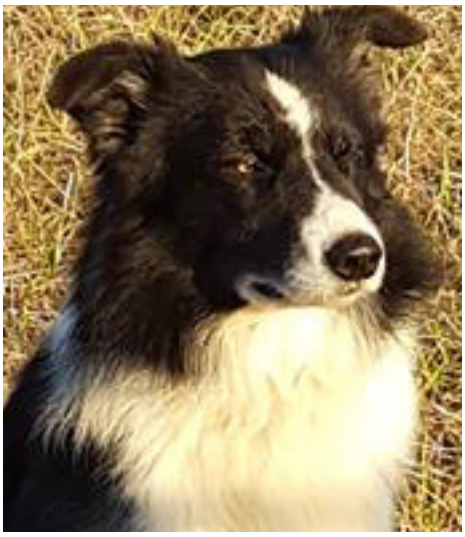
All the row crops grown now are sold and not used on the farm?
Correct.

And all of our cattle are eaten here on the property?

Yes, at this point the herd is still small enough. We're in a period of herd growth. This year I'll have 27 cows to calve. In two years' time, we've more than doubled the size of the herd, and hopefully will get 50-70 in the herd. But with the size of herd we have now, the dining room is able to consume all the steers that are produced; I'm keeping the heifers back. There will come a time, probably in the next two years, when we'll be producing more than the dining room can consume. At that point, I will make purchasing open to employees, co-members, and others who have affiliation with the community. If we have supply beyond that, I'll make it open to the general public.

And our beefal is all grass-fed now?

I'm comfortable with the term "pasture raised" or "pasture based." It will take me a while to figure out what kind of forages I need to implement in order to fill in the forage gaps. There have been a couple of points throughout the finishing process when I've had to use store feed (hay or grain), because the only forage I've had available isn't ready or isn't nutritious enough. Over the next few years, I'm hoping to find a grass or hay that will keep them growing without the use of grain.



Can our 200 acres of pasture support a herd of 70?

I think so, if we continue to use some of the cover crops for producing hay. That will open up more pasture acres so I won't have to cut hay off of pasture acres, and we can use the winter cover crops to support the animals. I think we could pretty easily manage at least 65 cows. I don't want to get to a point where we're over-stocked. I'd rather have a surplus grass availability than not have enough and have to sell animals.

I have two questions I think you'll want to answer together. What are the goals of the farm, and how have you been able to connect with the local community outside the Motherhouse?

When the Farm and Land committee were seeking a new farm director, they identified the goals of farm education, managing the farm as an environmental steward, and getting production from the farm (among other goals). They not only wanted to educate the Loretto Community, but they also wanted to provide local education with local farmers. We've had 4 field days on the farm, with local farmers coming to learn about cattle, row crops, general conservation, etc. We've also had a group of Headstart students come to spend a day on the farm and out in nature. A lot of this is a group effort, a lot of it done by volunteers! And then there are informal visits with residents, retreatants, and people passing through. I talk to a lot of people as I'm going through my daily chores, which I can't put a number on. But with the farm education in general, I've had contact with over 1100 people in an educational setting about farming and farm practices this year. I think we're on track with the education side.

On the environmental stewardship side, we're maintaining the practices that have been put in place (riparian buffers, fencing cattle out of ponds and streams, putting in water tanks), but there's still more to do. One major improvement before I came was renovation of the handling facilities and the hub of the livestock operation. The main goal there was to keep clean water clean and manage the dirty water.

What are your next goals for the farm? What would you like to do differently?

Get more help! Farm labor is one of our biggest struggles. Over the next two years, I'm hoping to get a year-round part-time helper. Right now we have a part-time seasonal helper who will be able to stay about 4 months, through the harvest season and planting cover crops. Secondly, I'd like to keep expanding our educational efforts. I want to work on signage around the farm. We don't have to try hard to get people here because there already are a lot of people here! So, how can I work on educating those people without having to be there myself? Fencing is a big project. As the cattle herd continues to grow, there are fields that are currently not being used for grazing because the fences have deteriorated. The other thing is improving grain yields. I think that will be done with continual work on weed management. The cover cropping

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I hope will help with that, but you generally don't see improvements until year 3 or 4. Improving grain yields will come along with some of the other things we've already got going on.

What else would you like our readers to know?

We have a Facebook page that's managed by my dog Rascal. He's a six-year-old border collie, and so far he has 500 likes and has reached over 40,000 people. He has a hard time with keyboards, so my wife Angela and I do the typing for him.

How many baby cows are you expecting this year?

This fall, we're expecting 16. This coming spring, we're expecting another 11. But we're not only expecting baby calves! We're expecting a baby Rakes to come along in March as well.

Coordinators

Loretto Earth Network

Beth Blissman CoL
Libby Comeaux CoL
Mary Ann Coyle SL - Emeritus
Maureen Fiedler SL
Mike Leard CoL
Maureen McCormack SL
Jessie Rathburn CoL
Nancy Wittwer SL
Marcus Hyde - Intern
Earna Volk - Intern

The Integrity of the Journey

By Kathy Riley

GrowHaus is "an interactive urban farm and market" in a renovated greenhouse in Denver's Elyria-Swansea neighborhood – previously a food desert and even now continuing to be buffeted by environmental racism.

It was a perfect location for a meeting hosted one early October afternoon by Indivisible Denver and the Denver chapter of the Sierra Club to review environmental goals for Denver. Perfect because it was an example of the power of community creativity and action, as well as a reminder that neighborhoods are impacted differently by history and change.

About 100 attendees gathered to hear speakers detail the environmental challenges facing Denver in coming years, and in the process, learn how the neighborhood has suffered and resisted in the past.

Peter, an Indivisible member, started the session with a few breaths and a silent focus on our surroundings. I noticed a hand-lettered sign near me, a fragment of a poem by Wendell Berry: "There are no unsacred places; there are only sacred places and desecrated places."

This neighborhood is clearly a place that has experienced desecration for a long time. One of the speakers was Candi CdeBaca of the Cross Community Coalition, a group opposed to the expansion of I-70.

Candi talked about growing up poor in this neighborhood, about statistics showing high rates of asthma and premature deaths in Elyria-Swansea, about the fact that this area, once home to smelters and other polluting industries, is a Superfund site; she talked about the massive proposed I-70 highway widening project as still another assault on the community. Several times her words and those of other speakers were halted as frequent trains roared by on the tracks adjacent to GrowHaus.

Despite the primacy of the I-70 fight, the focus of this meeting was on the city's long range climate plan—and the need for citizen comments—as well as the Denver Green Roof Initiative on the ballot this November.

This summer The City and County released an "80x50 Climate Goal: Stakeholder Report." It aims to outline the best strategies to reach Mayor Hancock's 2015 plan to reduce greenhouse gas emissions in Denver by 80 percent (below 2005 levels) by the year 2050. The stakeholders—groups and individuals who contributed to the report—assert that commitment to 100 percent clean renewable energy by 2030 will be key to achieving this.

Participants at the GrowHaus meeting were encouraged to take the survey that the Denver Environmental Health Department prepared. A 60-day comment period was to end Nov. 3. Although the comment period should be over by the time you are reading this, you can check the survey website by visiting denvergov.org and searching 80x50.

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Climate and La Vida Local

By Mary Ocken

The colors out my window are a mix of russet-brown, amber, orange and gold. The air is crisp; an early frost has already nipped the garden. Autumn days always bring a melancholy blend of gratitude and loss, abundance and letting go. Our Farmers Market has shut down for the 2017 growing season. Community connections surrounding that weekly social time will turn to occasional dinner invitations. While I will miss seeing the farmers regularly, I will still enjoy the abundance for a while, and am grateful to live in a relatively vital Local Foodshed.

Our modest home has a minimally-heated, insulated laundry room (where we have a heat source that comes on if the temp falls below 45 deg.) and it is as close to a root cellar as I have right now. It is filled with a wide variety of winter squash and bags of storage onions. Many more chopped and bagged onions also stock our chest freezer along with leftovers from prepared meals; cabbages line the bottom shelf of the fridge. With this storage, I can rely on at least some local food supply into February and March.

Through this season, in addition to these staples, we have enjoyed local fruits and veggies including chanterelles, jicama, celery, fingerling potatoes, eggplant, rainbow carrots, plums, and of course lusciously ripe tomatoes. We are blessed to have such access, a simple bike-ride (with a small trailer) from home. I really appreciate that I can get to know and deeply trust the people who grow much of my food.

Our local foods appreciation has blossomed into so many community connections. We have a variety of friends through the Market. We've belonged to various CSAs (community supported agriculture) and have had friends deliver local eggs. I'm grateful to live in a location that makes it easier to have access to local food. Growing Partners of Southwest Colorado (www.growingpartners.org) makes a huge difference by supporting a fair, sustainable, local food system that reaches all ages, incomes and cultures.

There are many reasons why we personally choose local and organic foods. We can be a bit kinder to the planet by reducing the carbon footprint of our food. We are also motivated to improve our health, and the health of those who grow our food. My grandmother died before she was 50 from malabsorption and diarrhea, so I researched the benefit of an organic, plant-rich diet to reduce systemic inflammation (that can lead to auto-immune disorders and cancer, as well as gluten intolerance). Local, fresh, organic foods also promote higher nutrient content than the store-bought produce (that often travels too many miles to reach me). They taste better too.

Fostering good nutrition motivates me even more since reading a September 13 "food nutrients" article in Politico. It discusses climate-related changes in the atmosphere that are literally changing the food we eat. "Every leaf and every grass blade on earth makes more and more sugars as CO2 levels keep rising," said mathematician Irakli Loladze. "We are witnessing the greatest injection of carbohydrates into the biosphere in human history, an injection that dilutes other nutrients in our food supply." An unexpected consequence of climate change, "elevated CO2 has been shown to drive down important minerals like calcium, potassium, zinc and iron. ... We may see in our lifetimes, [that] these important minerals [may] drop by 8 percent, on average."

Choosing local foods seems more important than ever, both for the health of my family and for the planet. When we participate in choosing local foods we enter into a network of relationships which contribute to greater food security and resilience, especially important in times of extreme weather events that may disrupt food distribution networks.

Take some time to learn about the local organic food options in your area, and look for signs describing the origin of your produce. Talk to the produce manager at your store, find out what they are doing to bring regionally sourced produce to their shelves. Is there a CSA Share available in your area? You can vote with every food dollar you spend to foster the kind of foodshed you want to have.

Mary Ocken has enjoyed "la Vida Local" in Southwest CO since 2007. She currently sells home and auto insurance and is active with the Unitarian Universalist Fellowship of Durango. Before relocating, she worked on staff at EarthLinks in Denver.

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The Integrity of the Journey

Speaking for the Green Roof Initiative was Ean Thomas Tafoya, one of the organizers of this grassroots-initiated proposal for Denver's November ballot. A win for this measure (Initiated Ordinance 300) would create a new building code requiring large buildings to assign a portion of their roof to solar panels or vegetation.

Proponents argue that this concept has worked well in other cities. The possible benefits are compelling: a lowering of the Heat Island Effect (Denver is third worst in the nation), better air quality (11th worst on that), energy efficiency, storm water management, higher rental occupancies and increased quality of life.

I was impressed with what seems to be a well-thought-out proposal and was optimistic about its passage, but I've since learned of opposition from developers and city officials. They have out-fundraised proponents by over 3 to 1 and launched an aggressive ad campaign. (As the election approached at press time, prospects did not look bright.)

As the meeting ended, I took some time to explore GrowHaus, making a note to take one of the public tours they offer every week. The 20,000 square-foot facility has hydroponic and aquaponic farms, a market, a hands-on demonstration farm, classrooms, and a teaching kitchen.

Memories of my visit that day lift the pessimism I feel about the probable outcome of the I-70 struggle and the Green Roof Initiative. My Buddhist orientation reminds me to "not be attached to outcomes." Rather, what's important is the process and the integrity of the journey. I saw lots of both at GrowHaus that day.

Kathy Riley retired to Denver after 20 years teaching English in Japan. She lives part of each summer in rural Florissant, Colorado, and blogs at http://kathyintransition.blogspot.com

Update: In a surprising upset the Green Roof Ordinance passed!

SOIL 2017

Bringing Our Money Back Down to Earth

By Dariel Blackburn and Libby Comeaux

Dariel Blackburn

The financial challenges of young, organic, local farmers are daunting. That is why investors in the Slow Money network have directed over $57 million into more than 632 local and organic food enterprises over the past seven years.

Along the Front Range of Colorado, neighbors are stepping up to help fund local farms. Slow Money founder Woody Tasch has created a new charity called Slow Opportunities for Investing Locally – SOIL. "You become a member of SOIL with a tax-deductible donation of $250 or more. Then, members make 0% loans to local farmers and food entrepreneurs, by majority vote – one member, one vote, no matter what the size of your donation. When loans are repaid, funds are recycled into new loans."

Lindsey Lusher Shute, executive director and cofounder of the National Young Farmers Coalition, gave an afternoon keynote. She shared NYFC's vision of "a country where young people who are willing to work, get trained, and take a little risk can support themselves and their families in farming." There are NYFC chapters in 27 states. She encourages us to pay attention to the 2018 Farm Bill to help push it to support the future of farming and young farmers.

Elise Jones, Boulder County Commissioner, described ways local government can help. She said that there are 25,000 acres of Boulder Open Space, of which 25% are under organic growers. The county is phasing out GMO growing, although many conventional farmers disagree. When leases expire, the county gives preference to organic growers. The county pays half the lease and half the organic certification fee and makes further investments in infrastructure and improvements. These policies have placed 3,400 acres in transition, but challenges remain – such as land use codes and labor shortages due to lack of sufficient affordable housing.

Dr Daphne Miller, practicing family physician and associate clinical professor at University of California San Francisco, opened the conference. She detailed the association between farm ecology and the ecology of the human body. For example, children raised on organic farms experience one-sixth the incidence of asthma compared to children raised on industrial farms! (The same discrepancy occurs if you compare children on organic farms with those in the cities.) She associates this significant difference to the comparatively greater biodiversity on organic farms. If you want to know more, including how alcoholism and crime decrease around urban farms, read her book, Farmacology: Total Health from the Ground Up.

Dariel Blackburn is a passionate member of the Local Food Revolution. She works in community to identify and nurture 'Centers of Aliveness'—places where people are building and supporting necessary components for a healthy local Foodshed.