



Small Farm News

SMALL FARM CENTER • COOPERATIVE EXTENSION • UNIVERSITY OF CALIFORNIA

Mats Ando: A Kingsburg Farming Legend

by Jeannette Warnert, public information representative, University of California

Mats Ando is something of a legend in Kingsburg, California, a small Fresno County town known for its Swedish roots. He is a fixture at a small roadside stand, where long-time customers who know him by his first name stop to buy strawberries, boysenberries and other crops harvested on the family farm.

"You won't find better berries anywhere," Ando tells his visitors.

Born in California to Japanese immigrant parents, Ando bought the 20-acre parcel on 10th Street, now across from the modern Rafer Johnson Middle School, when the Alien Land Law prohibited his non-citizen parents from doing so. Despite encountering racism, spending two years in an Arizona internment camp, battling with persistent nematodes and enduring the daily hardships of farming for most of his 86 years, Ando speaks with no bitterness.

"I'd do it all again, but I'd try to make a little more money," he says with a smile.

The family acquired the farm where Ando still makes his home in 1938 for \$3,000. Just three years later, with World War II hostilities toward Japan intensifying, the family was sent to the Gila River Relocation Center in the Arizona desert.

"A lot of Japanese sold their land before they went, some getting just 10 cents on the dollar," Ando said.

Instead, the Andos rented out their Kingsburg plot, and kept on farming at the internment camp. "At the relocation center, we had good, level land. You could run water in a furrow for half a mile," he said.

The detainees planted watermelon, squash and cucumber, even though an Arizona

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Mats Ando greets customers at his family farm stand in Kingsburg, California.

Managing Farm Stress During Crisis Times

excerpted from *USDA Small Farm Digest* Volume 4, No.1-Fall 2000

“We are one of thousands of family farmers across the nation who have chosen an agricultural way of life and done everything right, yet are facing a huge financial and emotional dilemma,” says New York farmer Chalene Fleming.

“Our every financial resource has been tapped, cash flow is poor, and my husband and I are screaming at each other our frustrations and anxieties, while venting our concerns about the present and future.”

“Farmers must rise to nature’s daily challenges, taking in stride floods, fires, droughts, and climatic changes, demands of juggling family and farm, market shifts, and the pressures of large, corporate suppliers who can produce it ‘faster and cheaper.’ It’s a daily struggle to try to stay on the cutting edge of what is new, has changed, and is coming.

“We are resourceful people who are proud of what we do, but we’re asking these days, ‘Where do we go from here?, who can help us?, and how do we survive in the interim?’”

The current farm crisis has made farming a stressful business in every state. Yet farmers continue to work hard while knowing they can do little against the

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Director's Message

Stress and Distress in Farm Country

Farming has a long and romantic history, perhaps more so now that the bulk of our population has, over two or three generations, separated itself from the land. We long for a more pastoral, more peaceful, less stressful existence away from the traffic of urban living. So we look at farming through rose-, or shall we say, green-



Desmond Jolly

colored glasses. But often behind the pastoral façade resides stress. Farm stress originates from a variety of sources. Farmers are now a small minority of the population. Many feel isolated and under-appreciated, believing that consumers have a much higher regard for, and appreciation of, supermarkets than they do farmers. They don't feel the empathy of the public.

The much touted economic boom of the 1990s largely bypassed farm country. Prices and market-derived incomes nose-dived for agriculture during the 90s. Absent of government-direct income supports, there might have been a bloodbath in agriculture with serious political and social fallout.

According to information generated by USDA's 1999 Agricultural Resource Management Study, 41.6 percent of all farms received government payments, an increase over the 1998 figure of 36 percent. Gross cash incomes for farms receiving government payments averaged \$126,000 – twice the level of farms that did not receive government payments. Total direct government payments to farmers grew from \$7.3 billion in 1996 to \$23.2 billion in 2000. Between 1996 and 2000, government direct payments amounted to \$70.5 billion.

These large and growing government payments imply several important things. First, they imply excess capacity in agriculture: at least some farmers are redundant. No one can feel a sense of heightened self esteem with the realization that one is redundant. Secondly, they generate feelings of dependency and a loss of control. One's destiny rests with a distant power. These perceptions and feelings lead to stress — even distress.

Structural Changes

Structural changes accelerated at a dizzying pace in the 1990s. Firms merged and consolidated at record rates. More often than not, this led to a loss of market power by farmers. Banks, supermarket chains, food distributors and processors declined in numbers and grew in market power. In Yolo County, California, three large processing plants closed during the

last two years, leaving workers and growers stranded. In Tulare County, a host of small olive growers lost the right to deliver their olives to the processor after two olive processing companies merged. Urbanization and access to water and energy also pose continuing challenges.

Add to these stressors the normal wear and tear of life. The median age of farmers is now past 50. Children are growing up and leaving the farm. Colleagues are passing away. Aging and illnesses are taking their toll.

The bottom line is not a pretty picture. Some farms that have managed to find and occupy a hospitable niche in the marketplace have done relatively well. But this is not a widespread phenomenon. Too many farmers still find it necessary to subsidize their farming operations with non-farm incomes.

In any case, among the interventions — technical, financial and political — that may be necessary, assistance in recognizing and managing stress might be considered. This issue of our newsletter follows the USDA *Small Farm Digest* in bringing this concern to light and in legitimizing it as an important issue in farm country. We hope you find some useful insights and can use the information to create positive results.

DIRECT GOVERNMENT PAYMENTS, 1996-2000 (FORECAST)

	1996	1997	1998	1999	2000 (F)	Change from 1999 to 2000	
						\$ billion	Percent
Total direct payments	7,340	7,495	12,209	20,594	23,285	2.7	13.1
Commodity programs	-732	-575	-5	na	na	0.0	na
Production flexibility	5,973	6,120	6,001	5,046	4,851	-0.2	-3.9
Loan deficiency payments	na	na	1,792	5,895	7,561	1.7	28.3
CRP and other	2,099	1,950	1,623	1,851	2,004	0.2	8.3
Emergency assistance	0	0	2,841	7,804	8,870	1.1	13.7

Source: USDA Agricultural Income and Finance Report. September 2000.

program news

Visitors

Yasuto Oishi of the Zen Noh Company of Japan met with **Solomon Teklu**, technical assistant, Small Farm Center, to discuss topics including methods of classifying farm scale; organic and health safety; and options for Japanese cattle ranchers who must acquire feed on the export market.

The Small Farm Center also hosted **Hiroshi Asao**, agricultural extension specialist at the Nara Prefecture Agricultural Experiment Station of Japan; and a delegation from the **Agricultural Leadership Foundation of Hawaii**, who visited the center to discuss center functions, agritourism, and principles of direct marketing.

Sabbatical Leave

Benny Fouche, farm advisor, UC Cooperative Extension, San Joaquin County, is on sabbatical leave from November 15, 2000 to May 15, 2001. He is living and traveling in Costa Rica to improve his Spanish-speaking skills and deepen his understanding of the problems facing small scale producers. He plans to return with knowledge of specialty crops and the possibility of growing new and interesting fruits and vegetables in California's Central Valley.

Awards

Richard Molinar, farm advisor, UC Cooperative Extension, Fresno County, received a UC Division of Agriculture and Natural Resources Distinguished Service Award for coordinating multiple workshops, tours and radio broadcasts

in several languages for his diverse Fresno County clientele.

Advisory Committee Meeting

Members of the **Small Farm Program Advisory Committee**, including **Randii MacNear**, **Vashek Cervinka**, **Richard Molinar**, **Joe Santellano**, **Marion Kalb**, **Leonard Diggs**, **Lynn Bagley**, **Cynthia Cory**, and guest **Rudy Platzek**, met in October 2000 with program director Desmond Jolly and staff to discuss several programmatic issues including educating growers about marketing, building the urban/farm connection, and creating new uses for existing farm products.

Presentations

Desmond Jolly, Small Farm Program director, attended the 1st World Forum on Agricultural and Rural Tourism in Perugia, Italy, September 21-26, 2000. Jolly presented a paper, co-authored by Mario Moratorio, UC Cooperative Extension farm advisor, Solano and Yolo counties, entitled, "El Dorado: From Gold Rush to Agri-tourism." Jolly also became a founding member of the International Association of Experts in Agricultural and Rural Tourism.

Elected

At its October 2000 meeting, members of the USDA National Agricultural Research, Extension, Education and Economics Advisory Board elected **Desmond Jolly** to serve on its executive committee. The board advises the USDA Secretary on USDA's research and education portfolio.



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The Small Farm Center links those who need information on small-scale farming with those who have the information. The Center produces publications and a newsletter; sponsors conferences and seminars; holds a library of periodicals, reports and books; gives referrals; and answers requests for information.

Readers are encouraged to send us information, express views, and contact us for assistance. Mention of a specific product is intended for the reader's information or as an example of a similar product — not a recommendation for that specific product.

Mats Ando —FROM PAGE 1

farm advisor assured them cucumbers couldn't be grown in the Arizona desert.

"We put in 10 acres anyway and grew the most beautiful cucumbers you've ever seen," Ando said. "The next year, we planted 100 acres and didn't have one vine worth picking. It just wouldn't grow."

Ando is still mystified.

After two years, Ando enlisted in the Army and was sent to Minnesota to teach American soldiers how to speak Japanese. They were good students, he said, until Japan surrendered. Shortly thereafter, Ando returned to the family farm. He attended "Veteran's Farm Classes," an alternative to the GI Bill that was offered to farmers.

"My dad was a clean farmer. Every morning he left the house with a match so he could scrape up the weeds and burn them. The spot got sterile," Ando said. "The Thompson (grapes) crop was going downhill."

Carrying on the Tradition

In the early 1960s, after his father's death, Ando took over and began applying the scientific farming methods he learned in high school agriculture classes, the Veteran's Farm Classes and UC Small Farm Program meetings. To this day, Ando seeks to further his farming knowledge by attending UC Cooperative Extension small farm advisor Richard Molinar's annual strawberry meetings and calling the Cooperative Extension office for specific information.

During the past 40 years, Ando has strived to return organic matter to the farm's sandy soil by turning weeds into the ground and using organic fertilizers.

"I always tried to use manure, until lately. There used to be a lot of chicken farms around here. But the chicken farms have disappeared so it's hard to get a hold of chicken manure now," Ando said.

Growing Enterprise

Unlike the disappearing chicken farms, Ando has expanded the family enterprise by acquiring additional 40-acre farms near Selma and Lone Star, California. He's also grown crops on vacant land

across 10th Street in Fresno that was owned by the Kingsburg School District. Ando has grown a variety of crops, including Thompson seedless grapes, Zante Currants, strawberries, boysenberries, watermelon, onions and others.

He figures he could've made more money just growing the Thompson seedless grapes, but, "It wouldn't have been as interesting." Nevertheless, he says he could've done without his struggle with 30 acres of Zante Currants, which he planted on Harmony rootstock.

"I lost \$100,000 on that," he said. "But you're not a farmer if you can't take



Mats Ando studies his handouts at Richard Molinar's annual strawberry workshop in Fresno.

that. A farmer just wants to make a killing one year and go broke the next year. He enjoys that."

Ando said he wanted to take advantage of the good prices offered for Zante Currants. Unfortunately, "Everybody thought the same thing," he said.

Planting the grapes on a rootstock that didn't protect the vine from soil-borne viruses worsened the loss.

His saving grace was Thompson seedless grapes, which have done well on the Selma and Lone Star properties. All the Thompsons are dried into raisins, "except for what I make into wine," he said.

"Dad made wine every year," Ando said. "Of course, some of the time it was

illegal. All the neighbors would come over and dip into it. They were scared to make it themselves, but they didn't mind drinking Dad's."

The Next Generation

Although Ando continues to help out on the farm, he has passed the torch to his children, particularly his son, who manages the operation. "I could still do it when I was 80," he said. "But now, when I bend over to pull a weed, I can't get up without leaning on a shovel."

The Andos still grow a half-acre of strawberries, but the majority of Japanese farmers have moved on to other crops while immigrants from Southeast Asia have taken up farming what Ando calls a "back-breaking truck crop."

"When the Hmongs came in, I wondered," Ando said, "will they have to go through what we went through?"

Fortunately, he concludes, with changing attitudes about immigrants and the help of government supported educational programs like the UC Small Farm Program, they won't. ■

Visit the Small Farm Center web site for more farmer profiles, newsletter back issues, research, and related information at www.sfc.ucdavis.edu

Conferences Update and Educate Growers/Ranchers

Growers and ranchers from around the state recently attended conferences co-sponsored or co-organized by members of the Small Farm Program and Center.



During a Limited Resource Conference tour stop at Nick Sciabica & Sons' olive oil tasting room in Modesto, California, participants tasted and rated varietal olive oils ranging in flavor from orange to jalapeno.

These conferences reached a broad spectrum of farmers and ranchers involved in a variety of related activities. Following are updates of the conferences.

Limited Resource Conference

Packed with participants from across the country, including more than 100 conference scholarship recipients, the "Markets, Tools, and Opportunities for Limited Resource Farmers Conference" was held October 31-November 2, 2000, in Modesto, California.

The UC Small Farm Program partnered with USDA and Cal Poly, San Luis Obispo to co-sponsor the event, which featured workshops and tours presented by successful growers, ranchers, agency and extension staff on a variety of topics ranging from the challenges of purchasing inputs to direct marketing to schools.

Farm Conference 2000

Held this year November 17-19, 2000, in Santa Rosa, California, Farm Conference 2000 presented workshops and farm tours covering issues ranging from managing soil fertility to protecting the future of small farms. On November

17, 2000, the Small Farm Center and the Agri-tourism Workgroup presented an agri-tourism short course, where participants interacted with experienced farmers and ranchers who discussed the challenges and rewards inherent in agri-tourism operations.

Spanish Language Conference

In the fast-paced world of agriculture, the latest news on crop information, research and marketing is critical to survival. To reach Spanish-speaking farmers with current information, the University



A Farm Conference 2000 tour stop at Kozlowski Farms in Forestville, California, included a visit to its vineyards and gift shop, where the Kozlowskis sell their value-added products including jams, jellies, sauces, and salad dressings.

of California held a farm conference entirely in Spanish at the Kearney Agricultural Center December 12, 2000.

About 70 farmers and farm managers listened to experts addressing topics



Painted by one of Laguna Farm's CSA members, this mural graces an entire wall of the farm's barn.



Scott Matheson, right, owner of Laguna Farms in Sebastopol, California, shares his Community Supported Agriculture (CSA) experience with Farm Conference 2000 tour participants.

including weed control, vegetable diseases, marketing, and insect control. Conference organizers, including UC Cooperative Extension farm advisors Richard Molinar and Manuel Jimenez; Joe



The Farm Conference 2000 agri-tourism short course drew 50 participants from across the state.

Santellano of Sunnyside Packing; and Jose Quezada from USDA Natural Resource Conservation Service, said they have offered single-topic workshops for non-English-speaking farmers before, often translating up to three languages simultaneously, including Spanish, Hmong, and Mien. But this is one of the first efforts to reach Spanish-speaking farmers — in Spanish — on a broad range of subjects.

Molinar and Jimenez hope to form a working group of Spanish-speaking farmers who will meet on a regular basis to explore a range of issues from pest protection to marketing. ■

Managing —FROM PAGE 1

financial pressures caused by outside forces. Many are delaying purchases, leaving bills unpaid, and even losing farms through no fault of their own.

What is Stress?

Stress is physical or emotional tension. It's a reaction to situations or circumstances that seem unfamiliar, threatening, or harmful.

Major life events or many small daily hassles can trigger stress. Everyone responds differently to it. A moderate amount of stress can prompt needed action. However, severe or prolonged stressful events can lead to physical or mental health problems, substance abuse, and interpersonal strain.

Farm Stress

Farm family stress is due, in large part to forces that farmers do not control — like the weather or shifting markets. Yet farmers and ranchers tend to blame themselves when crops fail or their livestock is wiped out. Stress also makes farmers more accident prone.

When things go well, a farmer feels that he or she has been successful. When

things go wrong, the loss can feel like a death in the family.

Dealing with Stress

Farmers and ranchers believe in being strong, independent, stoic, and moral — and in handling problems themselves.

Within farm culture, there is a reluctance to air problems outside the family or to seek professional help for mental health problems. While farm families can often bounce back from most stresses, extraordinary situations may require outside help.



When migrant workers traveled last year to harvest in states affected by citrus freeze or drought, they found no crop to harvest. There was no work, wages, or

housing. Worker stress was high as they became stranded far from home, returning without pay. Workers may hesitate to travel again unless they know that work exists. If farmers lose this traditional labor force, it strains the larger agricultural system.

How to Recognize Stress

People who work with farmers, such as extension specialists, farm advocates, pastors, family doctors, bankers, veterinarians, agribusiness people, and others, need to understand farmer stressors.

Sustained stress, life crisis, exhaustion, and demoralization may cause physical symptoms like depression, anxiety, or suicidal thoughts; headaches; sleep or appetite problems; chronic fatigue; frequent sickness; poor concentration; heart disease; ulcers; cancer; gastrointestinal or bladder problems; immune system disorders; obesity; hair loss; muscle twitches; or backaches.

Stress Overload: Behavioral Signs

Stress strains relationships. Stress symptoms include atypical, uncontrollable, and irrational behavior; irritability;

Farmer-related Stressors Include:

- Death of a family member or farm worker, or valuable animal
- Foreclosure notice
- Mounting bills, low cash flow, middleman profits
- Divorce or marital separation
- Major illness or accident, insufficient insurance
- Care of elder or special-needs family member
- Holding down both off-farm job and on-farm responsibilities
- Bad weather or natural disaster
- Lower than expected crop yields or livestock production
- High costs of land, machinery, fuel, essential farm services, and other inputs
- Changes in government laws and regulations, resulting in farm-related expenses
- Rejection of farm loan or inaccessible loan programs
- Discrimination practiced by farm program officials
- Heirs who don't want to run family farm business(es)
- Depletion of retirement savings to sustain farm operation
- Nearing retirement age but can't afford to stop farming
- Farm numbers dwindling in community, farm families feel isolated
- Housing development encroachment, complaints about farm odors
- Outside population doesn't understand farm culture

violence or abuse toward family members or animals; loss of interest and withdrawal from family or community events; repeated irrational or normal activity at an irrational rate. Other symptoms include passive aggressiveness; self-destructive behavior; talk of suicide; excessive drinking; being more emotional; difficulty concentrating and making decisions; accident proneness; and feelings of worthlessness, inadequacy, or failure.

Farmer Suicide

“Farmer suicide is an international calamity, not just an individual problem,” says Kentucky filmmaker Joe Terrance Gray in his compelling documentary, “Green Blood, Red Tears.”

Gray investigated farmer suicide causes after his farmer nephew, James Gray Goodman, killed himself in 1995, stunning his family and community. “Farmer suicide spans mid-America and is often misreported as hunting, traffic, or stalled truck on railroad accidents,” says Gray. “Farmers are more likely than are other workers to commit suicide, especially in the Midwest. There is not enough talk about farmer suicide.”

Gray’s film aims to open up that dialogue.

Biochemical Links?

American and European scientists offer convincing evidence of a link between organophosphate exposure among farmers and symptoms of depression and suicidal thoughts.

Most physicians are not trained to identify toxic chemical exposure symptoms in their patients. When traditional antidepressant medication is prescribed for depression among poisoned patients, suicidal thoughts may increase. Gray’s nephew reported headaches, numb hands, troubled sleep, and depression after using chemicals in crop spraying.

Lorann Stallones, professor, Department of Environmental Health, Colorado State University, has studied farmer suicide rates in Kentucky and Colorado.

“Gray’s film introduces research never linked together before,” she says. “When farmers experience depressive symptoms, it is critical that they tell their physicians the specific chemicals they use.

“Physicians working with farmers exposed to organophosphate chemicals should monitor these patients when they prescribe standard anti-depression medications,” she adds.

“Immediate symptoms of acute poisoning can be detected, but it is difficult for many doctors to correlate symptoms with low-level, long-term exposure. Vague symptoms of chronic exposure are more likely to be recognized by occupational medicine physicians.

“Many farmers do not wear adequate protective clothing when working with pesticides and herbicides. We want to get the message out that they need protection.”

Other organophosphate exposure symptoms include exhaustion, weakness, numbness, confusion, dizziness, blurred and dark vision, cold sweating, salivating, watery eyes, stuffy or runny nose, twitching eyelids and tongue, vomiting, cramp-like abdominal pain, diarrhea, difficulty breathing, and chest tightness.

Extension agents and state pesticide applicator training program coordinators teach safe pesticide application procedures.

Disasters

Disaster victims may express disbelief, anger, sadness, anxiety, and depression afterwards. Children need extra attention, love, support, and reassurance.

“Many farmers do not wear adequate protective clothing when working with pesticides and herbicides. We want to get the message out that they need protection.”
— Lorann Stallones

Managing Stress

- Acknowledge the reality of the situation.
- Understand what causes you stress.
- Focus energy on situations you can control.
- Set realistic goals for your farm operation.
- Have a yearly physical checkup.
- Take time for quiet moments and music.
- Take short work breaks.
- Practice breathing deeply and relaxing muscles.
- Exercise, eat nutritious food, and get enough sleep.
- Stay in close relationship with family and community.
- Create more relaxation time with significant others.
- Be kinder and gentler with words and actions to family.
- Find outlets for anxiety and frustration like prayer, social gatherings, sports, or hobbies.
- Use humor.
- See your minister, priest, rabbi, or other spiritual leader for counseling.

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Farm Deaths

Farm deaths can happen suddenly and unexpectedly. Feelings of numbness, sadness, depression, anger, fear, emptiness, aching, hopelessness, and low energy are natural reactions.

A minister or grief counselor can help. A hug, knowing look, touch, praying together, or making a sacred memorial spot on the farm to honor the individual can mean a lot. Grief is a natural healing process that lessens over time.

Managing Risk

Financial stress immobilizes people. A financial analysis of your operation by a farm business association or other expert can pinpoint strengths and weaknesses.

Software programs designed specifically for agriculture, like FarmWin, jointly developed by Sunrise Software, farmers, and USDA's Agricultural Research Service, offer farmers a tool to maintain their own accurate farm records. Farms vary in their ability to weather shocks, as operations vary widely with enterprise mix, financial situations, and business and household characteristics. Managing risk involves combining farm activities to maximize return at a manageable level of risk.

A risk management strategy might include enterprise diversification, vertical integration, production contracts, crop yield and crop revenue insurance, or off-farm jobs.

Fiscal skills are critical. Successful farmers may not produce more than neighbors, but manage resources well and make money on cost efficiencies. They carefully watch inputs and family costs, purchasing a new part or equipment only when absolutely necessary.

Survival may not be possible in severely stressed farm businesses. Financial advisors can help farmers determine if the farm business can survive with operating charges and restructured assets or debts, whether cash flow is sufficient in the long term, or if resources warrant expansion.

Helping a Farmer Friend in Crisis

People in crisis need someone to really listen so that they can tell what is happening and affirm the difficulty of the situation.

Be available, give full attention, make eye contact, and focus on what people are saying with their faces, eyes, voice, body, words, and feelings, more than their story. Give them ample time to talk. Don't pro-

tect people in crisis from reality. People need to learn the truth. Give accurate information, even if it is negative.

It makes sense to most people to focus their energy on predictable life factors. Help farmers identify their major stressors and develop a plan to minimize effects. Ask them to specify symptoms. Brainstorm about solutions. Watch and listen for potential suicide behaviors like giving away cherished possessions or voicing suicidal thoughts.

Familiarize yourself with community mental health resources to offer options. Urge professional help if needed. Offer to contact the professional and accompany the person to the appointment. Follow up to show your care.

Community Resources

Community counseling resources include community mental health departments, medical centers, churches, and archdiocesan centers; county extension offices, rural health departments, the Salvation Army, department of health and human services field offices, and community food banks. ■

Farmer Help Lines

National Suicide Hopeline Network
(800) 784-2433. Connects to staff skilled in helping farmers and ranchers.

National Domestic Violence Hotline
(800) 799-7233

National Pesticide Telecommunication Network for Consumer and Medical Information on Pesticides
(800) 858-7378

Pesticide Accident Hotline
(800) 424- 9300

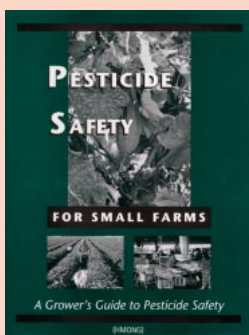
For additional resources, see page 9.

Signs That a Farm Family Needs Support

- Routine changes — social withdrawal
- Increase in illness or accidents
- Decline in personal, farm, home appearance
- Neglect or abuse of children or animals
- Dramatic change in the children's behavior
- Substance abuse, spousal abuse, verbal abuse and/or physical abuse

Pesticide Safety for Small Farms

Updated in English from its first edition, the Pesticide Safety for Small Farms publication is part of an ongoing farm safety project that provides growers with step-by-step safety information on topics including handling, transporting, and disposing of pesticides.



In collaboration with the UC Integrated Pest Management Program and supported by the UC Agricultural Health and Safety Center at Davis, the UC Small Farm Program and partners also have developed pesticide safety videos and audio cassettes available in Hmong, Lao, Spanish, and English languages.

A CD containing Spanish-language pesticide safety public service announcements also has been developed and distributed for the project by Myriam Grajales-Hall, public information representative, Spanish Broadcast and Media Services, University of California.

For more information about the project and its publications or other forms of media, please call the Small Farm Center at (530) 752-8136.

Web Sites

Farmer Success Stories

USDA Risk Management Agency
<http://www.rma.usda.gov/news/archive.html>

Family Relationship Fact Sheets

Colorado State University
<http://www.colostate.edu/depts/CoopExt/PUBS/CONSUMER/pubcons.html#relat>

Strengthening Families and Youth

Clemson University
<http://Fyd.clemson.edu/famlife.htm>

Disaster Response Information

North Carolina State University
<http://www.ces.ncsu.edu/disaster>

Rural Response Program

University of Minnesota
<http://www.extension.umn.edu/ruralresponse>

Home and Family

Purdue University
<http://www.agriculture.purdue.edu/agtransition/family.html>

Healthfinder

U.S. Department of Health and Human Services
<http://www.healthfinder.gov>

UC Agricultural Health and Safety Center at Davis

<http://agcenter.ucdavis.edu/>

California Department of Pesticide Regulation

<http://www.cdpr.ca.gov>

UC Integrated Pest Management Program

<http://www.ipm.ucdavis.edu>

The Extension Toxicology Network

<http://www.ace.orst.edu/info/extoxnet>



Resources

Publications/Videos

The **Responding to Farm Stress** video teaches family members and others how to respond to farmer stress. Cost: \$15. Contact: Mercy Medical Center, 250 Mercy Drive, Dubuque, IA 52001; (319) 589-8035.

Healing Stories, a video produced by the Farm Women Network, deals with self-worth and changes in agriculture. Cost: \$35. Contact: Dorothy Rosemeier, West Central Research and Outreach Center, State Hwy. 329, Box 471, Morris, MN 56267; (320) 589-1711.

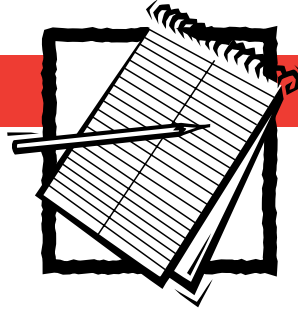
The video **Green Blood, Red Tears** documents the interaction between farmer suicide risk and economic and other pressures. Cost: \$95 plus \$5 shipping. Contact: Colorado Injury Control Research Center, Colorado State University, Department of Environmental Health, Fort Collins, CO 80523-1676; (970) 491-0670.

The print publication, **Federal Disaster Assistance for Farmers 2000** edition, describes all major types of federal disaster assistance available to farmers. Cost: \$18 to farmers, ranchers, and non-profit organizations. Contact: Farmer's Legal Action Group, Inc., 46 East 4th St., Suite 1301, St. Paul, MN 55101 (651) 223-5400.

An American Farm Tale video addresses ways to avoid organophosphate insecticide poisoning. Cost: \$20 plus \$3 shipping. Contact: Rutgers University, Pest Management Office, Blake Hall, 93 Lipman Dr., New Brunswick, NJ 08901-8524; (732) 932-9801.

The **2001 National Organic Directory** is the directory's final edition. Cost: \$49.95, plus tax and shipping. Contact: CAFF, P.O. Box 363, Davis, CA 95617-0363; (800) 852-3832.

News Notes



■ “Protección de su salud,” is a Spanish-language publication created in comic book format that provides farmers with information about pesticide rules and dangers. Created by Sacramento artist Javier Juarez and published by the Western Crop Protection Association and the Coalition for Rural and Environmental Stewardship, more than 100,000 copies of the Spanish-language booklet are being distributed free of charge in California and several other states.

The publication is endorsed by organizations including the Environmental Protection Agency, the California Department of Pesticide Regulation, and the departments of agriculture in California, Arizona, Hawaii, Idaho, Utah, and Washington. The Small Farm Center is assisting in distribution of the free publication, which can be ordered by calling the center at (530) 752-8136 or e-mailing sfcenter@ucdavis.edu.

■ A draft report by the U.S. Centers for Disease Control (CDC) says that more than two dozen cows and calves in the petting area of Merrymead Farm in Worcester, Pennsylvania, have tested positive for carrying the strain of E. coli that sickened 16 children who visited the farm. The 150 year-old family farm operators said they have relied on the county to provide appropriate guidelines so the farmers can serve the county in a healthy and safe manner, and were surprised when they were told of the report by the media rather than by officials of Montgomery County, where the farm is located.

The CDC is working to develop national guidelines for operators of petting zoos, farms, and animal exhibits. Among those recommendations would be adequate hand-washing facilities on site, eating areas separate from areas in which animals are kept, and warnings to visitors of the risk of infection.

The Small Farm Center provides on-farm food and pesticide safety information in a variety of formats, including publications, audio and video cassettes, and web site documents and links. For more information, see page 9.

■ The Small Farm Center Agri-Tourism Database, which guides consumers to your on-farm site, is now online at <http://www.sfc.ucdavis.edu/agritourism/database>. To add your agri-tourism farm site to the database, contact the Small Farm Center at (530) 752-8136.

■ Small producers who want to incorporate the web into their businesses may be interested in the online course, “Internet Marketing: Food and Fiber Products.” Taught by Greg White through the University of Maine web site, the course starts students with an introduction to the web, followed by site design

and techniques on how to market their food products online. The course is taught entirely via the web site, so out-of-state course fees do not apply. For more information, contact Greg White, course instructor,

at (207) 581-3159 or visit the course web site at: <http://webct.umaine.edu/public/REP466/index.html>

■ Retiring farmers interested in selling or leasing farms to aspiring farmers can contact California Farmlink, a non-profit organization dedicated to ensuring the existence of family farming. The organization provides information, workshops, and technical assistance to match landowners and aspiring farmers, and also assists retiring or new farmers with financial planning and resources. Contact California Farmlink, 1823 Eleventh Street, Sacramento, CA 95814; phone: (916) 443-4225; fax: (916) 447-8689; e-mail: farmlink@tomatoweb.com.

■ Freshnex, a new online enterprise, offers farmers and ranchers a free direct link to restaurant chefs through its web site at <http://www.freshnex.com/index.jhtml>. Frankie Whitman, a Freshnex representative, notes that chefs are looking for unusual, flavorful products, with heirloom varieties and baby vegetables particularly in demand. For more information, visit the www.freshnex.com web site or contact Frankie Whitman at (510) 527-8171.

■ USDA released the final national organic standards in December 2000, available on the web at <http://www.ams.usda.gov/nop>. The standards offer a national definition for the term “organic” and detail the methods, practices, and substances that can be used in producing and handling organic crops and livestock, as well as processed products. The standards also establish clear organic labeling criteria, and prohibit the use of genetic engineering methods, ionized radiation, and sewage sludge for fertilization, three highly protested points that were submitted in an earlier proposed rule. Organic farmers and processors will have 18 months to comply with the new standards.

■ A listing of seed and plant suppliers that have signed a safe seed pledge indicating that they will not knowingly buy or sell genetically engineered seeds or plants is available at <http://www.gene-watch.org/programs/SafeSeeds.html>. The Safe Seed Sourcebook list is on the web site for the Council for Responsible Genetics, in Cambridge, Massachusetts, which also can be reached via phone: (617) 868-0870; or e-mail: crg@gene-watch.org.

calendar

MARCH**1****New and Specialty Crop Development and Production
Santa Cruz, CA**

UC Cooperative Extension farm advisors present this workshop on topics including new crop development, economic essentials, and specialty crop production of Asian vegetables, capers, edemame, and purslane. Spanish translation will be provided.

Contact: Laura Tourte, UC Cooperative Extension, Santa Cruz County, 1432 Freedom Blvd., Watsonville, CA 95076; (831) 763-8040.

5**Small Farm Management and Accounting
San Luis Obispo, CA**

This UC Cooperative Extension workshop covers small farm accounting and bookkeeping, provides a fresh fruit and vegetable marketing review, and includes a presentation from a USDA Farm Service Agency representative. Spanish translation will be provided.

Contact: Mark Gaskell, farm advisor, UC Cooperative Extension, Santa Barbara County, 624 W. Foster Rd, Suite A, Santa Maria, CA 93455; (805) 934-6240.

6**Food Safety Workshop for Small Farmers
Watsonville, CA**

Presented in Spanish by UC Cooperative Extension, this workshop will help small-scale growers develop a comprehensive on-farm food safety plan.

Contact: Shantana Goerge, Department of Vegetable Crops, University of California, One Shields Ave., Davis, CA 95616; (530) 752-4501.

13**Growing and Marketing Gourmet Olive Oil
San Luis Obispo, CA**

UC Cooperative Extension hosts this one-day workshop that presents an overview of olive production and markets; orchard establishment and management costs; cultural practices; and the viability of Central Coast olive oil production.

Contact: Mark Gaskell, farm advisor, UC Cooperative Extension, Santa Barbara County, 624 W. Foster Rd, Suite A, Santa Maria, CA 93455; (805) 934-6240.

27-28**Partnerships for Sustaining California Agriculture:
Profit, Environment and Community
Woodland, CA**

Co-sponsored by the Sustainable Agriculture Research and Education Program, Western Region SARE, California Department of Pesticide Regulation, and U.S. EPA Region 9, this conference will explore innovative farming and ranching systems in California and features lectures, panel discussions, and hands-on workshops. Contact: University Extension, University of California, 1333 Research Park Drive, Davis, CA 95616-4852; (800) 752-0881.

APRIL**20****Precision Agriculture for Row Crops
UC Davis**

Learn more about precision agriculture techniques in this course, geared towards small and large-scale agricultural operations and annual crops. Contact: University Extension, University of California, 1333 Research Park Drive, Davis, CA 95616-4852; (800) 752-0881.

27-28**Sensory Evaluation of Olive Oil
UC Davis**

UC Cooperative Extension farm advisor Paul Vossen and other speakers teach participants to make objective assessments of olive oil quality through tastings and lectures.

Contact: University Extension, University of California, 1333 Research Park Drive, Davis, CA 95616-4852; (800) 752-0881.

MAY**5-9****California Grazing Academy/Low-Stress Livestock Handling
School
Swanton Ranch, Santa Cruz, CA**

During this four-day course, participants learn about controlled grazing and range ecology as well as low stress livestock handling principles, including controlling movement, sorting, and placing animals on the range without fences.

Contact: Roger Ingram, UC Cooperative Extension, Placer and Nevada Counties, 11477 E Ave., Auburn, CA 95603; (530) 889-7385.

17-19**Organic Trade Association Trade Show
Austin, TX**

Open for anyone interested in the organic industry, this event includes educational forums and OTA committee meetings along with the organic-only trade show.

Contact: Eurich Management Services, 3721 W. Michigan Ave., Suite 200, Lansing, MI 48917; (517) 327-9207.

JUNE**23****Herbal Salve Making
UC Santa Cruz Farm**

Learn how to choose herbs from the garden to make herbal salves that can be used for bruises, sprains and chapped skin.

Contact: Center for Agroecology and Sustainable Food Systems, UC Santa Cruz, 1156 High St., Santa Cruz, CA 95064; (831) 459-3376.

Add your calendar event to our web site at <http://www.sfc.ucdavis.edu/cgi-win/sfcweb.exe/listevents>

UC Small Farm Program Presents 2000 Awards



From left to right: Joe Santellano, Sibella Kraus, Richard Molinar, Joe Santellano, Michael Yang, Desmond Jolly, and Nita Gizdich at the UC Small Farm Program 2000 Awards presentation.

UC Small Farm Program Director Desmond Jolly presented several deserving recipients with Small Farm Program 2000 Awards during the Farm Conference 2000 banquet November 18, 2000.

The **Pedro Ilic Award for Outstanding Farmer** was presented to Fresno County farmer **Joe Santellano**, who tests new varieties of vegetables every year on his 10-acre ranch and shares his research with other farmers. In addition, he manages a 200-acre farm in his position as fieldman for Sunnyside Packing in Selma, California, where he organizes farmer workshops in cooperation with UC Cooperative Extension in Fresno and Tulare counties.

The **Pedro Ilic Award for Outstanding Educators** was presented jointly to **Richard Molinar**, farm advisor, UC Coopera-

tive Extension, Fresno County, and his assistant, **Michael Yang**. Molinar and Yang work to serve the county's small-scale farmers, half of whom are Southeast Asian, African-American, or Hispanic. The duo maintain outreach efforts that include one-on-one consultations, field days, workshops, and radio programs.

Santa Cruz County farmer **Nita Gizdich** received the **Pioneer Agriculturist Award** for her outstanding contributions to the agri-tourism movement in California, and her considerable outreach efforts to fellow farmers and urban dwellers. Gizdich owns a 50-acre family farm near Watsonville that includes a successful u-pick operation and a thriving gift shop.

Sibella Kraus, an innovative Bay Area food marketing practitioner and educator, is the recipient of the **Kathleen Barsotti Pioneer Agriculturist Award**. Kraus, who started the San Francisco Ferry Plaza Farmers' Market in her role as director of the Center for Urban Education about Sustainable Agriculture, has had a major impact on the connection between family farmers and urban communities in the last 20 years.

For more award details, visit our web site at <http://www.sfc.ucdavis.edu/news/awards2000.html> ■



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