



NEWSLETTER

What's Coming Up?

Rain puts a damper on planting, weeding, growing...



More like what's been coming down! While May is normally our wettest month, whenever you get three or more inches of rain in less than a week there is bound to be standing water in the fields.

And standing water is not good for plants, especially young ones like the newly transplanted

eggplant shown above. The water starves the roots of oxygen; the plants can literally drown.

Fortunately, sustainably managed soils have good drainage, so conditions like this usually don't last long. We'll be keeping an eye to the sky later this week, though. Cold and wet don't let things grow very fast.

Pesticides and ADHD

A new study published Monday in the scientific journal *Pediatrics* finds a significant link between pesticide exposure in food and attention deficit hyperactivity disorder (ADHD), according to MSNBC.com.

Researchers from the U.S. and Canada found that kids with higher-than-average levels of pesticide in their urine were almost twice as likely to be diagnosed with the disorder.

The most likely source of exposure to pesticides in kids is food, and foods that kids are more likely to enjoy, like frozen blueberries and strawberries, or celery, have been found to frequently have pesticide residues like malathion, one of the chemicals found to be linked to ADHD by the researchers.

Of course organic producers, including Rolling Prairie farmers, do not use such pesticides. "I would say buy organic as much as possible," said one of the researchers.



ROLLING PRAIRIE FARMERS ALLIANCE GROWING STANDARDS (PART ONE)

We do not use chemical fertilizers. We keep soil productive through crop rotation, proper use of composts and manures, soil-improving green manure and cover crops, and approved slow-release mined minerals and plant/animal byproducts such as alfalfa meal. Attention to soil health, particularly soil organic matter, is *the* most important aspect of organic farming. We use no chemical herbicides or insecticides. For



weed control, we rely on rotations, timely cultivation, cover crops, delayed planting and a host of cultural methods widely practiced before the advent of herbicides. To combat insects, to the extent necessary to produce adequate crops, we rely on rotations, naturally occurring beneficial insects, cultural methods, and careful use of approved botanically-based insecticides.