



Fiddlehead ferns in preparation for packaging.

Dear Community Members

We hope this issue of Forest Farming Footnotes finds you doing well and ready for the transition from Spring to Summer. A quick check of the CoP create page and our social media sites indicates that we continue to do a great job building content and increasing our presence on the web. Thank you for all of your contributions. In addition, many of you are involved in exciting initiatives, several of which are outlined in the newsletter's partner update section. If you would like to highlight something in the next issue, don't hesitate to let us know!

On a special note, we are excited to announce that community members are collaborating to hold a two-day Forest Farming Regional Meeting in October at Cornell University's Arnot Teaching and Research Forest. CoP member Eric Burkhardt of Penn State will give the keynote address and small working groups led by Eric and other CoP members Jim Chamberlain, Holly Chittum, Dave Fuller, Steve Gabriel, and Ken Mudge will develop working plans to address a variety of forest farming topics. Also in the works is an NTFP Fall webinar series in partnership with the American Forest Foundation, more on that soon...

Have a great summer!

John Munsell Cathie Bukowski
(jfmunsel@vt.edu) (cjbukows@vt.edu)

TABLE OF CONTENTS

Social Media Update	2
Fiddlehead Ferns on Pinterest	3
Goldenseal Videos on YouTube	4
Forest Grown Certification	5
Partner Updates	6-7
Tricks-of-the-Trade	8

IN THIS ISSUE



Partner Update 6

Rural Action, a citizen action organization with programs in Appalachian Ohio has a number of forest farming initiatives.

Climate Change Impacts in the U.S.

- Full report (digital)
 - Interactive, web-based
 - Includes traceable accounts,
 - Linked to data and source
- Website
 - Full report & Highlights in HTML
 - Graphics (high-resolution files, interactive figures)
 - Supporting information
- Highlights (148 p)
 - (10K printed & pdf)
- Regions (2 pages each)
 - Print on demand from pdf

National Climate Assessment

Tricks-of-the-Trade 8

eXtension.org provides our community a platform for exchanging important information with other communities of practice. Shared webinars help keep practitioners informed.

Social Media Update - Tour of the Northeast



Steve Caccamo's backyard sugar house in Syracuse, NY

New Forest Farming videos are in the works. Finished videos detail large-scale maple operations (from the forest to bottle) in Lake Placid with Cornell University's Director of the Uihlein Forest and CoP member Mike Farrell. Mike also joined for a shoot in Syracuse where he is researching walnut syrup production. Another series on reverse osmosis features Cornell's Maple Specialist, Steve Childs delving into three different RO systems - each suitable for small-scale maple producers.

Videos currently in production include a look at small-scale maple production, from sap collection to the finished product and a series on fiddlehead ferns that begins with a look at the largest fiddlehead fern producer and distributor in North America - NorCliff Farms, where viewers will see behind-the-scenes production and packaging.

Also in production is a video series on the celebration of forest food at the Fiddlehead Fern Festival in Maine, an interview with Extension expert Dave Fuller of the University of Maine, and an inside look at a maple museum in Montreal. There also are video series in development that showcase a native woodland floral nursery in West Virginia and forest farming of wasabi leaves in North Carolina.



Fiddlehead ferns mark the onset of spring in Asbestos, Quebec.



University of Maine Extension Professional and CoP member Dave Fuller explains the ostrich fern's life-cycle at the Fiddlehead Fern Festival in Farmington, ME.

Fiddlehead ferns

Fiddlehead is the term used for the ostrich fern when it is in its edible stage. The fiddleheads come up in early spring and should be sustainably harvested before they begin to unfurl. Only take one or two heads per plant. Look for the groove on the inside of the stem - that is a classic feature of a fiddlehead. Fiddleheads have smooth stems without tiny hairs or fuzz that are noticeable on other species of fern.

Forest Farming eXtension.org

Follow Board

Send Board

10 Pins

96 Followers



The fiddleheads are sorted a second time during the washing process at Produit de nos Bois (Products of our woods).

Uploaded by Forest Farming eXtension.org



After being sorted, the fiddleheads are thoroughly washed before the packing process begins.

Uploaded by Forest Farming eXtension.org



Every batch of fiddlehead ferns is sorted several times at Norcliff Farms Produit de nos Bois (Products of our woods) to ensure quality control.

Uploaded by Forest Farming eXtension.org



It is often thought that fiddleheads may be slightly carcinogenic, but new evidence points to possible sickness due to inadequate cooking times and temperatures. Many fiddleheads grow within flood plains and are practically washed with river bacteria and harmful microbes. A thorough cooking is necessary in



Fiddleheads should be harvested sustainably and before they unfurl too much.

Uploaded by Forest Farming eXtension.org

Pin it 1

Like

Image

Send

Share



Uploaded to Pinterest



Forest Farming eXtension.org · 13 days ago

It is often thought that fiddleheads may be slightly carcinogenic, but new evidence points to possible sickness due to inadequate cooking times and temperatures. Many fiddleheads grow within flood plains and are practically washed with river bacteria and harmful microbes. A thorough cooking is necessary in order to render all bacteria harmless.



Fiddlehead ferns

Forest Farming eXtensi...



Follow Board

Have You Seen Our YouTube Video Series on Farming Goldenseal?

...it only has been viewed about 11,000 times in the 7 months since it was posted!

North Carolina herbalist Ben Kitchen explains Goldenseal, where it grows, and how to plant it in the forest. Goldenseal is valued for its medicinal properties as an antimicrobial topical agent. It can be propagated through rhizome division, seeds, and fibers.



What is Goldenseal?



Where does Goldenseal grow?



Planting Goldenseal in the forest



Rhizome and root propagation of Goldenseal



The life cycle of Goldenseal



Storing Goldenseal



About Pennsylvania Certified Organic



Pennsylvania Certified Organic is a non-profit organization that educates and certifies organic growers and handlers, mostly in the Mid-Atlantic region. PCO certifies more than 700 farming and food production operations, including produce, field crops, herbs, wild crops, dairy products, poultry products, value-added products, livestock, mushrooms, maple, snack foods, coffee, tea, cosmetics, and more. PCO is accredited by the USDA under the National Organic Program. Organic products certified by PCO may be labeled and sold as organic in the United States, Canada, the European Union, and other countries that recognize USDA organic certification. For more information regarding the PCO Forest Grown Verification Program or to apply for verification, contact Adam Seitz at PCO (adam@paorganic.org/814-422-0251).

ALL NEW FOREST GROWN CERTIFICATION PROGRAM

Eric Burkhart and Adam Seitz

[Pennsylvania Certified Organic \(PCO\)](#) is proud to announce the launch of its new PCO Forest Grown Verification Program. This program has been a long time in the making, and is the result of collaborations between PCO, experts in the field of non-timber forest products, regulatory agencies, and other industry stakeholders.

The PCO Forest Grown Verification Program establishes a confidential, third party verification process for forest-based producers and collectors of botanical and fungal non-timber forest products operating on private forestland (owned or leased) in the United States. It also establishes a verification process for those processing items such as tinctures and supplements with ingredients originating from such operations. Though the only item currently verified under the program is American ginseng, PCO hopes to increase the non-timber forest products verified under the program to include items such as black cohosh, ramps, and goldenseal to name a few. It should be noted that the PCO Forest Grown Verification Program is a stand-alone PCO program; organic certification is not required for enrollment, but is encouraged!

Though the program serves several purposes, a primary aim is to verify products as being forest-grown, sustainably produced or collected, and legally acquired. In addition to these distinctions, verified products are further categorized as being forest farmed (wild-simulated, woods cultivated, etc.) or wild stewarded (truly wild). As such, consumers of verified products are assured that the products are produced in a natural environment, and that the use of a verified product does not contribute to the degradation of the species from which the product originates.

Another goal of the program is to ensure continued market access for producers, collectors, and processors of verified products by assisting regulatory agencies in verifying compliance with current laws dictating the trade of some non-timber forest products. This is an on-going process, but is certainly an overarching goal for the program.

Forest farmers, wild stewards, and processors of American ginseng can apply for verification in the PCO Verified Forest Grown program starting this June. The process of verification entails completing an application packet, having an on-site inspection, correcting any issues of concern as applicable, and completing a renewal process to continue enrollment in subsequent years.

MEMBER PROJECTS

We extend a special thanks to community members that are contributing to the Forest Farming CoP through their websites and projects...



Contact person:

Brad Cochran, MBA

Extension Agent for
Community and Agricultural
Resource Development

West Virginia State
University Extension Service

304-541-3301

bcochran2@wvstateu.edu

West Virginia State University Extension Service is increasing its focus on forest farming, specifically cultivated mushroom production. Over 300 people attended workshops related to cultivation of shiitake, oyster and chicken-of-the-woods mushrooms in the past year. Four out of five workshop participants indicated they increased their level of knowledge of mushroom production as a result of these workshops. West Virginia is a prime location for mushroom cultivation. Surrounding states are producing sizable amounts each year and recent data on local foods in the state show that there is a 4 million pound shortfall in mushrooms produced relative to demand. It is the goal of West Virginia State University Extension Service to expand production of mushrooms through a newly funded Specialty Crop Block Grant project. The purpose of the project is to continue to engage workshop participants on the skills needed to produce mushrooms, and also to collect production data from demonstration sites. Production data will be compared to other states, but also analyzed from an economic standpoint to determine profitability of mushroom cultivation. West Virginia State University Extension Service is currently developing a forest farming plan to expand into other products over the next 5 years.



Contact person:

Valerie Barber, PhD

Cooperative Extension
Service Forestry Specialist

UAF Forest Products Program
1509 S. Georgeson Dr.

Palmer, AK 99645

907-746-9466

vabarber@alaska.edu

For four years running the University of Alaska Cooperative Extension at Fairbanks has offered workshops on tapping birch for syrup. This spring 68 people attended, as did about 35 in 2013. Around 100 attended in 2012. The workshop takes place at the UAF- Palmer Center for Sustainable Living and typically lasts 2-3 hours with instruction on when and how to tap birch trees, the products that can be created and associated nutritional values. During the workshop, participants are split into two groups led by Valerie Barber and Julie Cascio to rotate through activities. Participants experience tasting different syrups produced by Kahiltna Birchworks, a family run Alaskan business that is the world's largest producer of organic birch syrup. They also practice drilling logs for taps, tapping a tree in the woods and sampling sap from a previously tapped tree. All participants go home with a tap and a Cooperative Extension publication that is made for the workshop and for anyone interested in tapping birch trees. The publication is currently being revised. Contact Valerie Barber for a copy when it is finished.



Rural Action was formed in 1991 out of a citizen action organization, the Appalachian Ohio Public Interest Campaign (AOPIC). AOPIC members organized and trained grassroots groups on issues of economic and environmental justice. In 1992, the group redefined itself as a member-based development organization renamed Rural Action. A strategic planning process resulted in the creation of a guiding document to promote sustainable, just, and inclusive development in Appalachian Ohio. <http://ruralaction.org/>



Volunteer doing ramp survey work.

Rural Action has been a community member since January 2013. Tanner Filyaw contributed the following news about their programs. For more information about the organization and their work please contact Tanner at tanner@ruralaction.org.

1. With funding from the U.S Endowment for Forestry and Communities, we recently concluded a project that focused on helping landowners incorporate Non-Timber Forest Product (NTFP)/Forest Farming strategies in their traditional Forest Management or Forest Stewardship plans. We completed 15 plans covering approximately 1800 acres of forestland. Rural Action's NTFP Specialist and a professional Consulting Forester would walk the property with the landowner, discuss Forestry and NTFP strategies, identify forest farming habitats and growing sites, and then complete a Forest Management Plan catered to their goals and opportunities identified in the field.
2. Rural Action's Sustainable Forestry Program is currently working on a project funded by the National Forest Foundation to identify, map, and monitor populations of American ginseng (*Panax quinquefolius*), goldenseal (*Hydrastis canadensis*), and ramp (*Allium tricoccum*) on the Wayne National Forest located in Southeast Ohio. Aside from the number of plants, data include habitat details like slope, aspect, companion trees and herbs, and

disturbances like deer browse, harvesting, or invasive plants. We also will be using seed collection and replanting in the fall as a means for expanding and restoring populations. There is an educational component to the project as well where these species will be showcased as forest farmed crops through workshops and field days. Funding from this grant will also be used to continue long-term monitoring of American ginseng research plots on the National Forest. This project has been running for 7 years and will provide valuable insight into the health, dynamics, and impacts on these populations.

3. Beginning in the winter of 2013 and continuing through the spring of 2014 we are focusing on ramps as a forest farming opportunity. In partnership with the Grow Appalachia Program through Berea College in Kentucky, Rural Action gave away 7.5 lbs. of ramps seed to 62 landowners via their planting stock program and workshops. The ramp seed give away was a first time program that will expand this year as part of the previously mentioned National Forest Foundation project. Also distributed were 750 ramp bulbs purchased from a Ramp Farm located in Richwood, West Virginia. The potential for the ramp as a forest farmed crop is very high and Rural Action will continue to educate landowners about how to sustainably produce this unique plant.

Tricks of the Trade - Community of Practice Exchange

A key leader of the National Climate Assessment, Katharine Jacobs, recently gave a webinar on Climate Change Impacts in the U.S. with a focus on Forestry Issues. The event was hosted by the [Climate, Forests and Woodlands Community of Practice](#). The information for the webinar came from the National Climate Assessment's latest report released in May 2014. As Jacobs pointed out in her presentation, forest management responses to climate change will depend on ownership. If you are working with forest owners that manage their land for forest farming enterprises there are various resources available to stay up-to-date on the climate trends and to contribute information to prepare for future changes and facilitate long-term planning.

So what is the trick of the trade?

Using CoP listservs to exchange information and opportunities about topics of potential interest with other CoPs.

For example, Chris Jones and Melanie Lenart, both forest farming CoP members, shared this webinar opportunity being offered by another CoP (Climate, Forests, and Woodlands) to which they belong. Thank you for the heads up Chris and Melanie! Don't hesitate to make your announcement using our listserv address (forestfarming@extension.org).

The screenshot shows the National Climate Assessment website. The header includes a menu icon, a globe icon, the text "National Climate Assessment", and the "GlobalChange.gov" logo. The main content area is split into two columns. The left column is titled "Highlights" and contains the text: "Explore highlights of the National Climate Assessment including an Overview, the report's 12 overarching findings, and a summary of impacts by region." Below this is a button that says "→ EXPLORE HIGHLIGHTS". The right column is titled "Full Report" and contains the text: "Explore the entire report covering our changing climate, regions, cross sector topics, and response strategies in full detail." Below this is a button that says "→ EXPLORE THE REPORT". In the center, there is a circular graphic with the text "CLIMATE CHANGE IMPACTS IN THE UNITED STATES". On the right side of the page, there are social media icons for Facebook, Twitter, and LinkedIn.