



Local and Organic Since 1982

# 2010 FARMER'S PLEDGE™

Knowing your farmer is the best assurance that the food you buy is responsibly grown; grown with methods that recognize the inherent implications of the web of life in all our individual actions. CT NOFA (The Connecticut Northeast Organic Farming Association) believes that farmers should work in harmony with natural forces and leave the little piece of the world over which they have stewardship in better condition than when they found it.

To further enable consumers to identify the farms they want to support with their food dollars, CT NOFA is using the Farmer's Pledge, separate and distinct from USDA Certified Organic. Farmers and market gardeners who adhere to the following pledge have signed a copy which they display for customers and neighbors to view. This pledge is based on the integrity of the farmer/gardener. Those who sign this pledge agree that consumers may inspect, by appointment, their farm/garden to judge the truthfulness of this statement. CT NOFA does not investigate or make any guarantee that the individual farmer is complying with the Farmer's Pledge.

## WE PLEDGE THAT IN OUR FARMING, PROCESSING AND MARKETING WE WILL:

- Reject the use of synthetic insecticides, herbicides, fungicides & fertilizers
- Reject the use of GMO's, chemically treated seeds, synthetic toxic materials, irradiation & sewage sludge
- Treat livestock humanely by providing pasture for ruminants, access to outdoors & fresh air for all livestock, banning cruel alterations, & using no hormones or antibiotics in feed
- Support agricultural markets & infrastructures that enable small farms to thrive
- Maintain & build healthy soils by farming practices that include rotating crops annually, using compost, cover crops, green manures & reducing tillage
- Conserve natural resources by reducing erosion & pollution of air, soil & water through responsible farming practices
- Maximize the nutritional value of food & feed by practicing careful post harvest handling
- Practice minimal processing for all food products to preserve the natural nutritional value of food: NO use of irradiation, ultra-pasteurization, excessive heat, synthetic preservatives, or GMO processing agents or additives
- Reduce the ecological footprint of farms & homes by limiting energy use & converting to renewable sources of energy
- Reduce food miles by selling produce locally & regionally
- Create beneficial habitat for wildlife & encourage biodiversity
- Help preserve farmland & farming know-how
- Ensure food safety by using potable water for washing crops
- Handle raw manure & soil amendments with care
- Use ethical business practices
- Pay a living wage to all farm workers & acknowledge their freedom of association & their right to collective bargaining
- Treat family members & farm workers with respect & ensure their safety on the farm
- Work in cooperation with other farmers & with neighboring community to create a more sustainable way of life
- Sustain the land in healthy condition for future generations

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Name of Farm *(please print)*

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Farmer's Name *(please print)*

Farmer's Signature

Date

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Received by CT NOFA

Date