



Newsletter Extension

Fruit ICM News

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Calendar

March 27, 2002: Spring Fruit Crops Breakfast, Vanson's Restaurant, U.S. Rte. 20 and St. Rte. 99, Monroeville, OH, 8:00 a.m. Guest presenter will be Dr. Richard Funt, Ohio State University Plant Pathologist, OARDC, who will discuss cultural practices that enhance fruit IPM.

March 27, 2002: North-Central Ohio Pruning Clinic, Skitter Brae, 3222 Laylin Road, Norwalk, OH, 1:00 p.m. This session begins with a potluck lunch at noon. Bring a dish to share; tableware and beverage provided. Pruning demonstration on new and abandoned fruit trees presented by Dr. Dick Funt. Two dollar fee is payable at the door. Bring a pair of pruning shears and loppers. Dress appropriately; workshop will be conducted regardless of the weather. For more information, contact Ohio State University Extension, Huron County at 419-668-8219.

Ohio Red Raspberry Cultivars Have Different Components for Human Health

Source: Richard C. Funt, Department of Horticulture and Crop Science, Ohio State University, Columbus, OH

Reports have indicated the health benefits of raspberries. Raspberries contain many components, such as fiber, vitamins, and antioxidants. Combinations of components (nutrients, antioxidants, etc.) found in foods have greater protective effects than each component alone. New methods of detecting the total amount of antioxidants in fruits and vegetables have allowed scientists to evaluate different raspberry

cultivars more effectively and efficiently. In a comparison of Lauren and Killarney (summer) and Heritage and Caroline (fall) red raspberries, dietary fiber was nearly the same in all cultivars. However, in comparison to the USDA Nutrient Database, Release 14 (July 2001) for berries, apples, pears and plums, freeze dried raspberries contained 4 to 10 times as much dietary fiber as in raw raspberries or any of the other fruits. The Caroline red raspberry cultivar generally was higher in beta carotene (20 to 44%), vitamin A (27 to 43%), vitamin E (16 to 77%), and vitamin C (25 to 48%) than other raspberry cultivars tested. These levels may vary from season to season, and additional tests are necessary to verify such differences. They may also vary from region to region and among soil types and levels of soil fertility. It is also known that harvest procedures have an effect on these components.

Studies at Tufts University suggest that consumption of fruits and vegetables with a high Oxygen Radical Absorbency Capacity (ORAC) may slow the aging process in both the body and brain. Dr. Ron Prior and Dr. Guiohua Cao indicate that the ORAC measurement may help define the dietary conditions needed to prevent tissue damage. Increasing the ORAC units per day with fruits from 1600 ORAC to 3000 to 5000 ORAC Units/100 grams have a significant impact on plasma and tissue antioxidant capacity.

In preliminary studies, Caroline had 47% more ORAC units than Lauren or Killarney or 65% more ORAC units than the average of two Heritage fall red raspberry samples. Consuming 10 grams of freeze dried Caroline red raspberries, as suggested by Drs. Prior and Cao, may be able to provide 40 to 66% of the daily ORAC units.

Raspberries differ in the level of health benefits by containing different levels of components as antioxidants. Antioxidants are absorbed into the blood of humans, and with other components, can provide protective effects more so than any component alone. A diet having 5 or more servings of fruits and vegetables per day can have an impact on blood plasma and tissue antioxidant capacity. This preliminary study of Ohio red raspberries indicates that raspberries can be a strong antioxidant food providing many human health benefits. Additional field studies and human clinical trials are necessary to confirm these findings.

Source: Agricultural Research. 1999. Can foods forestall aging? 47(2):15-16.

MAAHS Moves Forward to Meet Employer Needs in Ohio and Indiana

Source: John Wargowsky, Executive Director, Mid American Ag and Hort Services, 614-677-4530 or labor@ofbf.org

Members of Mid American Ag and Hort Services (MAAHS) combined educational sessions and their organization's annual meeting held recently in Findlay, Ohio. According to John Wargowsky, the new organization's executive director, MAAHS is a consortium of association, organizations and employers organized to meet the educational, regulatory compliance assistance, and labor recruiting needs of agricultural and other employers in Ohio and Indiana.

Associations and organizations are sponsor members, while employers who are members of sponsor members may become employer members.

The inaugural board of trustees was elected during the annual meeting portion of the day-long program. Those board members are Tom Demaline, President, Willoway Nurseries, Avon, OH; Michael Baise, Vice President and Secretary, Indiana Farm Bureau, Indianapolis, IN; Mike Pullins, Treasurer, Ohio Farm Bureau Federation, Columbus, OH; Mike Adolph, K.W. Zellers & Son, Hartville, OH; Richard Wander, Lynd Fruit Farm, Pastakala, OH; Jack Schmidt, Timbuk Farms, Granville, OH; Lawrence Schmidt, Schmidt Bros., Swanton, OH; John Holmes, Ohio Florists' Association, Columbus, OH; and Bill Stalter, Ohio Nursery & Landscape Association, Columbus, OH. This newly elected board will build upon actions of the initial working board that included Demaline, Baise, Pullins and Dennis Kirven, retiring executive director of the Ohio Florists' Association.

The first key action of the new board was to repackage the organization's services to employers into Employer Limited and Employer Premium categories.

Employer limited member services include the Gempler's Ag & Hort Employers Labor Law Compliance Manual with a state-specific section, Gempler's Alert newsletter of ag/hort safety and employment law compliance, MAAHS Messenger newsletter, educational seminars, twenty (20) percent discount on Gempler's educational materials, and one-time fifteen (15) percent on all Gempler's products, *Spanish Phrases for Landscaping Professionals* at Ohio Nursery & Landscape Association member price of \$25.00 (\$25 savings) and basic phone consultation billed in 30 minute increments.

Employer premium member services include all services in the employer limited category with no time charge on the phone consultation. Additional fee-based services for employer premium members include foreign labor advice for H-1B specialty/professional workers, H-2A program for temporary or seasonal agricultural work, and H-2B program for temporary non-agricultural work. Employer premium members may also access MAAHS' service to develop legally correct disclosure forms translated into the language of the workers as required by the Migrant and Seasonal Agricultural Worker Protection Act disclosure requirements on a fee-basis.

"We are excited with the initial response of employers to our services with vegetable, nursery, fruit, greenhouse, florists, landscaping, food processing, and other industries being represented in our membership,"

Wargowsky said. "We look forward to serving the needs of many more agricultural, horticultural, and other employers and evolving our services and as our membership grows. Another quickly growing aspect of MAAHS' value is building cooperative relationships with government officials and other stakeholders dealing with employment-related laws, regulations, and services."

If you would like more information about MAAHS, contact Wargowsky at P.O. Box 479, Columbus, Ohio, 43216 or 614-677-4530 (voice) or 614-249-2200 (fax) or labor@ofbf.org.

MAAHS Sponsor Members:

Ohio Farm Bureau Federation
Indiana Farm Bureau
Ohio Nursery & Landscape Association
Ohio Florists' Association. Ohio
Fruit Growers Society
Ohio Vegetable and Potato Growers Association
Ohio Landscapers Association

Farm Exemptions from Retail Food Establishment License

By John Wargowsky, Director of Labor Services, Ohio Farm Bureau Federation

Farm markets, farmers' markets, and farm product auctions may be eligible to register with ODA for exemptions from retail food establishment licenses. Sub. S.B. 136 was passed by the Ohio General Assembly and signed by Governor Taft in Nov. 2001. This law will repair numerous negative impacts of previously passed legislation (HB 223) for farmers; beekeepers, maple syrup and sorghum processors; direct agricultural marketers, and those involved in cottage food production activities. As of this date, we are working with the Ohio Department of Agriculture (ODA) to develop rules that will become part of the Ohio Administrative Code.

The exemptions for farm markets, farm product auctions, and farmers' markets are based upon the foods being offered for sale. A synopsis of these specific exemptions are detailed below:

A person at a farmer's market that offers for sale only one or more of the following:

- Commercially prepackaged food that is not potentially hazardous, on the condition that the food is contained in displays, the total space of which equals less than one hundred cubic feet on the premises where the person conducts business at the farmers market;
- fresh unprocessed fruits or vegetables;
- maple syrup, sorghum, or honey;
- products of a cottage food production operation.

A farm product auction, on the condition that only one or more of the following are offered for sale:

- Eggs from an exempt farm (500 or fewer hens);
- poultry from an exempt farm (1,000 or fewer chickens/year);
- non-amenable meats (rabbit, bison, etc.);
- fresh unprocessed fruits or vegetables;
- maple syrup, sorghum, or honey;
- products of a cottage food production operation.

A farm market that offers for sale only one or more of the following:

- Commercially prepackaged food that is not potentially hazardous, on the condition that the food is contained in displays, the total space of which equals less than one hundred cubic feet on the premises where the person conducts business at the farm market;
- fresh unprocessed fruits or vegetables;
- maple syrup, sorghum, or honey;
- products of a cottage food production operation;
- cider and other juices manufactured on site at the farm market;
- eggs on the condition that the person offering to sell them annually maintains five hundred or fewer birds;
- poultry on the condition that the person offering to sell them annually raises and slaughters one thousand or fewer chickens;
- non-amenable meats (rabbit, bison, etc.) on the condition that the person offering to sell the meat raises and slaughters the animals.

Please note that the above-mentioned farm markets, farmers' markets, and farm product auctions are exempt only if registered with the Ohio Department of Agriculture. The registered exempt facilities will be

inspected by ODA. Farm markets, farmers' markets, and farm product auctions that do not meet the requirements for exemption are to be licensed as **Retail Food Establishments** by the local health department. Registration forms are available at <http://www.ohiofruit.org> or <http://www.ohiovegetables.org> by clicking on "Grower News" then "Legislative and Regulatory Issues". The organizer or person in charge of a farmers' market or farm product auction is responsible to register with ODA. It is not necessary for each participant to register. The owner of a farm market is responsible to register with ODA. Additional information regarding the new Mobile Retail Food Establishment License, Cottage Food Operations, and exemption information for small producers of maple syrup, sorghum and honey may also be found at www.ohiofruit.org or www.ohiovegetables.org by clicking on "Grower News" then "Legislative and Regulatory Issues" or by going to the Ohio Department of Agriculture web site at <http://www.state.oh.us/agr/> and following links for Food Safety. ODA's web site also includes details about juice/cider rules and the clarification that apple cider IS NOT a potentially hazardous food.

Cider Labeling Update

Source: Tom Sachs, Executive Director, Ohio Fruit Growers

If you are interested in information about the updated Cider Labeling Guide from USApple, you can contact Tom Sachs to inquire about availability. You can reach Tom at 614-249-3056 or email at tsachs@ofbf.org.

Federal Promotion Grants for Specialty Crop Producers

Source: Gongwer's Daily Legislative Report via Steve Baertsche

Producers of fruits, vegetables, nuts, and other specialty crops in Ohio can begin applying for their share of \$650,000 in federal money allocated to the state for promotion of such commodities. The Ohio Department of Agriculture will accept applications from agricultural non-profit organizations, associations, specialty crop commodity groups, or agricultural cooperatives between now and May 1st.

Specialty crops are specifically defined as any agricultural crop except wheat, feed grains, oilseeds, cotton, rice, peanuts, and tobacco. Livestock and poultry products also are excluded. The \$650,000 available for grants in Ohio represents part of the state's share of \$133.4 million nationwide which Congress appropriated for the program last summer. The state agriculture department is retaining \$150,000

of Ohio's total to be used for industry-wide marketing programs for specialty crops that will be administered by the Division of Markets.

All eligible applications will be reviewed and scored on published criteria, and applicants will be

notified in writing by July 1st of the evaluation committee's decision to fund, modify, or reject a proposal. The minimum grant considered will be \$25,000 and the maximum will be \$250,000.

Fred Dailey, department director, said hundreds of unique specialty crops are grown in Ohio. "Through this grant program, we want to help farmers develop new markets for Ohio specialty crops, enhance the economic return on these crops, and increase outreach and education," Mr. Dailey said in a news release.

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