

news+views

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Public Accounts - Rising Food Cost & Food Inflation in Nova Scotia



On June 1st, our Executive Director, Carolyn Van Den Heuvel was a witness for the Standing Committee on Public Accounts. The topic of discussion surrounded the rising cost of food and food inflation in Nova Scotia.

The NSFA provided insight and input along with:

- Nova Scotia Department of Agriculture
- Nova Scotia Department of Community Services
- Dalhousie University Agri-Food Analytics Lab
- Feed Nova Scotia
- Nourish Nova Scotia

Those invited to attend the meeting, were asked a number of questions from elected officials. A wide array of topics were addressed throughout the meeting.

Below are some of the topics that witnesses addressed:

- Wages
- Food Security
- Child Poverty
- Rural Economic Development
- Food Autonomy Strategy
- School Food Strategy
- Food Banks
- Cost of Production
- Protection of Agricultural Land
- Labour & Skilled Trades

Lastly we would like to share a portion of Carolyn's opening remarks.

"Our vision is a prosperous and sustainable future for Nova Scotia farms and farmers. Supporting the development of strong, healthy communities are at the forefront of

Message from the Executive Director

As I'm coming up on a year as the Executive Director, it has hard to believe the time has gone so quickly. There has been a lot of transition and moving parts over the past couple of years and Council has been revisiting our 2019 – 2023 strategic plan, it's hard to believe how much we have evolved as an organization and an industry. We are looking forward to further refining the priorities of the organization to ensure we are meeting the needs of our members and moving the industry forward.

There has been a lot of activity in the office getting ourselves organized and moving things forward that haven't been super visible to members, so I wanted to give you a bit of an update as to what staff has been busy working on behind the scenes.

You have likely recently seen some job postings for positions with the NSFA and you can expect to see a few more in the coming months. It is an exciting time as the organization has secured additional funding to expand the support and resources available to our members.

Human resources, training, labour gaps and health and safety are all areas of priority for the industry. This past year we have secured additional funding through the Sector Council Program from the Department of Labour, Skills and Immigration to allow us to support the industry in these areas. Our Farm & Workforce Development Team has evolved and will now be comprised of a Farm & Workforce Development Manager, an Employer Advisor, and a Training & Awareness Coordinator. This team will be focused on human resources, training, career promotions and farm safety. Our plan is to fill the Employer Advisor and Training & Awareness Coordinator positions over the summer months.

We have also secured funding to allow us to expand our Policy & Research Initiatives, particularly in labour market and economic information so that we, as an organization, will have

the data to better understand the challenges, barriers and opportunities for the industry. When we have this data, it allows us to strengthen both our programming and our advocacy efforts.

As I write this, we are still waiting to hear on the Living Labs project funding but are optimistic that we will have a positive response by the time you are reading this article so keep an eye out in our eNews for updates. This project expands our Environment & Climate Change work.

With the growth of the organization, it also means that our operations and administration needs to be top notch. We've been working to ensure we have the required policies and systems in place to ensure we are operating a lean, transparent, and accountable organization.

To say the look of our organization is changing a bit would be an understatement but our decisions to expand our organization remains rooted in supporting our members and ensuring a prosperous and sustainable agriculture industry for years to come. We know it is getting more complex and challenging to farm and our goal is to help reduce some of the stressors you face by ensuring you have the programming and advocacy support that you need.

Speaking of advocacy, we have been working closely with a government relations consultant to develop a government relations strategy. Our hope is that the GR strategy will be complete late summer, and we will be ready to hit the ground running in early fall. With both federal and provincial elections this past year and with a government change provincially, it was the opportune time to reflect on our approach to government relations so that we can ensure that agriculture is a top priority for government at all levels. We are concerned that agriculture isn't a top priority for government, and we know that we need to do everything that we can to elevate the industry in the eyes of both the government and the public.



Carolyn Van Den Heuvel, Executive Director

As COVID-19 guidelines are lifted and we can get out and about more we are excited to be planning a Summer Pig Roast for early August in the Valley region – keep an eye out for your invitation – we look forward to rotating these member events across the province! Member relations and communications are essential to the work we do so we are excited to have the opportunity to network and connect with our members next month in-person. We know you will all need a break from the farm and hope those nearby will join us for a night out without cooking!

A bit of a highlight of what is going on behind the scenes in your organization. We have an amazing team at the office working on your behalf and I'm grateful for the passion and dedication our staff bring to the organization. We are all extremely proud to be able to work on behalf of an industry that is so dedicated to providing safe, quality food and products for our local and global communities.

Thoughts? Let's chat!
cvandenheuvel@nsfa-fane.ca
(902) 893-2293

Public Accounts Cont'd

our operations – including the need to facilitate access to local, safe and healthy products while prioritizing and protecting the mental health and well-being of our farmers and their families, which means profitable and sustainable businesses.

When we talk here today about the impacts of rising food costs and food inflation, it's important that we don't lose sight of the fact that farmers, and their loved ones, are absolutely impacted by the significant economic and social challenges our province is facing as a result of global events.

Our farmers are incredibly concerned about the cost of food – for many reasons – but ultimately, because they too are consumers.

They are consumers, as well as producers, and inflation is having a dramatic impact on the cost of production.

Costs to produce food are rapidly increasing. Profits, however, are not. It is our position that a long-term solution to ensuring safe, healthy and affordable food, and food security, for Nova Scotians, is a strategic and sustainable investment in our agriculture industry. After all, agriculture is the epitome of essential – we produce food and products that are vital to human life; and this access to food is directly correlated to successful outcomes overseen by other government departments – including health care, education and social services.

This is why NSFA strongly advocates for a food and agriculture lens being applied

to policy and programs as they are developed.

The one industry we quite literally cannot live without has to be kept top-of-mind as decisions are made. We need to be part of the solution in growing our province and our economy, while ensuring food security in our communities.”

If you would like to watch the meeting, you can find it on the Nova Scotia Legislature's YouTube Channel: youtube.com/c/NovaScotiaLegislature

On-Farm Climate Action Fund is Open

The On-Farm Climate Action Fund (OFCAF) is part of the Government of Canada's Agricultural Climate Solutions, a multi-stream program to help farmers tackle climate change. Farmers can receive up to \$75,000 in funding when adopting and implementing beneficial management practices (BMPs) that store carbon and reduce greenhouse gases, specifically in the areas of improved nitrogen management, cover cropping, and rotational grazing.

Perennia Food and Agriculture Inc. will be implementing the fund to help farmers adopt these practices in Nova Scotia and in Newfoundland and Labrador. Training for farmers and agronomists will also be offered over the two-year program, which ends in March 2024. For more information on the program or to apply please visit the website ofcaf.perennia.ca. Deadline for the first intake of applications is July 31, 2022.

ON-FARM CLIMATE ACTION FUND FOR
NOVA SCOTIA AND NEWFOUNDLAND & LABRADOR



Helping farmers improve
nitrogen management,
cover cropping and
rotational grazing.

Now accepting applications!
ofcaf.perennia.ca



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Policy Corner

LMI Project

There are many aspects of the agriculture sector that are not well understood due to gaps in timely or relevant data. The workforce and labour market are constantly changing, and farmers are regularly citing chronic labour shortages as a major constraint to the growth of their operations. Access to timely information is important to understand the challenges employers in Nova Scotia are facing.

In 2021, the Association of Industry Sector Councils (AISC) was entrusted by the Department of Labour, Skills, and Immigration (LSI) to develop a labour market information data collection tool for 14 Sectors across Nova Scotia that make up the membership of AISC. As a member of the AISC, the Nova Scotia Federation of Agriculture was a contributing member to the project.

Project Purpose

- Improve the capacity of Nova Scotian farmers to effectively engage workforce planning
- Interpret data to identify current and future labour force resource requirements and labour and skills supply issues
- Assist Nova Scotia Dept. of Labour skills and Immigration with developing a workforce plan
- Assist members to create business growth strategies with sound HR Plans to support them.
- Regular reporting of key labour market statistics common to all member organizations which can be viewed via an online dashboard that summarizes Nova Scotia's "State of the Labour Force"

Being able to properly quantify key labour market indicators is important in order to begin identifying problems and address the needs of the sector. With the information provided, the NSFA, can



better respond to producer risks and challenges to assist them in growing their business by providing targeted support through new programs and initiatives.

In the summer of 2021, the project working group, comprising of 14 sector analysts and support staff, collaborated to develop a comprehensive employer survey (Workforce Insights Survey) which was distributed in December. The survey, which was shared with the NSFA's membership, collected nearly 150 responses from farm operators across 18 different counties, and 22 different commodities in Nova Scotia.

We would like to thank all the members who took the time out of their day and contributed to the survey. As a farmer, taking time out of their day means time away from activities to support their business. Because of this, we rewarded 25 respondents of the survey with a \$100 gift card to local business of their choice to thank our members who contributed their time to help us better understand the challenges that they are facing.

For information on the results of the Workforce Insights Survey, a

comprehensive visual dashboard tool has been created that summarize the findings of all the contributing sector councils which can be filtered by sector, region, and/or business size. The filter within the dashboard allows users to have a more detailed analysis of the results. The dashboard can be accessed at: aisc.ca/labour-market-information/.

Additionally, the NSFA will also be releasing a comprehensive economic report illustrating the results from the agriculture sector, along with other economic indicators collected through secondary data sources. These will be shared as part of our eNews and social media channels.

Government is interested in continuing with this project and NSFA has once again been successful in continuing to conduct this research. We will reflect on the recommendations identified in the first survey to make improvements to the next project. We look forward to using this continued benchmarking to help find solutions for the agriculture industry here in Nova Scotia.

Submitted by NSDA*

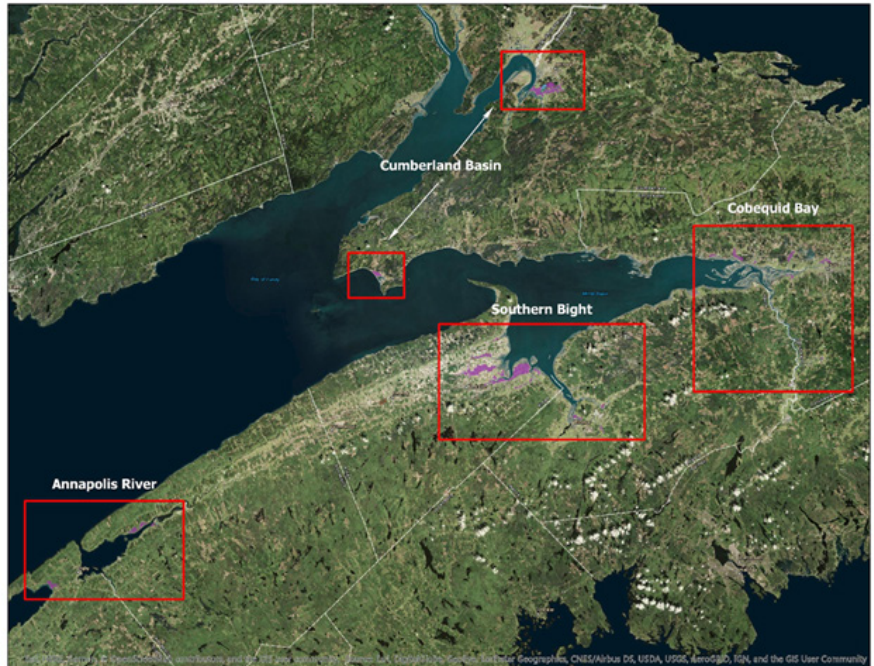
Dykeland

At an April 11, 2022 meeting of the Nova Scotia Federation of Agriculture, the Resource Sustainability Branch of the Nova Scotia Department of Agriculture presented an overview of the Nova Scotia Dykeland System and the work being done to maintain and protect it. A lively question-and-answer period followed, giving Federation members from across the province a good understanding of the work of The Resource Sustainability Branch.

Nova Scotia has a widely distributed system of dykes and aboiteaux (sluices) along its Bay of Fundy coast and elements of it can be found in Cumberland, Colchester, Hants, Kings, Annapolis, Digby, and Yarmouth Counties. In all, the dykeland system consists of 81 agricultural marshlands, including 241 kilometres of dykes and 252 aboiteaux. These sites provide flood protection to more than 20,000 hectares of farmland, tens of thousands of residents and businesses, vineyards, historical, world heritage sites, and Mi'kmaq communities.

Beginning in the early 1600s, European settlers converted tidal salt marshes along the Bay of Fundy into rich and productive agricultural farmland, largely out of necessity because Nova Scotia's upland soils are not naturally suited for most types of agricultural production. Rather than clear and plant upland fields, Acadian settlers manually constructed dykes, ditches and aboiteaux, converting coastal marshlands into agriculture land. Once leached of salt, the marshlands are highly fertile because of the deposition of silt and marine minerals from the Fundy tidedwaters.

Nova Scotia's Dykeland System was begun by the French, expanded by the English, and is now maintained by the province with the assistance of the government of Canada. The provincial dykeland system is classified as critical infrastructure and is administered under the Agricultural Marshland Conservation Act. The system currently



requires upgrades to reduce the potential economic, environmental, and social effects of climate change as storms increase in intensity and frequency. With funding assistance from the national Disaster Mitigation Adaptation Fund, the Department of Agriculture has implemented a nine-year, \$50 million capital project, which began in 2019-20. The dykeland upgrades will improve more than 25% of Nova Scotia's 241 kilometres of dykeland along the Bay of Fundy.

The sites being upgraded include 60 kilometres of dykeland and 5 aboiteaux in 4 dykeland systems: Cumberland Basin, Cobequid Bay, Southern Bight and the Annapolis River. Sites were selected based on damage caused by climate change, the dykes' vulnerability to breaching and the communities, agricultural land, and infrastructure that the dykeland protects.

The Dykeland System Upgrades Project recognizes that the dykelands in the Bay of Fundy dykeland system are important to the Mi'kmaq of Nova Scotia - they may have special cultural, archaeological and spiritual significance. Consultation with Mi'kmaq communities is subject to a separate formal consultation process under the 2010 Mi'kmaq-Nova Scotia-Canada Consultation Terms of Reference and is

being coordinated by the Nova Scotia Office of L'nu Affairs.

At a provincial level, the Nova Scotia Dykeland System Upgrades Project, led by the Department of Agriculture, intersects with the mandates of several provincial government departments and agencies. A project of this magnitude involves landowners, marsh bodies, numerous not-for-profit associations and environmental groups. The Department of Agriculture has been engaging and communicating with stakeholders affected by the planned work and will continue to do so throughout the duration.

There are 16 sites which are part of this capital project. Currently the department is exploring adaptation funding and solutions for additional dykeland system sites in the future.

Please visit [Working With the Tides - Government of Nova Scotia, Canada](#).

Member Benefits



Did you know that thanks to Farm Safety Nova Scotia's membership with Safety Services Nova Scotia, you have access to discounts on all of their services as well as other perks?

- Discounts on Drivers ED
- Discounts on Motorcycle Programs
- Discounts on services
- Free 30-minute consult
- Safety Certified Provider
- And more!

For more information on Safety Services Nova Scotia's offerings, visit safety-servicesns.ca. When contacting SSNS for services, be sure to mention Farm Safety Nova Scotia!

Payworks



Payworks is a leading expert in the field of total workforce management solutions, providing innovative cloud-based solutions for Payroll, Human Resources, Employee Time and Absence Management to Canadian businesses of all sectors from coast to coast. If you're looking for an easy to use payroll outsourcing solution to manage your organization's valuable workforce information in one place, Payworks can help. They understand the unique requirements of members of organizations like NSFA, and have developed solutions specifically tailored to your needs. If you'd like to learn more about Payworks and the special pricing available to NSFA members, contact Craig Soontiens, 902-444-3466.

Superior Propane

Superior Propane is pleased to offer an exclusive pricing program to the members of the Nova Scotia Federation of Agriculture.

Switch to Superior Propane today and receive:

- Preferred Business Rates^
- Free Wireless SMART* Tank™ Sensor
- Tank Rental for only \$1 annually!

As Canada's reliable propane provider they are committed to help customers minimize potential risk and downtime. They are always prepared to meet customer needs with abundant storage capacity, diverse transportation methods and the best workforce in the industry. Their wireless SMART* Tank™ sensor gives them the ability to remotely monitor tank levels and predict and prioritize your automatic deliveries. Combined with their exclusive mobile app, you receive instant and up-to-date information so you can make decisions quickly and sidestep operational inefficiencies or disruptions.

For more information or if you have any questions at all, please contact their local Superior Propane Nova Scotia Account Manager Dade Migas directly at 902-399-8097.



Maritime Fuels is proud to offer NSFA Members excellent exclusive offers:

- Trusted Esso furnace oil to keep your home and business warm during the colder months and throughout the year
- Advanced diesel fuel, Esso Diesel Efficient™, designed to save you time, money and eliminate the need for off-the-shelf additives

- High-quality heating equipment, lubricants, and industrial supplies to maximize equipment efficiency, prolong component life and reduce downtime to accommodate all your needs

Please contact Jake Croft at Maritime Fuels today at 902-497-6581, our office at 310-3776, or visit our website for more details. www.maritimefuels.ca/nova-scotia-federation-of-agriculture/



The AgriHR Toolkit, developed by the Canadian Agricultural Human Resource Council (CAHRC) through extensive consultations with producers across Canada, offers assistance every step of the way with guides, templates, resources and the critical questions that you need to ask and answer about your business. It offers tools that you can download and customize for your farm. The AgSector Program has partnered with CAHRC to be able to offer this tool to all NSFA members.

Discount code: NSFAToolkit



Nova Scotia Federation of Agriculture members have an opportunity to participate in an innovative Preferred Pharmacy Provider Program offered by MHCSI- Managed Health Care Services Inc. Participation in the program is purely voluntary; however, we encourage you to participate by choosing one of the participating preferred pharmacy provider locations when filling your prescriptions.

- Lawtons Drugs
- Sobeys Pharmacy
- Foodland Pharmacy

- Pharmacy
- Thrifty Foods Pharmacy
- Safeway Pharmacy
- Sobeys Pharmacy by Mail

The key benefits of this program are as follows:

When using your MHCSI drug card when filling prescriptions / accessing pharmacy services at MHCSI participating preferred pharmacy provider network locations you will receive additional coverage up to \$2.00 per prescription against your out-of-pocket expenses (or \$0.50 per prescription if using Sobeys Pharmacy by Mail). This coverage will be administered for you at the point of sale (i.e. on-line at the pharmacy). By using the MHCSI participating preferred pharmacies, you will save money on the overall cost of your drug benefit expenses. Please note: You must also present your Primary drug card (and / or any other drug card you may also have {on a spousal plan}, for example) to the pharmacy. This program does not replace your Primary drug card, but offers you supplementary coverage to your primary plan.

Also, each member (and spouse- if family coverage) receives a Lawtons Drugs Client Group Partner Discount Card which entitles you to the Lawtons Front Store Purchase Program. You will enjoy a wide range of discounts on your front store purchases at any Lawtons Drugs in Atlantic Canada when you use this card.



Real Estate experts Turner Drake now offer NSFA members a 15% discount on valuation and property tax advisory services on farm properties throughout the province. Turner Drake has provided real estate consulting services to Nova Scotians for over 40 years. A local firm with deep roots in the region they have offices in all four Atlantic provinces and Ontario.

Contact: 1-902-429-1811



Farm Advantage. The program offers unique and enhanced farm insurance coverage including:

- increased coverage limits for tools, corrals and fencing and harvested produce and supplies
- Up to \$500,000 for newly acquired machinery instead of a percentage amount
- Up to \$100,000 for non-owned farm machinery instead of the usual \$50,000 with increased time from 30 days to 60 days for both owned and non-owned
- Increased pollution damage to owned property from \$5,000 to \$25,000

Plus, if your farm is claims-free for five years, you could be eligible to receive up to a 25% discount on your farm insurance.

To learn more, contact Dustin Hickey today: Call 1-902-835-2261



As a member of NSFA you are entitled to receive preferred rates through our volume purchasing power. Get the most comprehensive benefits for all of your needs, all in one place.

Get affordable, flexible, and convenient benefits:

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- Extended Health
- Dental
- Vision Care
- Critical Illness
- Accidental Death and Dismemberment

To learn more, contact Devon Forshner at 902-225-2866.



1-800-261-7331 enterpriserentacar.ca

Enterprise Rent-A-Car is now offering NSFA members corporate class rental pricing!

Account Number: 9CA1775

Online Code: FED



Mark's Work Wearhouse is now offering NSFA members a 10% discount on selected items! If you need additional cards for yourself, your family or your staff, please contact Katherine!

comms@nsfa-fane.ca



NSFA members receive a 10% discount at participating Choice locations worldwide. To access rates members will need to quote the Nova Scotia Federation of Agriculture's assigned Client ID number: 00015800



Kent will offer any member of NSFA a discount on any of their store front items and special pricing on lumber and building materials. They will also offer members special promotional pricing on seasonal items. NSFA members can take advantage of the many services offered by Kent Building Supplies, such as our installed sales division, our delivery fleet and free estimates. NSFA Members will need to fill in the appropriate forms and take these to their local Kent store to begin the process. NSFA Membership card will be required as proof of membership.

We are currently awaiting an update from GBS Mobility, as well as Chrysler Canada on their benefit offering.



Public Trust Update!



Open Farm Day Registration NOW OPEN!

Open Farm Day is Sunday, September 18, 2022. It's the 21st anniversary and we are gearing up for an exciting year! Open Farm Day will be held online and in-person again this year! You can register your farm to participate online, in-person or both!

To be eligible to participate we require that:

- Your farm registration is current, and you are member of the Nova Scotia Federation of Agriculture.
- A virtual visit on your farm will provide an educational experience to the public and/or that an in-person visit will provide an educational experience to the public and follow all current public health guidelines.
- You do not charge admission to visit your farm on Open Farm Day.

Farms who will be opening their doors to the public will need adhere to any current public health guidelines.

We will communicate those, should guidelines come into effect. Farms that are participating online will need to have recorded videos complete and submitted by **August 15**. Support for video editing and creation is available.

We are excited to be working with the New Brunswick and Prince Edward Island again this year. Participating farms will be shared on the new Atlantic Open Farm Day website at: atlanticfarmday.ca. The map of farms and all videos will be shared here! As always, Meet Your Farmer will be sharing the event too.

Open Farm Day is a wildly popular event in Nova Scotia! It is something families from all over the province look forward to each year. To make this event the most successful it can be, we need farms to share their stories and welcome guests in-person or online. We are here to support you. Please reach out to discuss how we can help.

Registration deadline: July 31, 2021!!
Registration can be completed online at: nsfa-fane.ca/open-farm-day

Meet Your Farmer: Let's Get Cooking & Cracking

We had an egg-citing day with Egg Farmers of Nova Scotia at Cole Harbour Heritage Farm Museum. On Wednesday, June 29, 2022 we hosted Chef Criag Flinn to create and share picnic ready recipes. Families gathered with their own picnic lunches to enjoy the morning with us. Stay tuned for our next Let's Get Cooking event! And, if you'd like to partner, please reach out!

Food Day Canada is Saturday, July 30!

Shop. Cook. Dine. Eat. Drink. Canadian. Food Day Canada is an annual event that takes place on the Saturday of the long weekend in August. It's all about celebrating and exploring the flavours of Canada from coast to coast to coast. Help us put Canada on the menu by pledging Canadian and taking part in #FoodDayCanada activities.

Some fun ways for you to celebrate include:

- Host a summer BBQ using local ingredients for your family or farm team
- Shop at your local Farmers' Market
- Eat out at your favourite restaurant and share your meal on social media using #FoodDayCanada
- Pack a picnic and head to the beach or park to enjoy Canadian in the great outdoors!

Tell your friends and family to shop, cook, and dine Canadian on July 30! And, don't forget to snap a few picture and share your fun.



Soil Carbon

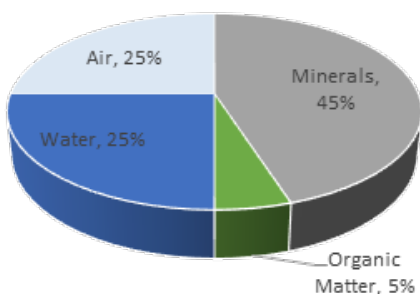
What is soil carbon and why is it so important?

To be a successful farmer one must first know the nature of the soil – Xenophon, Oeconomicus, 400 BC

With all the talk around carbon sequestration in agricultural soils as a climate change mitigation tool, we thought it would be a good time to have a soil carbon 101. We'll cover what soil carbon is, what it's doing in soil, and why it's tied to climate change mitigation.

Carbon is essential for life. If you've ever watched a sci-fi movie, you might have heard the phrase "carbon-based life forms". The building blocks of all living things are based on carbon. Plants pull carbon dioxide out of the air through photosynthesis and that carbon becomes a part of the plant tissues. Animals get carbon by eating plants or other animals.

Another term closely tied to soil carbon is "organic matter", which refers to anything associated with living tissue – such as manure or compost (see box). Organic matter is roughly 50% carbon and on average makes up about 5% of soil, although this can vary based on the soil and its history of management (see figure).



The basic components of soil, which is typically half empty space filled with air and water.

Organic matter plays several important roles in soil. As it breaks down it releases nutrients that are bound up in the material, feeding plants and soil organisms. Organic matter clumps together, creating soil aggregates and soil structure that allows for water and air to infiltrate soil. Organic matter also holds water – higher organic matter leads to higher water holding capacity – which can be released during dry periods to help crops become more resilient to drought. Soils high in organic matter tend to be darker in colour and have that distinctive soil smell, which actually comes from some of the microbes living in the soil.

So that's why carbon is so important in soil. But why is it important for climate change mitigation? Well, the short story is increasing levels of carbon dioxide in the atmosphere is driving climate change and the more carbon that's in the soil, the less there is in the atmosphere. Soils have a certain capacity to hold carbon that depends on the local climate, soil type, and the soil texture. A clay soil can hold more carbon than a sandy soil because organic matter will bind to clay particles, essentially getting 'trapped' in the soil.

Many agricultural soils are below their carbon-storing capacity. Soil carbon is lost when soil is disturbed, such as through tillage, which makes the stored carbon more available to decomposition. It's also lost when crops or grazed livestock are exported. Those crops and livestock have incorporated carbon from

the system into their tissues and when they leave, that carbon leaves with them. This means that agricultural soils have the potential to hold more carbon, and this makes them a player in the fight to mitigate climate change.

If you're undertaking efforts to increase your soil carbon, it can take several years before you will see an increase on your soil test report. The total amount of soil carbon in soil is very large, and it can take a long time to add enough carbon to be detectable.

Projects like the On-Farm Climate Action Fund (OFCAF) and the Agriculture Climate Solutions Living Lab program are targeting best management practices that can help add more carbon to soil.

To find out more about OFCAF, contact Rosalie Gillis-Madden at Perennia (rmadden@perennia.ca).

To find out more about the Living Lab program, contact Carolyn Marshall at the NSFA (cmarshall@nsfa-fane.ca).



Organic vs. Inorganic Matter

Organic is carbon based • "Carbon-based life forms"	Inorganic • Minerals, metals
Biological in nature - came from life	Not associated with life
Will burn	Does not burn - ash
~5% of soil	~45% of soil

Continuous Improvement

What is Continuous Improvement?

Continuous Improvement (CI) is a process-improving methodology that can accomplish many things. It can be used to identify strategic needs, establish baselines for improvement, prioritize root causes and implement solutions.

There are typically eight areas where “waste” can appear throughout your processes. These are areas where CI methods and practices can help make your operation more efficient.

- **Transportation** – Moving items or information
- **Inventory** – Items or information that the customer hasn’t received yet
- **Motion** – Excessive movement within a workspace
- **Waiting** – Waiting on information or items to arrive
- **Overprocessing** – Doing more work than necessary
- **Overproduction** – Doing work before it is needed
- **Defects** – Mistakes and errors that need to be reworked
- **Skills & Staff Engagement** – Not using workers to their fullest abilities

By adopting Continuous Improvement practices, you could see benefits such as: Reduced cost of operations, Increased production, Improved quality of product and animal welfare, Increased predictability of outputs and Stronger risk management

See the following from Gary Cox, process efficiency expert consultant with the Barrington Consulting Group, for one way Continuous Improvement can help on a farm.

What results and impact can you expect when supported with a CI Project?

I recently had the privilege to provide in-depth support to a farm in the Annapolis Valley farmers. They produce and supply over half a million broiler chickens each year to Eden Valley Poultry.

Over the previous 22 months, the cost of condemned birds that could not go to market had cost them approximately \$30k; money that could be reinvested into the farm.

The owners were challenged to understand what actions could be taken and decided to look to improve both their number of condemnations as well as the condition of all birds from the flock regardless of if they were condemned or not.

They had experimented with a variety of things over the years with mixed results. As they are building a new broiler barn, they were interested to know if comparing the information of their two current barns might show areas of concern they needed to address with the new building. They recognized the chance to change or improve the design of the new build and the equipment they intend to install.



Quantifying the problem

Upon data analysis, I determined 98.21% of the variation in condemned birds could be attributed to three conditions: Cellulitis (inflammation), Ascites (a heart condition), and Hepatitis (a liver condition). Variation in performance between barns proved barn 2 had a statistically higher number of condemned birds due to the heart condition known

as Ascites.

I also tested if the culling team was consistent and accurate in the culling of birds. The results were an impressive 85% overall accuracy in identifying and culling of appropriate birds, but opportunities for improvement were realized. The impact of possibly leaving up to 15% of birds that should be culled in the flock could be detrimental.

Focus on the critical few things that make the biggest impact

Thanks to poultry industry expert, Heather McLean from Perennia, we learned body temperature of the birds and high CO2 levels can cause strain on the heart and blood circulation and, as a result, birds are susceptible to Ascites. Levels of CO2 greater than 3500 parts per million (PPM) are also problematic.

We concluded there was a need to use an air quality monitor to ensure that the air quality for the barns was adequately controlled. In addition to the purchase of an air quality monitor and taking corrective ventilation action when air quality is not within recommended standards we started graphing critical data daily to see trends in things like air CO2 levels, temperature, ammonia levels, humidity, etc. to identify potential bird health issues faster. Consideration was also given to further train for improving the effectiveness of culling of birds.

Monitoring and sustaining the improvements

The farm owners used a printed Excel spreadsheet to manually track flock data, such as culls, temperature, humidity, lighting, food, water, and weights. This data was not in a format that allowed for analysis and was used strictly for auditing purposes by authorities responsible for animal welfare. It was not possible to see trends or changes in key conditions. Now their data can be directly entered into the Excel spreadsheet on a tablet so there is no need to write and transfer data, minimizing errors in copying the data from a manual spreadsheet into the Excel spreadsheet. Graphs are now automatically generated so they can see trends and if they are above or below the thresholds for a healthy flock. Being proactive in their response to less-than-ideal conditions.

Nutritional Resources

Looking for breakfast, lunch, dinner, and snack ideas to keep you full and energized during the busy season? Look no further!

We want to ensure you are nourishing your body even on your busiest days. To do so, we partnered with a team of dietitians at Kitchen Table Nutrition Communications and put together nutrition tips and tricks specific to farmers for each meal of the day, including snacks.

Aside from proper nutrition giving you the energy you need to get through your day physically, it also helps you perform better mentally. There are many studies that discuss the connection between gut and brain health. Food impacts our mood and energy levels, which directly affects our day-to-day performance on the farm.

We encourage you to check out these informative resources. They are a quick, easy, and interactive read. You can even print them out and put them on your fridge at home, or in the staff room at work.

On the Farm Safety [website](https://www.farmsafetyns.ca) you can find downloadable PDF's on the following:

Breakfast

Breakfast Basics

A nourishing breakfast gives you a boost of energy to wake up your body and mind. It fuels the start of a busy day, helps you focus and keeps you going until lunch. Aim to eat a balanced breakfast that includes grains, protein and vegetables or fruit.

Fill Up On Fibre and Protein

Fibre and protein keep you feeling full, including them in your breakfast gives you longer lasting energy.

Boost Your Breakfast With Vegetables and Fruit

Add colour, variety and nutrients to your morning with vegetables and fruit. Whether you crave savoury flavours or love sweet tastes, there is a vegetable or fruit to brighten up your breakfast.

Savoury

Add onions, peppers or mushrooms to your eggs.
Top a breakfast sandwich with colcachi and tomato.

Sweet

Add fruit to your oatmeal or cold cereal.
Make a smoothie.
Munch on fresh local fruit.

Vegetables and Fruit

Enjoy a variety of vegetables and fruit to add colour, flavour and texture to your meals.

Protein

With so many protein options to choose from, adding variety and important nutrients to your meal plan is easy.

Whole Grains

Grains are your primary energy source. The fibre in whole grains keeps you feeling full.

Plan For Snacks

Put snack foods on your grocery list.
Prepare snacks so they are ready to grab and go.
Keep non-perishable snacks at work.
Pack extra snacks for long days.

Portable Snacks

- Whole fresh fruit
- Canned fruit or applesauce
- Whole fresh vegetables: green or yellow beans, snow peas or small tomatoes
- Nuts or seeds
- Homemade trail mix
- Poppcorn
- Peanut butter sandwich
- Canned fish with crackers

May 2022

A nourishing breakfast gives you a boost of energy to wake up your body and mind. It fuels the start of a busy day, helps you focus, and keeps you going until lunch. Aim to eat a balanced breakfast that includes grains, protein, and vegetables or fruit.

Lunch

Lunch Break

Eating a balanced lunch is important whether you pack your lunch, have it at home or eat out. A midday meal helps you get through the afternoon, increases productivity, boosts concentration and provides healthy nutrients. Shake up your lunch by choosing a variety of foods to add enjoyment to your meal.

Vegetables and Fruit

Protein

Whole Grains

Healthy Fats

Many spreads and toppings add healthy fats to your lunch.

- Sauces: dressing
- Mayonnaise
- Soft margarine
- Olive or walnut oil
- Guacamole

Vegetables and Fruit

Fresh, frozen or canned all are good choices.

- Save time with ready to eat vegetables and fruit like baby carrots, cherry tomatoes, berries or apples.
- Pack cut-up vegetables and dip for one-handed eating.
- Add grated or sliced vegetables to sandwiches and wraps.
- Have applesauce or canned fruit for a sweet finish to lunch.
- Include fresh, in-season fruit for dessert.

Protein

Pack protein for a lunch with staying power.

- Avoid boredom by switching your sandwich fillings.
- Top salads with nuts and seeds.
- Pack quick proteins such as hard-boiled eggs or cheese.
- Include lower fat milk, yogurt, cheese or cottage cheese.
- Add drained canned beans to salad or pasta.

Whole Grains

Whole grains fuel your brain and give you energy to tackle the afternoon jobs.

- Build sandwiches on whole grain bread or rolls.
- Serve soup, salad or chili with whole wheat rolls or crackers.
- Make a wrap or personal pizza.
- Include whole grain flatbread.
- Use whole grain pasta, brown rice or quinoa in a grain bowl.
- Try overnight oats for a new lunch option.
- Look for whole grain crackers.

May 2022

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Dinner

At The Dinner Table

Your body needs to refuel after a long day at work, the same way you need to fill up your equipment so it is ready for the next day.

An evening meal recharges your body and mind. It is an important part of being ready for a productive tomorrow.

Vegetables and Fruit

Enjoy a variety of vegetables and fruit to add colour, flavour and texture to your meals.

Protein

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May 2022

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Snacks & Hydration

Snack Time

Snacks give you a boost during a long workday. They provide energy for work and help with mental alertness to keep you safe. Your need for snacks depends on when you eat your meals and the work you do each day.

Do I Need A Snack?

- It's been more than 4 to 6 hours since my last meal.
- I'm hungry (growing stomach, headache, light-headed).
- I've been working hard and used up my energy (tired).

YES

Limit empty calorie snacks like baked goods, chips, candy, pop and flavoured coffee drinks. These snacks don't give energy that lasts.

Plan For Snacks

- Put snack foods on your grocery list.
- Prepare snacks so they are ready to grab and go.
- Keep non-perishable snacks at work.
- Pack extra snacks for long days.

What Flavour Do You Crave?

- Salty**: Nuts, popcorn, peanut butter, olives
- Sweet**: Fruit, yogurt, muffin, granola bar
- Savoury**: Hummus, cheese, guacamole, roasted chickpeas
- Crunchy**: Raw vegetables, crackers, dry cereal, popcorn
- Creamy**: Fruit smoothie, yogurt, plain lassi, chia pudding

Choose the snack that's right for you and savour it.

Portable Snacks

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Visit [farmsafetyns.ca/nutritional-resources](https://www.farmsafetyns.ca/nutritional-resources)



Upcoming Events

July 28, 2022

Continuous Improvement Session - Antigonish

September 18, 2022

Open Farm Day

October 6, 2022

Continuous Improvement Session - Truro

October 18, 2022

Continuous Improvement Session - Berwick

November 3-4, 2022

Minister's Conference

November 24-25, 2022

NSFA Annual Meeting

November 25, 2022

Farm Safety Nova Scotia Annual Meeting



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FARM FAMILY SUPPORT LINE

A confidential, short-term counselling and advisory service - to help farmers manage and reduce the stresses in life, including mental health, legal, financial and more.

If you require more specialized or longer-term support, professionals will help you find an appropriate specialist or community service that can provide continued assistance.

Available to farmers or their immediate family members



Farm Family Support Line is managed by Morneau Shepell as a Member Assistance Program funded by Farm Safety Nova Scotia

FOR NOVA SCOTIA FARMERS
SEEKING SUPPORT

NO COST FOR UP TO 3 HOURS OF
SERVICE PER ISSUE

LINE IS OPEN 24 HOURS A DAY

1-884-880-9142

TTY: 1-877-338-0275



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News + Views is provided free of charge to its members. We value comments and concerns from our members. Please direct them to Council members or Office Staff.