

# Kansas City Food Circle Plant and Mushroom Farmers Pledge

Understanding that we must first build and then preserve healthy soil in order to grow healthy fruits, vegetables, grains, legumes, and mushrooms, we require all our plant and mushroom farmer-members to sign this pledge.

I pledge:

- To enhance the health of the land I farm, prevent erosion, and limit losses due to crop diseases through such methods as: the proper application of manure and compost to the soil; planting "green manure" crops and nitrogen-fixing legumes; rotational plantings of complementary crops; drip irrigation; and fallowing
- To never use synthetic nitrogen, phosphorus or potassium fertilizers
- To reduce losses due to insects through such methods as: crop rotation and diversity; encouraging the presence of animals that prey on insects; and insect predator introduction
- To deal with unwanted plants in my fields through such methods as: cover-cropping, mulching, manual removal, tilling, and flame-weeding
- To only use fertilizers, insecticides, herbicides, fungicides (including those used on treated seeds), and other biocides that are on the U.S. Department of Agriculture National Organic Program's "National List of Allowed and Prohibited Substances"
- To never use genetically engineered seeds
- To use potable water when washing produce
- To ensure that any fruits, vegetables, grains, legumes, mushrooms and/or value-added products I resell from other local farms were produced in accordance with this pledge

If you employ any practices or chemicals on your farm that may not comply with the above standards, please describe them here so the Coordinating Committee can evaluate them for possible exceptions (please **print** clearly and attach additional information if necessary):

OCIA Certified since 1992

2/15/10      Jim Rowh      Pure Prairie Organic Farm  
Date                      Printed Name                      Farm Name

... will be posted at [KCFoodCircle.org](http://KCFoodCircle.org) and you are encouraged to display it