



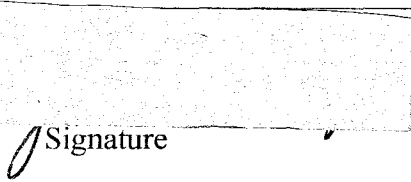
Kansas City Food Circle Plant and Mushroom Farmers Pledge

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):



Jim Thomas Jr.
Printed Name

Share-life Farms
Farm Name

1-7-09
Date

This pledge will be posted at KCFoodCircle.org and you are encouraged to display it when selling direct to the public at farmers markets or other venues. By signing this pledge, you consent to allow visits by appointment to your farm/garden by members of the KC Food Circle Coordinating Committee as well as the individuals and families who buy from you.

The Kansas City Food Circle is working to foster our transition to a sustainable community food system. In order to do this, we promote organic growing methods, but we also recognize the economic and logistical difficulties inherent in running a small farm while the larger society continues to subsidize and promote large-scale, petrochemical agriculture.



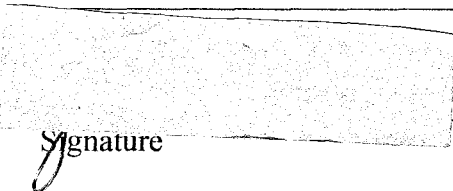
Kansas City Food Circle Animal Farmers Pledge

Understanding that we can only be healthy if the meat, poultry, eggs, and milk we eat come from healthy animals, and believing that farm animals deserve to be allowed to perform behaviors essential to their well-being, we require all our animal farmers to sign this pledge.

I pledge:

- To house the animals on my farm in outdoor pastures and/or pens with breed-appropriate shelter and bedding material available (temporary exceptions for medical treatment and breeding are allowed)
- To provide living conditions that will support the normal behavior and social interactions of each species on my farm so that the animals will thrive and to reduce the incidence of injury, stress, and disease
- To only use antibiotics, parasiticides, and other pharmaceutical drugs therapeutically in response to disease, infestation, or injury
- To never use synthetic growth promotants; this includes, but is not limited to, hormone treatments such as rBGH injections in dairy cows and implants in beef cattle as well as subtherapeutic antibiotics and arsenic in feed
- To never provide commercial feed that contains domestic animal byproducts; this includes, but is not limited to, animal waste, meat, blood, bones, hair, hooves, and feathers (fishmeal approved for use in organic agriculture is permitted)
- To never use conventional herbicides and/or synthetic fertilizers on my pastures and/or hayfields
- To ensure that any meats, dairy products, poultry, eggs, fish, and/or value-added products I sell 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):



Signature

Jim Thomas Jr.

Printed Name

Share-hise Farms

Farm Name

1-7-09

Date

This pledge will be posted at KCFoodCircle.org and you are encouraged to display it when selling direct to the public at farmers markets or other venues. By signing this pledge, you consent to allow visits by appointment to your farm/garden by members of the KC Food Circle Coordinating Committee as well as the individuals and families who buy from you.

The Kansas City Food Circle is working to foster our transition to a sustainable community food system. In order to do this, we promote organic growing methods, but we also recognize the economic and logistical difficulties inherent in running a small farm while the larger society continues to subsidize and promote large-scale, petrochemical agriculture.