

Regenerative agriculture and hemp

By M.W. Hill
Correspondent

It wafts in the still, cool air of morning and in the heat of the afternoon. Pungent cannabis plants ripening as the daylight wanes into autumn. Central Oregon is full of industrial hemp, raised almost exclusively for its cannabidiol, a compound referred to as CBD.

This spring, fields from Tumalo to Madras were tilled up, wrapped in plastic, and planted in hemp monoculture. Why the widespread adoption of this new crop? Is all the single-use plastic really necessary? Driving from Terrebonne to Sisters, you'll notice that Rainshadow Organics, has planted a small patch of hemp — but it looks different than other fields.

Rainshadow Organics owner, Sarahlee Lawrence, explained the difference: "Our hemp patch is planted between the painted mountain corn, sunflowers, buckwheat, chionodoxa beets, romanesco, tetsukabuto squash and Viking purple potatoes. We strive for maximum biodiversity on our farm."

CBD products may be readily available in most stores and gas stations, but what Lawrence wants is for "people to make the connection between their medicine and the agriculture around them."

She says, "Just like the food movement has opened our eyes to what monoculture and commodity production agriculture has done to our food, our gut health, and our land health, we must think about this when we are buying CBD and what brands we are supporting."

CBD has helped many people manage pain and anxiety. It is also thought to help promote restful sleep, physical, and mental

recovery. CBD interacts with the human endocannabinoid system, which varies from person to person. It does not have any known negative side effects and is a good alternative to pharmaceutical sleep, pain, and anxiety medications. Central Oregon has the honor of growing this natural medicine that can potentially help many people untangle from pharmaceutical addictions.

This is a pivotal time for shaping where the industry of hemp goes in America. Cate Havstad of Casad Family Farms in Madras says, "What we need is sustainable consumerism that is conscious and educated about how this medicine is grown. Just like we need people to ask where their food is coming from, we also need them to ask where their hemp is coming from. We need people to support brands that support regenerative agriculture."

Aldo Leopold defined sustainable agriculture as, "aiming to preserve the integrity, stability, and beauty of the biotic community." Rainshadow Organics and Casad Family Farms are regenerative farms doing the work to cultivate biodiversity, which benefits the soils, the waterways, and wildlife. Both farms grow hemp alongside a wide array of other crops. Neither farm uses plastic in their hemp or vegetable production.

Havstad wants to remind consumers that "they have the power to influence the market through their choices and where they spend their money. As hemp and CBD goes mainstream, there must be an awareness of what KIND of agriculture is producing the balm or oil you are ingesting. Not only for

your sake, but for the sake of the future of our soils. The destruction of great civilizations has often hinged on the degradation of the soils that sustain that civilization."

Rainshadow Organics has released their own line of CBD products, Desert Green Hemp. They use exclusively organic ingredients, most of which they grow themselves in a biodiverse system of herbs, vegetables, grains, and native Oregon desert plants.

They are hosting an informational tour of their fields this Friday, September 20, at 6 p.m. prior to hemp harvest.

"I want people to see hemp being grown in a beautiful regenerative way," said Lawrence. "I want people to walk through these magnificent plants and ask questions about our farming practices. Consumers encourage good farming practices by responsibly choosing the brands they support. I want to provide them with a great choice."

For more information about the event visit www.rainshadoworganics.com.

Support local agriculture — celebrate National Farm Day October 12.



PHOTO BY JP SCHLUCK

Rainshadow Organics will host a farm tour this Friday so the public can see hemp-growing practices.

SISTERS-AREA Entertainment & Events

SEPT 18 WED **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sisterssaloon.net.

SEPT 19 THUR **Cork Cellars Tasty Thursday Hosted Wine Tasting** 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.
Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sisterssaloon.net.

SEPT 20 FRI **Paulina Springs Books Author Presentation with Norma Holmes** 6:30 p.m. The author will present from her art book, "Land Escapes." For more info call 541-549-0866 or go to paulinasprings.com.
Fika Sisters Coffeehouse Game Night until 8 p.m. Bring your own games & friends or find them there! Call 541-588-0311 for more information.
Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night! 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

SEPT 21 SAT **Cork Cellars Live Music with Bob Baker & Brent Allen** 6:30-8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com.
Sisters Saloon Live Music with Abluistics 7 to 10 p.m. For more info call 541-549-7427 or go to sisterssaloon.net.
Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night! 9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

SEPT 22 SUN **Fir Street Park Sisters Farmers Market** 11 a.m. to 2 p.m. Every Sunday: fresh local produce, lunch, live music, & yoga. Call 503-997-0301 or go to sistersfarmersmarket.com.
Sisters Saloon Open Mic Night 9 to 11 p.m. For additional information call 541-549-7427 or go to sisterssaloon.net.

SEPT 24 TUES **The Belfry How Oceanography Will Save The World** Sisters Science Club presentation by Dr. Rick Spinrad, recently retired as Chief Scientist of the NOAA. 7 p.m. Social Hour at 6 p.m. \$5 admission. Call 541-912-0750 or go to sistersscienceclub.org.
Sisters Saloon Trivia Night 6:30 to 7:30 p.m. Sign-up is at 6:15 p.m. Free, every Tuesday! For additional information call 541-549-7427 or go to sisterssaloon.net.

SEPT 25 WED **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sisterssaloon.net.

SEPT 26 THUR **The Belfry The Big Burn by PBS** 6:30 to 8:30 p.m. Free public screening followed by community dialogue with an expert panel on history and fire management in the Pacific NW. Limited to first 200 arrivals. Call 541-549-7700 for more information.
Cork Cellars Tasty Thursday Hosted Wine Tasting 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.
Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sisterssaloon.net.

Events Calendar listings are free to advertisers. Submit items by 5 p.m. Fridays to lisa@nuggetnews.com

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