

50 YEARS AT SUNBOW FARM

by Harry MacCormack

PHASE I

1971

- * Harry MacCormack with wife Linda Vogelsong purchase on a land sales contract with owner Marvin Ellis front 5 acres which includes 60 year old house, barn, front fields, (for \$15,000. Half the downpayment of \$5,000 provided by Mary Abernathy.
- * Harry, Linda and daughter Lani occupy in September
- * Prepare for Winter and the birth of Blue Heron late September
- * Dr. Jim Campbell with Dr. Binda Colebrook arrive as first resident guests. Jim gives farm Sunbow name. They assist with birth. Binda helps Harry lay out and begin building first year round garden/produce raised beds. (Binda used some of that information in her popular book Winter Gardening in the Maritime Northwest with Tilth, in 1977)
- * Father Henry MacCormack with Harry purchase Bolins 14 hp tractor, mower, and rototiller, mow down 4 ft high grasses on front 5 acres and till ground for more beds come spring.
- * Linda and Harry trade saddle for Bonnie, prize winning Nubian milk goat, have her bred, and begin goat milk dairy.

1972

- * 1953 Chevy Pickup purchased for \$200 from Grandma Ida Mock's friend.
- * Tilt bed trailer to haul tractor & equipment built in shop next door.
- * Harry begins Mac's Rototilling & Mowing, advertised in Corvallis Gazette Times where goat milk and early produce also advertised.
- * Seed flats germinated in living room around wood stove during winter months.
- * New born baby goats also sometimes kept by wood stove.
- * Plant beds fertilized with goat manure from farm and bedding from OSU turkey and horse farms which Harry cleaned out and hauled.
- * Hay for goats baled from rented back 10 acres and Grandma Ida's fields.
- * Re-fenced front field pasture.
- * Made old pig shed into billy goat pen.
- * Bummer lambs begin being donated to be raised on goat milk.
- * Chicken pen and coop built for eggs. Chickens also free range.
- * Sign on road and GT adv. for corn, tomatoes, other vegetables.
- * Began clearing out old chicken building for remodel into guest house.
- * Began making and selling or trading goat cheese.
- * Harry's mother Naomi discovers old boysenberry planting and new trellis installed along with new grape trellis.
- * Radical pruning of old orchard trees, apples, pears, plums, cherries.
- * Harry works part time off- farm to make mortgage payments; doing construction.

1973

- * Goat products, tomatoes, corn, summer vegetables, boysenberries, apples plus Mac's Rototilling and Mowing business & tillage and re-fencing for a Christmas tree farm.
- * Linda moves with Lani and Heron to Eugene late summer.
- * Margaret Hunt and family rent downstairs of house. Harry in attic.
- * Harry begins half time at OSU Theater as Stage Carpenter.
- * Grandma Ida Mock donates Ford 9 N tractor, plow, dis, harrows, rollers.
- * Harry tills orchard area between trees and plants red wheat in fall.
- * Harry begins selling off goat herd and giving some to 4H kids

- * Haying gets done with help of Margaret's son, who also donates his 1958 Ford pickup when he leaves for Alaska oil field job.
- * Dr. Jim Campbell shows up (on a trek) and helps rewire the Ford truck. Old Chevy truck goes to junk yard.

1974 -1977

- * All of the above established as Farm Routine practices.
- * 1974 - 1975 Harry becomes active in Regional Tilth Willamette Valley Chapter as organizer among small Organic Farmers and gardeners.
- * Harry re-roofs barn with free GT aluminum offset printing plates.
- * Grains and cover crops introduced on rotation with vegetables.

PHASE II

1976

- * Harry and Mia Posner, Essene Minister and well known Astrologer, are introduced by Alice Cram and a group of Alternative people who spend several days on the farm. Mia is their Astrologer. Mia and Harry discuss mutual direction around the notion of building a wood fired Soy Dairy as the protein base at the farm.
- * Mia moves in with her son Jason.
- * Construction Soy processing kitchen off the West side of the house begins.
- * Harry continues 9 month a year 1/2 time at OSU Theater.
- * Harry sources used lumber for Dairy,
- * Purchase at auction of commercial food dryer and metal building that are basis for what becomes Market and vegetable and fruit processing room off barn.
- * Harry wires, plumbs both dairy and market room.
- * Harry sheet rocks, wires and plumbs shed east of barn to become helpers dwelling.

1977

- * Soy Dairy completed and licensed by state.
- * Experimental batches of Tofu sold Gerdings Market along with produce, and immediately there is a demand for more product.
- * Roberta Rodriguez returns from Sioux Reservation, moves into remodeled cabin. She builds a sweat lodge for ceremonies, and helps build the Dairy business.
- * (old cabin future residents included River Olsheim (from THE FARM in Tennessee), Joe Farrell, and Jim Fullmer- while putting together what became Gathering Together Farm and his own Hoskins Berry Farm)
- * Harry builds Medicine Hut dome under giant pine tree- Moon Ceremonies & healing.
- * Vegetable growing area expanded for sales at 1st Alternative Co op, Waremart, Richeys, Roths, and several restaurants where Tofu and Burgers delivered several times a week.
- * Harry finishes dome home and solar glass greenhouse with materials recycled from buildings being torn down in the area. (Dome home residents over the years included Jon Davis, Sarvahara Judd, Peter Miller, Bina Schulte, Joe Farrell, Shepherd Smith, and other interns or apprentices.
- * Soy okra composting system developed. Whey tank used as fertility spray on orchard area where 70 new trees are planted.
- * Harry writes and prints The Soy Dairy: A Way To Save The Small Farm, reprinted many times and again in 2022.
- * Harry and Mia married at the farm on a cold winter day. Ceremony in Medicine hut with 12 people, and open house reception all day with over 100 braving the weather.

1978

- * Jon Davis, Soy Dairy and Farm apprentice, helps Harry jack and use come-alongs to pull barn so it is standing straight, put on new metal roof, and tear out old hay loft, replaced with dance

studio/ meeting room; finish floor and cement downstairs for shop and soy bean and cold storage for veggies rooms. Posts in new barn from theater stage sets. Jon also helps with plowing and disking open back fields. Strawberry 1/4 acre planted, harvested, sold along with larger quantities of vegetables most of 9 months a year.

- * Tractor storage sheds built east and west sides of barn.

1979

- * Mia begins teaching vegetarian Bio Genic nutrition classes for customers and is flown to The Golden Door in CA to teach soy based nutritional processes. (Bio Genic nutrition available in Assessing Plant Based Foods for Humans and Animals, Harry lead author.)

- * River Olsheim comes to apprentice from The Farm In Tennessee. (Mia and her mother Marjorie were involved with the founders of The Farm before it moved to Tennessee)

- * Soy Dairy and farm sales expand to 14 large accounts. Plus local customers.

- * Front field converted from pasture to produce. As are fields in front of house and west of house.

- * Sunbow Farm Products joint bank account with a base of \$10,000 established by Jim and Ros Smith of Summit, to allow for yearly bulk purchase of OG soy beans contracted with Mid West growers, shipping, and equipment purchases. (Account remained active until early 1990's and was used to help others in the community)

- * Back Field , 9.7 acres, purchased from Marvin Ellis for \$17,000.

- * Solar Shower well dug. Wind mill pump donated and installed.

1980

- * Produce rotated with grain and bean fields extended further into back fields.

- * Some produce trucked to Portland Food Front.

- * Produce clear packages with Sunbow Farm Products labels introduced at 1st Alternative, Waremart (our largest account, now Winco), our farm stand, included Pesto packs, Salsa packs, Stir Fry packs, with recipes as part of labeling.

- * First Alternative and Boro's in Newport sell bulk boxes of tomatoes, peppers, etc.

- * Apprentices, volunteers, visitors from other countries help on farm. Many camp out while learning. Harry works with Willamette Valley Tilth as WWOOF (international program of Willing Workers On Organic Farms) coordinator. Many international visitors use Sunbow as camping base while WOOFING on this and other farms.

- * May 18 Mt. Saint Helens erupts covering farm with ash three times.

- * Mia flies to Rancho La Puerta, Tecate, Mexico day after eruption to teach soy preparation and use in Bio Genic diet.

- * Harry builds hardening-off shed for 1,000's of transplants.

1981

- * Harry plows, disks, and tills back field acres to begin Experiments in Micro Agriculture using cover crops and soy dairy compost to grow small acreages of commercial plots, machine cultivated, on 100 ft raised beds, set up for mechanical and hand weed control; (28 vegetable, fruit, herb; including tomatoes, peppers, basil, corn, cabbage, lettuces, potatoes, carrots, beets, 4 kinds of grain, and 10 varieties of dry bean.

- * Wholesale sales to local customers including previous vendors plus Organically Grown Co op in Eugene, and the new Corvallis and Albany Farmer's markets.

- * Farm Stand open 3 months a year.

1982

- * Soy Dairy expands to include two Eugene Health Food Stores.

- * Oregon Tilth non profit incorporation papers signed upstairs in the barn meeting room by Harry, Lynn Cody, Joey White, and Yvonne Frost (who became Holy Mother of Organic

Agriculture and long time creator and director of Oregon Tilth Certification)

- * Dearborn Combine purchased to do grain, bean, pea seeds.
- * Fava Beans introduced on Sunbow by Ianto Evans of Aprovecho.

1983

- * Large electric drier donated and production of fruit leather expands. Also Apple Cider.

1984

- * Sunbow Soy Dairy shuts down after 6 years, 8 months, and 2 days of operation.
- * Harry begins full time 9 month a year appointment at OSU Theater Arts.
- * Mia begins degree work at OSU.
- * Farming is done at night and on weekends and during 3 months of summer "break".
- * Harry shifts fertility management from soy base to green manure cover crops plus soil testing results for additions of minerals, Calcium and phosphate primary.

1985

- * Harry begins weekly Organic Gardening Column for the Corvallis Gazette Times (continues through 1989) featuring techniques and planting and harvesting schedules as we practice them at Sunbow.
- * Joe Farrell and Harry begin breeding Teardrop Paste tomato, and begin extensive varietal seed saving.
- * Harry and Joe introduce foliar plant and soil nutrition using sprayers and liquid fish/kelp base. 50 gallon sprayer and backpack sprayers purchased.

1986

- * In early August while fixing the dump truck tire/axle during hauling of animal litter from the fairgrounds, Harry suffers severe back injury. Laid up for 6 weeks during therapy. During which he writes Standards and Guidelines For Oregon Tilth Certified Organically Grown (published March 1987, the 1st rules for OG Certification).
- * Jim Fuller returns from Montana with long horned cows. Fencing issues. Pasture behind next door shop used and far back field. (One long horn keeps jumping fences.) Jim lives in field cabin which roof catches fire late one night.) Jim working on what becomes GTF.

1987

- * Harry, President of Oregon Tilth and Research and Education Director, authors 1st edition of The Transition Document with aid from Dr. Alan Kapuler, Diana Tracy of ANTECH Labs, published by Oregon Tilth 1988. The booklet changes the whole Organic regarding "clean" rhetoric, gains international attention immediately, and both Harry and Alan speak at regional and national Ag conferences.
- * Ford 80 Tractor and loader purchased.
- * Huge rototiller donated by Jim and Ros Smith for the 35 horse tractor. Harry modifies into raised bed maker.
- * Well dug behind barn. Harry uses small well digging tool owned by Jim Smith, water found, then hires a commercial well driller with old style pounder.

1988

- * Joe and Harry tear down half of old field cabin and over one weekend build new 12 X 24 cabin living area with plumbing and wiring upgrade and new wood stove.
- * Later County Assessor remeasures old cabin and decides he must have previously written down wrong measurements of original grandfathered in cabin.
- * Joe manages farming and gardening while Harry gone either at work at OSU, doing meetings, or speaking.
- * Joe becomes proficient with sprays made from compost, kelp, fish, worm castings.

- * Farm doing three farmer's markets per week April-November, plus farm stand, plus small accounts of wholesale with restaurants, stores, Organically Grown Co-op.
- * JJ Haapala, later with Darcy, moves into reconstructed cabin.
- * Oregon Tilth publishes more editions of The Transition Document.

1989

- * JJ and Darcy marry and move to their Junction City Farm.
- * 1/2 acre donated to Flower Project for mentally Challenged people.
- * Old Greenhouse donated with gravel base, placed in front of house for Flower Project.
- * As President and R & E Director of Oregon Tilth, the board makes Harry Executive Director (an unpaid position) but required as he and the organization receive \$300,000 grant from the Northwest Area Foundation to promote Sustainable Agriculture.

1990

- * In the remodeled Sunbow Cabin, Oregon Tilth R & E sets up office to administer and carry out daily operations of the NAF grant, which included getting Sustainable Ag into OSU. Fairlight Lucia hired as Harry's Administrative Assistant begins IN GOOD TILTH periodical, and the main room of the cabin has a large table and chairs for meetings. She hires Ellen Wagner as more grants are secured, and she covers for Harry as he works OSU Theater, the farm and Oregon Tilth at night and on weekends.
- * Gwyn from the Flower Project builds Green House #1, 30 x 60 steel ribbed high tunnel east of barn where she grows salad greens. Doesn't make what she planned and sells GH to Sunbow.
- * Harry and Joe build several "rebar" grow tunnels, 10 X 50. Hold 2-3 beds for extending harvests, both late and early. Various forms of floating row covers used on early tomatoes, eggplants, peppers, melons, squash.
- * Harry builds chisel plow and potato harvester plow. Both pulled by Massey 35 tractor.
- * Harry with Ron Spiso apply for \$10K grant from State of Oregon Marketing to start Corvallis Saturday Farmer's Market. Grant is secured, meetings with potential vendors held, and a hearing before the city wins establishment over objections by a few downtown business people.
- * Mia leaves farm. Divorce follows.
- * Corvallis Organic Garden Club established as a chapter of Oregon Tilth.
- * Organic fertilizer soil amendments sale begun and Sunbow used for storage of surplus mineral and nutrient bulk bags.

PHASE III

1991

- * Harry helps establish People's Wednesday Farmer's Market in NE Portland with 5 then 13 small vendors Wed. 2-7. Sunbow set up at noon and often doesn't close until 8. Quickly becomes the market that moves the most Sunbow produce each week.
- * Corvallis Saturday Market begins with Sunbow one of a small number of vendors.
- * Oregon Tilth R & E office moves from Sunbow to Fern Rd old schoolhouse, after a 2nd \$300,000 grant from Northwest Area Foundation secured by Harry and Fairlight.

1992

- * Sabine Schulte (Bina) for several summers a resident farm volunteer from Germany, becomes Harry's farm partner. She and Joe do daytime farming and marketing spring and fall. Harry farms after work at OSU, weekends, and summers. Bina does 2 Farmer's Markets in Corvallis. Harry does Newport on Saturdays and People's Portland on Wednesdays. Joe keeps crops going during market days and tends the Farm Stand.
- * Massy Ferguson Tractor transmission fails, completely rebuilt by Glen Burkett in his

Philomath shop. Glen keeps all the machinery repaired. (for many years)

- * Bina adds baked goods to her farm stands making use of old Soy Dairy equipment.
- * More garlic grown for Bina's garlic/flower braids.

1993

- * Some markets skipped around Harry's mother's funeral in San Jose.
- * Llewellyn Publishers in Minnesota publishes Harry's 17 page Lunar Organic Methods, in which he details all of the 12 steps being used to manage Sunbow's market farming, including coordination of astrological calendars with soil and air temperatures, microorganism activity (tested), planting, growth management and harvest strategies.
- * Third edition of The Transition Document: Toward An Environmentally Sound Agriculture by Harry published December 1993. Sunbow gains another level of international attention as a result, and a lot more guests.

1994

- * Irrigation well dug in far back field, after drought before floods that winter.

1997

- * Harry begins working with Soil Food Web, Dr. Elaine Ingham on very early stages of compost tea and related research. Sunbow used for trials.
- * Sunbow Farm Trust established (to pass the farm on and set in writing how farming is to be managed organically) Trust includes Lani, Heron, Grandchildren.

1998

- * Shepard Smith from Florida lives in dome, helps in field work and works with Soil Food Web.
- * First 5 gallon KIS compost tea brewer bought and used. Back pack & 50 gallon sprayer for tractor used. Tea formulas tested at SFI Lab.

1999

- * Winter; John Cooper arrives and builds 2 Foam Homes, modular housing for around \$200 each. Plans and permits for Education Center, Bath house and 30 X 100 Green House. (GH constructed).
- * Local lumber yard going out of business donates huge amounts of structural lumber.
- * KIS original 30 gallon test Compost Tea brewer tested at Sunbow and purchased.
- * First leaves delivered by Corvallis Disposal in late October for Cosmic Compost.

2000

- * Cob Building Education Center construction. Bath House construction.
- * Tim does Peoples, Park Blocks, Lents, Portland markets. Shepard does Newport market and extensive compost tea testing.
- * New tractor trials. Front end loaders tested for moving leaves for compost.
- * Kubota tractor purchased. Ahead of leaf delivery.
- * Harry gone to Illinois for 6 weeks of summer to build Cottage for Jane Heim.
- * (4) 20 x 100 Green Houses purchased and constructed.

2001

- * Green House construction continues.
- * Tim does Peoples and Hollywood Portland markets.
- * Shepard does Newport market.
- * Harry retires from OSU.
- * 9/11 attack on US and subsequent fuel shortages during harvest and markets.
- * Harry goes to Berkley and Bay Area to sell newly published Catechism book.

Moves Caroline Schectman from Berkley to farm to house sit while he goes on national book tour with Jane Heim - late September- October.

- * John continues building cob Education building and begins building back barn.
- * John makes runs with dump truck to get more donated lumber and metal roofing.

2002

- * Harry and Cheri Clark decide to live together in April and do extensive remodel of original now 90 year old farm house.
- * Shepard and John continue 5 markets plus some wholesale produce.
- * Shepard begins work on Soil Smith Services and leaves farm- December.
- * Tim leaves to go WOOFING in Hawaii.
- * Compost Pad built at back of farm entrance from Belfountain Rd for leaf and chip deliveries and sales.
- * John and Harry finish interior of bath house.
- * John continues work on new cob/pole barn , then moves to Paul and Lars, the Rose Guys.

2003

- * Luke and Rebecca contract to take over produce management and sales. Come highly recommended. In mid June Luke leaves in the middle of the night after a Portland Market day , never to return. Rebecca stays for the season, but Harry and Cheri do Portland market days, Harry plants major late summer fall crops to make up for losses.
- * People's market goes all fall and winter.
- * Cheri begins ON- LINE marketing of produce with Corvallis- Philomath home deliveries, on farm pick up from our market room, and initiates new road signs and website construction.

2004

- * Tim returns from WOOFING in Hawaii where he met Raina who is with him.
- * Tim takes over farm management including markets, and brings on Dave.
- * Tim markets Peoples and Hollywood - Portland. Dave does Newport. This arrangement lasts through 2007, when Gathering Together appeared in Newport and suddenly dominated that market, leaving Sunbow with \$4 G of unsold produce.
- * Late summer Harry does wiring and plumbing, sheet rocking and painting on cob education center interior.
- * Melody Ermachld (Harry's old SDS friend) arrives from Berkley with rotation 20 people, part of an Ashram, who are in Oregon to do political campaign work ahead of the election. They stay in the Cob Education building. And tents.

2005

- * First Classes in the cob Education building/ Institute of BioWisdom.
- * Imants Spader and PTO Spreader purchased.
- * Summer Bicycle Tours (30 people) contract to come to farm for 3 days, help out, have Harry lecture them, and camp in tents. Have their own food. (continues for 5 years)

2007

- * Tim switches markets back to Corvallis Wednesday and Saturday.

2008

- * John Deer 40 combine purchased. Harry grows 8 varieties of wheat, 2 rye, 2 oats, triticale,

flax, sunflowers, 10 bean varieties, plus amaranth and quinoa, and hosts field day with 75 attending, all part of Ten Rivers Food Web Bean & Grain Project

2012

- * Tim and Raina purchase Blue Rock Farm and leave Sunbow.
- * Nate Johnson moves to farm in February. Yadira Ruiz moves to farm in May.

PHASE IV

2014

- * Sunbow Farm LLC formed. Made up of Harry, Cheri, Nate, Yadira and Sunbow Farm Trust (Harry's daughter, son, and grandchildren). Ownership of Sunbow Farm transferred from Harry to Sunbow Farm LLC. Legal documents state that farm is never to be sold. To be passed through active farmers generation to generation. Nate and Yadira have that responsibility when they "retire".

2015

- * Nate and Yadira form Sunbow Produce and take over all Sunbow Farming. Harry continues Sunbow Cosmic Compost and Chips, some mowing and spading.
- * Nate and Yadira remodel west tractor shed into Wash Room for Veggies.

2017

- * Dry Farming collaboration with OSU begins. includes potatoes, corn, squash, melons, tomatoes.

2018

- * Nate and Yadira do extensive remodel on Farm Market Room.

2020

- * Nate builds extensive rainwater catchment system and begins Water Rights legal work with the State. (Not complete until 2022)
- * Construction of greenhouse #7 (complete 2021)

2021

- * Nate builds major extension of barn storage area for veggie and fruits
- * New Kubota Tractor engine (after over 4,000 hrs on old one)
- * Sunday Farm Stand 10-4 plus Philomath Farmer's Market

2022

- * www.sunbowfarm.org website rebuilt by Sonny Hays-Eberts.
- * Nate and Yadira work with Growing Ancient Roots group, offering garden area.
- * N & Y and volunteers put together 50th Sunbow Farm celebration.