


carolina farm 
stewardship association

THE
EASTERN TRIANGLE

farm  **3RD**
tour

TH
ANNUAL

September 17-18, 2011
1-5 P.M.

25
FARMS!
5 NEW
STOPS!

carolinafarmstewards.org

6TH ANNUAL EASTERN TRIANGLE FARM TOUR

THE EASTERN TRIANGLE farm tour 6TH ANNUAL

TO TAKE THE TOUR:

LOAD UP A VEHICLE WITH YOUR FRIENDS AND FAMILY, LOCATE SOME FARMS ON THE MAPS, AND GET OUT IN THE COUNTRYSIDE! VISIT ANY FARM IN ANY ORDER.

1. > ADVANCE TICKETS \$25 PER CAR FOR ALL FARMS

Available online at www.carolinafarmstewards.org or at the following locations:

RALEIGH

WHOLE FOODS MARKET
8710 Six Forks Road

WHOLE FOODS MARKET
3540 Wade Avenue

HARMONY FARMS
5653 Creedmoor Road

CARY

WHOLE FOODS MARKET
102B New Waverly Place

DURHAM

WHOLE FOODS MARKET
621 Broad Street

CHAPEL HILL

WHOLE FOODS MARKET
81 S. Elliott Road



2. > DAY OF THE TOUR TICKETS \$30 FOR ALL FARMS, \$10 PER FARM (Buy buttons at the first farm you visit.)

TO BE A PART OF IT:

VOLUNTEER ONE AFTERNOON AND ATTEND THE WHOLE TOUR FOR FREE!

VOLUNTEERS GET AN INSIDER VIEW OF FARMS, HAVE LOTS OF FUN, AND GET A FREE T-SHIRT!

Email: fred@carolinafarmstewards.org

QUESTIONS?

CALL CFSA 919-542-2402

The tour is co-sponsored by:

carolina farm stewardship association



TIPS

for Taking the Tour:

- Bring a cooler! You'll be able to buy produce, eggs, cheese, meat, and other products at many of the farms.
- Look for the red tomato signs to help get you to your destination.
- Start with the understanding that you will only be able to visit 3 to 4 farms a day. By the time you factor in driving and actually touring the farm, you'll need to budget about 1 hour to 1.5 hours for each farm.
- You can see more farms if you stick to one region of the tour each day. You may want to pick 3 to 4 farms that are close to each other to focus on during a single day – you'll see more farms that way.
- Many of the farms are on the tour each year, so you can see them in the future. Each year the farm tour will feature new farms as well as many favorites from previous years.
- Wash up! Please take time to wash your hands after petting an animal. Hand washing stations (www.useyerfoot.com) will be provided at farms should washing facilities not be available. You may also be asked to disinfect your shoes in a mild vinegar solution in order to prevent farm-to-farm transmission of germs that may affect livestock.

Farm Tour Rules:

Please DO NOT:

- Bring your pets onto the farm
- Visit farms before 1:00 PM or after 5:00 PM
- Enter Private Homes

6TH ANNUAL EASTERN TRIANGLE FARM TOUR

SEEDS EDUCATIONAL GARDEN

Vegetables • Fruits • Herbs
Flowers • Mushrooms

706 Gilbert St. • Durham, NC 27701
919-683-1197



lharris@seedsnc.org

seedsnc.org

The SEEDS Garden is an award-winning non-profit educational garden located NE of downtown Durham. On display are our outdoor oven, permaculture pond, garden art, mushroom logs, cut-flower beds, and two 1000-gallon cisterns. The youth of Durham Inner-City Gardeners (DIG) cultivate the market garden and sell its produce at the Durham Farmers Market.

Sunday at 2 PM: Urban Chicken Workshop - learn how to raise laying hens in the city with popular chicken expert, Bob Davis.

Directions: From Exit 11 off the Durham Fwy, head north on Alston Ave. Go about a mile and cross Holloway St – a major intersection. Take the next left onto Gilbert St., which will sneak up on you! Cross the RR tracks and SEEDS is ahead on the left, at the corner of Elizabeth & Gilbert Sts.



TWO TON FARM

Vegetables • Fruit
Herbs • Flowers

BOUNTIFUL BACKYARDS CO-OP

511 North Hyde Park Ave.
Durham, NC 27703
919-619-9862

bountifulbackyards@gmail.com

bountifulbackyards.com

See our cooperative urban mini-farm – we're one year old. You'll see a diverse mix of vegetables, useful perennials, fruit shrubs, and medicinal plants. More than 500 people have visited the farm to learn about sustainable mini-farming techniques.

At 2pm both days, take a walking tour of Cherry Grove St. and see its wonderful and diverse community gardens.

Directions: Located off of Alston Ave/55 after you exit the Durham Fwy, 147. Turn right on Holloway St from Alston, go two blocks and make a right on to North Hyde Park Ave. House is on the right.

SARAH & MICHAEL'S FARM

Flowers



MICHAEL TURNER

1927 Snow Hill Rd.
Durham, NC 27712
919-479-4983

sarahandmichaels@earthlink.net

Come see how we grow our extraordinary lilies. Learn about soil made from coconuts, a steam machine that cleans the soil naturally, and production techniques that imitate the lilies' natural growth cycle. Every visitor takes home a free lily.

Directions: From I-85, take Duke St north, continue north at merge with Roxboro Rd. Right on Infinity Rd, left on Snow Hill Rd. Go approx. 1.25 miles. Farm is on the right.



ARCHITECTURAL TREES

Conifers • Japanese Maples
Specimen Ornamentals

JOHN MONROE

6404 Amed Rd.
Bahama, NC 27503
919-620-0779
archtrees@aol.com

archtrees.com

We are a rare tree and shrub nursery. Amidst beautiful plants, a pond, and peacocks, see how we revived a forty-acre tobacco farm. Learn how we grow our plants and check out our 700 blueberry bushes! Interesting plants for sale. Fall is for planting!

Directions: Take Roxboro Rd in Durham 1.3 miles north of I-85. Take a right on Old Oxford Hwy. Travel 9.0 miles and turn left on Amed Rd. Go 3/10s of a mile; the farm is on the right.



PRODIGAL FARM

Goat Cheese

KATHRYN SPANN & DAVE KRABBE

4720 Bahama Rd.
Rougemont, NC 27572
919-477-5653

prodigalfarm.com

Come see the state's newest farmstead goat creamery on our 97-acre former tobacco farm in rural Durham! We have just finished our state-of-the-art milking parlor and cheese-making room and

want to show you how it all works. Our pastured, Animal Welfare Approved herd of 65 extremely loving goats – including Dandelion, Daylight, Doc, and Dusty – are waiting to meet you. We'll have cheese, bread, and other farm-crafted specialty items for you to taste and buy.

Directions: Going north on Roxboro Rd (501), Bahama Rd is 5.3 miles north of Infinity/Latta Rd in northern Durham. Turn right on Bahama Rd. and go 5.7 miles (pass the lake – watch out for the curves); the farm is on the right.



HUNDRED ACRE WOOD

Beef • Pork • Wood Products

JIM & CATHY DYKES

5487 Potluck Farm Rd.
Rougemont, NC 27572
336-364-2972
jdykesmd@gmail.com



Come see our scenic farm with its extensive hardwood forest dotted with islands of permanent pasture. You will see Dexter cattle, goats, pastured pigs, chickens, and a Haflinger draft horse. We are Animal Welfare Approved and the animals are waiting to meet you! The farm also includes gardens, a small orchard, and a sawmill. Check out our restored log barn that offers humans and other creatures sanctuary.

Directions: Go north of Durham on 501 to the Bahama area. Pass Quail Roost Rd, take next right on Moores Mill. Go 2 miles, then right on Red Mountain. After 2.7 miles, take left fork, Moriah Road. It's one mile to Pot Luck Farm Rd.

**26th Annual
CFSA
Sustainable
Agriculture
Conference**

NOVEMBER 11 – 13, 2011

Durham, NC

Workshops, Tours, and Exhibits

Keynote: Joan Dye Gussow

CAROLINAFARMSTEWARDS.ORG

6TH ANNUAL EASTERN TRIANGLE FARM TOUR

WILD SCALLIONS FARM

No. 7

Vegetables • Fruit
Flowers • Herbs

MATT & RENEE CLAYTON

3018 Helena Moriah Rd.
Timberlake, NC 27583
336-364-4169

wildscallionsfarm.com

NEW!

We are a small family farm perched on the shoulder of Mt. Tirzah in southern Person County. Come see our broadly terraced fields where we grow a diversified mix of vegetables, fruits, herbs, and flowers. Learn about summer and winter cover crops, irrigation, native bird and beneficial insect habitat, companion planting, and crop rotation. Check out our pastured chickens and goats!

Go north of Durham on 501 to the Bahama area. Turn right on Moore's Mill Rd and go 6 miles north. The farm is on the left just before the corner of Moore's Mill and Helena Moriah Rd. Look for signs to parking area.

HOMESTEAD HARVEST FARM

No. 8

Eggs • Chickens • Ducks

JAN CAMPBELL

3721 Graham Sherron Rd.
Wake Forest, NC 27587
919-556-4853

HomesteadHarvestFarm@gmail.com

Homestead Harvest Farm, a small and beautiful family farm, has lots of friendly animals to see. Come meet the young pigs, two breeds of ducks, heritage turkeys, and all the chickens. See the birds hanging out in their moveable "chicken tractors" and the pigs happily enjoying their forest home. You can hold our baby chicks, collect eggs, and see what it means to "eat like a pig".

Directions: Take Six Forks Rd from Raleigh. Go north past Hwy 98. Six Forks Rd changes to New Light Rd. Go north on New Light Rd for 9 miles and enter Granville Co. where the name changes to Bruce Garner Rd. Pass Lawrence Rd. Next right on Graham Sherron Rd and travel 1.5 miles. Farm on the left. From Durham, take Hwy 98 to New Light Rd. You can also take US 1 from Raleigh to Hwy 96 West.

Link to an interactive
Google Tour Map at
www.carolinafarmstewards.org

TURTLE MIST FARM

Lamb • Beef • Duck

Quail • Produce

BOB & GINGER SYKES

221 Suitt Rd.
Franklinton, NC 27525
919-457-2942

turtlemistfarm.com

No. 9

Come see our many friendly animals: hair sheep, Gelbveih beef cattle, heritage turkeys, Muscovy ducks, quail, and Berkshire hogs. Learn about our naturally tinted eggs from our Amerucana and Cuckoo Maran hens. The vegetable gardens utilize square foot, vertical, and aquaponic techniques. Turtle Mist Farm's guesthouse is rented for farm stays. Don't miss Stone, our Percheron draft horse, and plan to picnic under our oak tree.

Directions: From Raleigh, take Capital Blvd North to NC-96. Turn left. Go for ~ 4 miles to Pocomoke Rd. Turn right. Go to Gordon Moore Rd. Turn left. At Suitt Rd, turn left. From Durham, take I-85N to Rt. 15 (exit 184A) to Rt. 56E to Gordon Moore Rd. Turn right onto Gordon Moore Rd to Suitt Rd. Turn right on Suitt Rd.

BETSEY'S BEE FARM

Honey

BETSEY SPENCER

1226 Mt. Olive Church Rd.
Franklinton, NC 27525
919-494-7833

betseysbees2@gmail.com

ONLY OPEN SUNDAY

Come see this lovely little farm that supports 30 to 50 honeybee hives. We can show you the bees, how they make honey, and explain the importance of pollination for the food we eat. We have a shop building where equipment is made and repaired, honey is extracted, and wax is melted. There is also a grafting shed used in the production of queen bees. Some hives are available for small-scale pollination jobs.

Directions: From Raleigh, go north on US 1 to Franklinton. Take Hwy 56 West for 2.0 miles. Turn right onto Ben's Way/Mount Olive Church Rd; farm is 2.4 miles on the right. From Durham, head to Creedmoor, then take NC 56E for 11.6 miles to Ben's Way/Mount Olive Church Rd. Farm is 2.4 miles on the right.

MELVIN'S GARDENS HERB FARM

Tomatoes • Culinary Herbs
Vegetables

LINDA & BOBBY MELVIN

2863 Sims Bridge Rd.
Rocky Ford, NC 27544
252-432-9118

Basillady1@gmail.com

melvinsgardens.com

No. 11

Come visit the grounds of this beautiful 1920s plantation property. Our farm serves 74 local restaurants with 18 types of heritage tomatoes, culinary herbs, and vegetables. We also now have two acres devoted to our CSA. We'll be selling fresh produce, as well as sustainably-grown perennials from our greenhouse. Plus there'll be children's activities and kittens and chickens to play with. Relax under the shade of pecan trees with a glass of mint tea.

Directions: Go three miles east of Franklinton on Hwy 56. Turn left on Perrys Chapel Church Rd and go north for 4.4 miles. Continue on Sims Bridge Rd (road changes its name) for 3.6 miles. (Take the right fork avoiding Walter Grisson Rd) Farm is on the left (west) side of the road. This is 1 mile south of the intersection of Rocky Ford Rd and Sims Bridge Rd.

MAE FARM

Cattle • Pigs • Chickens

MICHAEL & SUZANNE JONES

57 Mitchell Church Way
Louisburg, NC 27549
252-430-1988

maefarmmeats@embarqmail.com

maefarmmeats.com

Come visit with our 400 animals, including pigs, cows and chickens -- the baby pigs are an especially big hit with kids! We'll explain our system of intensive pasture rotation and how we mix animals together to make them healthier. We sell every day at the State Farmers Market in Raleigh. Call ahead to buy pasture-based pork and beef during the tour.

Directions: Off of Hwy 39 halfway between Henderson and Louisburg. On 39, travel 8.7 miles north of Louisburg or 11.0 miles south of I-85, turn on Lake View Rd. Go 3/10ths of a mile and then left on Mitchell Church Way. Look for signs to the farm.

6TH ANNUAL EASTERN TRIANGLE FARM TOUR

MEADOWBRIGHT FARM

No. 13

NEW!

Vegetables • Fruit
Flowers • Poultry

SHERYL & ED MUNT

323 Old Express Rd.
Louisburg, NC 27549
919-559-8924

meadowbrightfarm@hotmail.com

Amidst beautiful rolling meadows, come see how we grow healthy organic vegetables, fruits, herbs, and flowers. And see our happy free-range chickens who bring us eggs in blue, green, and brown. We also raise heritage turkeys! Enjoy the red barn, greenhouse, hoop house, and a rocking chair on the porch.

Directions: Take 401/39 for 5.5 miles north of Louisburg, then veer right onto 401 for 4 miles to Fuller Rd, right turn, then go 2.5 miles. Left on Pete Smith and immediate right on Express Rd. (From Warrenton, Fuller Rd is 14.5 miles south on 401.)

No. 14

LUCKY 3 FARM

Beef • Poultry • Preserves

TRACI & CALVIN NACHTRAB

384 Greys Mill Rd.
Louisburg, NC 27549
919-853-6304

traci@lucky3farm.com

lucky3farm.com

NEW!

Take a peaceful hayride through this small family farm, featuring gourmet grass-fed beef and pastured poultry, while learning about animal welfare and soil health. Enjoy fun farm games, miniature donkeys, pot bellied pigs, and cooking demos. Get your photo taken in our farm photo booth!

Directions: From Louisburg, take NC 561 East for 5 miles. Right on Firetower Rd and go 2.5 miles. Left on Greys Mill Rd, go 1 mile.

MEADOW LANE FARM

Beef • Goats • Pork

STEVE & MARTHA MOBLEY

571 Leonard Farm Rd.
Louisburg, NC 27549
919-496-4852

Meadowlanefarm1@netzero.net

meadowlanebeef.com

Come visit vast and beautiful Meadow Lane Farm with hundreds of acres of pasture and woodlands, an 18th C. home, and large mule

and grain barns constructed in the 1920s. The farm produces pasture-based natural Angus beef, raised on the farm and tracked from birth until harvest. Also there are goats to pet and eggs to collect from the henhouse. Come experience farm life past and present.

Directions: From Louisburg, travel 3 miles on Hwy. 56 East. Turn Right on Leonard Farm Rd and go 1.4 miles. The farm is on the left.

RAY FAMILY FARMS

No. 16

Chicken • Beef • Pork
Eggs • Produce

CHAD & JODI RAY

6913 Pearces Rd.
Louisburg, NC 27549
919-422-1365

chad@rayfamilyfarms.com

rayfamilyfarms.com

Come visit our scenic and diverse small farm with lots of friendly animals. Kids can pet the ten horses and four miniature donkeys. We have a flock of laying hens producing beautiful eggs as well as broiler chickens. Don't miss our heirloom pigs on pasture and in the woods and the belted Galloway cattle. Check out our gardens, beehives, native plants, wildlife food plots, and solar energy projects. All farm products will be available.

Directions: 15 minutes east of Wake Forest on Hwy 98E. Turn left on SR1001 Pearces Rd. Go north 1 mile and look for signs.

No. 17

VOLLMER FARM

Strawberries

Blueberries • Vegetables

JOHN & BETTY, RUSS & MARY

VOLLMER

617 NC Hwy 98E
Bunn, NC 27508
919-496-3076

njvollmer@earthlink.net

vollmerfarm.com

Come see our beautiful multi-generational, certified organic farm. Hear how we have transitioned from tobacco and a fertilizer business to organic strawberry, blueberry, pumpkin, and vegetable production. Farmer John, a well-known organics expert, will describe his organic methods and his vision of even more food production on the farm. Plus, get a FREE \$15 coupon for a visit Sept. 24 - Oct. 31 for the "Back Forty" family entertainment area. We will have pumpkins and fall

decorations, as well as treats in the ice cream shop.

Directions: Go 10 miles past Zebulon on 64. Take the Middlesex/Spring Hope Exit onto Hwy 98 and head north for 4 miles. The farm is on the right. This is one mile south from the intersection of Hwy 39 and Hwy 98 just south of Bunn.

RARE EARTH FARMS

Beef

No. 18

**KARL HUDSON III
& MANN MULLEN**

160 Mullen Rd.
Bunn, NC 27597
919-496-9033 or 919-349-6080
kghudson3@aol.com

rareearthfarms.com

Rare Earth Farms are producers of 100% all-natural, grass-fed and grass-finished Angus beef, raised in an open-air and free-range environment. All beef is raised without any antibiotics, hormones, or steroids. Our all-natural beef offers a healthy alternative to commercially raised feedlot beef. Rare Earth Farms is Animal Welfare Approved. Come see our happy and friendly cows!

Directions: From 440 W or 540 W, take the 64/264E By-pass to Exit 439, (Hwy 39). Go left (North) on Hwy 39 to Bunn (approx 6 miles). Take a right at the stoplight onto Hwy 98 East for 1/2 mile. Take a left on Mullen Rd for 1/4 mile and the farm is on the right.

INTER-FAITH FOOD SHUTTLE FARM

Vegetables • Fruits • Eggs

No. 19

SUN BUTLER

4505 Tryon Rd.
Raleigh, NC 27606
919-559-2391

farm@foodshuttle.org

foodshuttle.org/farmgardens

Come see our non-profit urban farm growing lots of great food for the community. Meet our youth who are learning to run farm operations. Check out our 40 Barred Rock hens, goats, and honey bees. You'll see our vegetable production, vermi-composting, and more! Healthy, local cooking demos, plus lunch/snacks for sale.

**Saturday at 1:30 PM: Urban
Chicken Workshop - learn
how to raise laying hens in**

6TH ANNUAL EASTERN TRIANGLE FARM TOUR

the city with popular chicken expert, Bob Davis.

Directions: From the intersection of Gorman St and Tryon Rd, take a right on Tryon west towards Cary. Follow Tryon ~ 1 mi. to Dover Farm Rd on the left. U-turn back onto Tryon east. Turn right into the next driveway on Tryon Rd at the IFFS Farm and Community Garden sign.

SPAIN FARM

No. 20

**Shiitake Mushrooms
Ducks • Eggs • Goats**

DAVID & LINDA SPAIN

6220 Standing Oaks Ln.
For Entrance: 1320 Pagan Road
Raleigh, NC 27603
919-773-4578
spainfarm@yahoo.com

ONLY OPEN SATURDAY

Come see our fourth generation farm for our specialty – shiitake mushrooms. Meet our Muscovy (meat) ducks and our Cayuga & Khaki Campbell (egg) ducks. There's free range chicken eggs, cabrito, and fig and pawpaw trees! See our innovative stewardship practices.

Directions: From Hwy 50 or Benson Hwy, take Ten-Ten Rd for 1.5 miles, turn left on Sauls Rd, drive 1.8 miles to Pagan Rd, turn right. The farm is located .1 mile on the right. From Hwy 42, go north on Sauls Rd for 1.7 miles, turn left on Pagan and go .1 mile.

HILLTOP FARM

Livestock • Vegetables

FRED & VIRGINIA MILLER

6612 Kennebec Rd.
Willow Springs, NC 27592
info@hilltopfarms.org

No. 21

hilltopfarms.org

Come see how we are bringing this 300-year-old family farm into the 21st century with certified organic produce and horse boarding. Learn about horse care, growing organic produce, and our CSA. Enjoy a picnic under our 100-year-old pecan trees. Sweet potatoes, okra, peppers, eggplant, tomatoes, fall crop transplants, and some early Asian greens will be available.

Directions: From Raleigh, take 401 toward Fuquay-Varina. Eight miles after 70 and 401 split, turn left off of 401 onto Hilltop Needmore Rd. Take the immediate right on Hilltop Rd. Go 1.6 miles and turn right on Kennebec. Go to the third drive on the right.

COVENANT COMMUNITY GARDEN

**Vegetables • Herbs
Fruit • Flowers • Bees**

FUQUAY-VARINA

UNITED METHODIST CHURCH

Joy Brown, Garden Manager
100 South Judd Parkway SE
Fuquay-Varina, NC 27526
919-552-4331 (Church)
919-557-5954 (Joy)

No. 22

admin@covenantcommunitygarden.org

**covenantcommunitygarden.org
fvumc.org**

Learn how community gardening can provide healthy food and wholesome activity for all. This 7500 sq ft garden is a real community effort and provides food for the local food pantry. Tour our raised beds of organically-grown fruits, vegetables, herbs, and flowers, and pay a visit to our wonderful honeybees.

Directions: Reach Fuquay-Varina by going south on 55 or west on 401. Via 401, travel about one mile after the welcome to F-V sign and turn left on Judd Pkwy (a Burger King at the intersection). Go less than a mile. The church is on the right. Via 55, go through downtown F-V and turn right on Judd Pkwy. The church is at the intersection of Academy and Judd.

HUMBUG FARM

**Sheep • Goats
Cheese • Wool • Soap**

KATE SHIRLEY

6512 Rex Rd.
Holly Springs, NC 27540
919-557-0471
kate@humbugfarm.com

No. 23

humbugfarm.com

Humbug Farm is a 12-acre farm dedicated to sustainable farming and emphasizing grass-based livestock production. The farm features Border Leicester sheep (the breed used in the movie "Babe"), Nubian dairy goats, and guinea hens for pest control. Goat milk soap, wool, yarn, blankets, and other handcrafted items will be for sale. The animals are waiting to meet you!

Directions: From US 1 and NC 55, take 55 south approx. 5 miles (stay straight on 55 Bypass). Turn right at third stoplight onto Avent Ferry Rd. Go .5 mile, left onto Cass Holt Rd. Go 1.5 miles, right onto Rex Rd. Farm is .25 mile down Rex Rd. From Durham, take 751 South, which becomes Rex Rd (south of US 64, US 1, and Avent Ferry).

EDIBLE EARTHSCAPES

No. 24

**Rice • Vegetables
Flowers • Herbs • Chickens**

JASON & HARUKA OATIS

Piedmont Biofuels Research Farm
4803 Moncure-Pittsboro Rd.
Moncure, NC 27559
919-200-5046
Edible.earthscapes@gmail.com

edibleearthscapes.wordpress.com

Edible Earthscapes is a small, sustainable farm with an emphasis on Asian heirloom varieties. You will see unusual vegetables, herbs, and flowers and a mixture of Western and Japanese growing techniques. Our rice fields are in their third year and will be in full growth during the tour. We are growing rice using the model brought to the West by Fukuoka's famous book *One Straw Revolution*.

Directions: Take US 1 South in the direction of Sanford to Exit 79. Turn right on Moncure-Pittsboro Rd and go north for 3.1 miles. The farm is on the right. From Pittsboro, take Moncure Pittsboro Rd for 4.8 miles.

DEW DANCE FARM

**Fiber • Poultry • Eggs
Vegetables**

**LAURA YOUNG &
GEORGE MCRAE**

3400 Deep River Rd.
Sanford, NC 27330
919-775-5140

No. 25

NEW!

dewdance@windstream.net

Dew Dance Farm is home to lots of beautiful animals. Our menagerie includes sheep, fiber goats, rabbits, llamas, geese, heritage chickens and turkeys, and horses. Our flocks are Animal Welfare Approved and all animals are raised with concern for the health of the land and the animals. We also have a fiber studio, a patch of heritage varieties of cotton grown without chemicals, and a market garden. We will have delicious farm products for sale.

Directions: Take US 1 from Raleigh toward Sanford. At the US 1 and 64 split, take US 1 for 21.5 more miles. Take Exit 78 for Deep River Rd. Go 4.2 miles.

Link to an interactive
Google Tour Map at
www.carolinafarmstewards.org

fresh produce grass fed beef
bread beer
wine
ice cream
potted plants
seafood
crackers
cookies wine

**LOOK FOR THIS ARROW
TO FIND NORTH CAROLINA PRODUCTS
IN OUR STORES**



CARY • 102B NEW WAVERLY PLACE • 919.816.8830
CHAPEL HILL • 81 SOUTH ELLIOT RD. • 919.968.1983
DURHAM • 621 BROAD ST. • 919.286.2290
NORTH RALEIGH • 8710 SIX FORKS RD. • 919.354.0350
RALEIGH • 3540 WADE AVE. • 919.828.1589



DON'T BE A CHICKEN! SCRATCH MORE THAN THE SURFACE.



- **Let's feed our kids better!** Urge your school board to buy local and organic for the cafeteria. *(Check out Jamie Oliver's Food Revolution on hulu.com.)*
- **Vote with more than your dollars.** Talk with your elected officials about how they are supporting our local, sustainable farms to thrive.
- **Find your own green thumb.** Plant a fruit tree, an herb garden or some fall veggies and learn the rewards of growing your own food.
- **Join us in the movement.** Become a CFSA member or donor!

Carolina Farm Stewardship Association (CFSA) is a non-profit organization that promotes and supports sustainable agriculture in the Carolinas. We provide networking, training, and advocacy to create a farming system that is socially just, economically viable and ecologically sound.

FOR MORE IDEAS, VISIT OUR WEBSITE OR FIND US ON FACEBOOK.

carolina farm 
stewardship association

POST OFFICE BOX 448 • PITTSBORO, NC 27312 • 919-542-2402

carolinafarmstewards.org

