



Carolina Farm Stewardship Association

STEWARDSHIP NEWS

SUMMER 2008

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Farm Profile: Lindale Dairy

by Marti Day

In the world of farming, there is a wise old adage that has guided many a good farmer in making decisions - "If it ain't broke, don't fix it!" Well, in the dairy industry, there is a whole lot that's broke. Mostly a lot of really good farmers. Dairy farming is a tough job. Conventional dairying has become a game of size and scale out of necessity to compete in a commodity market with very tight margins. We are all familiar with stories of the 'mega-dairies' of California and other parts west - five, eight, ten thousand cows - and the economies of scale are in their favor. Our North Carolina dairies have not traditionally been of that magnitude. The average dairy in NC milks 150 cows with mostly family labor. It is a third or fourth generation farm that most likely took up dairying when the boll weevil got so obnoxious they couldn't make a living growing cotton anymore. Sadly, a great many of these dairies are facing their last farming generation. Our farmers have raised

-Continued on page 10-



Lindale Dairy Sign

Neill Lindley

In this Issue:

South Carolina's Farm to School Bill pg. 3 CFSA Hosts the Nation's Largest Farm Tour pg. 5
SAC Announced pg. 5 Seed Business Boom pg. 9 Herb Vinaigrette pg. 13

Research Update:

Growing Heirloom & Heirloom-type Tomato Hybrids in Organic & Conventional Production Systems

by Jeanine M. Davis & Randolph G. Gardner, Principal Investigators

Introduction

There is a strong market for organic heirloom tomatoes. Unfortunately, many heirloom tomatoes have little or no disease resistance, making organic production difficult in many areas. In a wet season, for example, heirloom varieties often fall victim to blight before they get the chance to yield much fruit. Heirloom varieties also have a tendency to crack, may have very rough blossom end scars, and many are not uniform in size, which makes them difficult to pack and sell commercially. Tomato breeder, Dr. Randy Gardner, recently developed several new heirloom-type hybrids with the goal of combining the flavor and texture of heirloom tomatoes with the disease resistance, uniform size, and good shipping characteristics of more modern varieties.

Since 2002, we have conducted a number of trials on heirloom tomatoes; some in organic systems and some in conventional systems, but it wasn't until 2006 that we actually compared the two production systems in a replicated trial. To our great surprise we found that the organic plots actually out-yielded the conventional plots! We received some criticism on that study, however, since we did not include any control plots without any kind of disease control and skeptics said "there probably wasn't any disease



pressure" that year.

So, in 2007 we set up a study with untreated control plots to compare with the standard conventional system and two different organic systems.

The objectives of the 2007 study were to compare yield, disease resistance, and taste of two favorite heirloom tomatoes and two new heirloom-type hybrids grown in conventional and organic production systems.

Methods

This study was conducted at the Mountain Research Station in Waynesville, NC. It was a split plot design with four replications. The main plots were four production systems: Conventional, Organic I, Organic II, and a Control. They were separated by 50 foot buffers. The subplots were tomatoes varieties: two heirlooms (Stupice and Red Brandywine) and two new hybrids (NC05114 and NC0652). In the Conventional treatment, the current standard practices recommended by the NC Cooperative Extension Service were used, including synthetic fertilizers, fungicides, and insecticides. The Control plots were fertilized the same as the Conventional plots, but no disease or insect

-Continued on page 7-





CAROLINA FARM STEWARDSHIP ASSOCIATION (CFSA)

CFSA is a membership-based organization of more than 1000 farmers, processors, gardeners, businesses and individuals in North and South Carolina who are committed to sustainable agriculture and the development of locally-based, organic food systems. CFSA's Mission is to promote local and organic agriculture in the Carolinas by inspiring, educating and organizing farmers and consumers.

CFSA Main Office

Mail: P.O. Box 448, Pittsboro, NC 27312

Physical: 15 Hillsboro Street, Pittsboro, NC 27312

Phone: 919-542-2402, Fax: 919-542-7401

website: www.carolinafarmstewards.org

email: info@carolinafarmstewards.org

CFSA Staff

Executive Director: Roland McReynolds,

roland@carolinafarmstewards.org

Program Manager: Fred Broadwell,

fred@carolinafarmstewards.org

Bookkeeping & Member Services: Cheryl Ripperton Rettie,

cheryl@carolinafarmstewards.org

Communications Coordinator: Kari Brayman,

kari@carolinafarmstewards.org

Saving Our Seed Coordinator: Cricket Rakita,

cricket@savingourseed.org

CFSA Board Officers

Ron Wilson, President

Judith Lessler, Vice President

Spence Dickinson, Secretary

Tom Krebs, CPA, Treasurer

Dianne Palmer-Quay, Executive Officer for SC

CFSA Listservs

To subscribe to a listserv, email Cheryl:

cheryl@carolinafarmstewards.org

high-country@lists.carolinafarmstewards.org

triad@carolinafarmstewards.org

mountains@lists.carolinafarmstewards.org

cfsasouthcarolina@lists.carolinafarmstewards.org

triangle@lists.carolinafarmstewards.org

cfsa_charlotte_region@lists.carolinafarmstewards.org

livestock@lists.carolinafarmstewards.org

locavores@lists.carolinafarmstewards.org

Newsletter Information

Next issue deadline is September 5, 2008.

Stewardship News, CFSA's quarterly newsletter, would like to hear from you. Send letters, articles, announcements, queries, cartoons, recipes, etc., to Stewardship News, c/o the CFSA office.

The opinions expressed in this newsletter are not necessarily shared by the editor or the CFSA Board. We welcome the diverse views of our membership and invite your letters to the editor, articles, etc. CFSA does not endorse any product or service advertised.

Advertising Rates & Classified Listings

Contact Kari for current rates: 828-275-0017 or email

kari@carolinafarmstewards.org. To submit a classified ad in our Bulletin Board section, see page 15.

ORGANIZATIONAL NEWS

From the Director: A Food Revolution Begins to Ripen

As you've probably noticed, food is in the news these days. Skyrocketing prices for grain and fuel are causing riots and strikes across the globe, and squeezing livestock producers, millers, and American consumers used to paying 99¢ a pound for a chicken. From downed cows being fork lifted into the maws of big agricultural processing lines to salmonella-infected tomatoes, the health and safety of our food system is ominously under question. And the collision between a panicked search for energy alternatives and increasing food costs is forcing a public debate over whether farmland should be used for fueling people or machines.

All around us, the bedrock of American consumer culture—cheap food and energy—seems to be crumbling. Long years of externalizing the true costs of producing that cheap food and fuel are straining our environment, and our society can no longer ignore the impacts. Indeed, Mother Nature seems to be kicking back against our abuses, compounding our collective peril.

Worried yet? Well, in fact this is all cause for some optimism. The news in our region also now regularly includes stories of Carolinians turning to good food alternatives, from community supported agriculture (CSAs) and seasonal eating, to home gardening, to the development of agricultural policies that promote local and organic, to building farm-to-fork connections. From the ground up, a food revolution is growing as communities take the initiative to solve their food system problems.

This issue of Stewardship News highlights many of these success stories. You'll read about progress at the federal and state level on sustainable agriculture issues; the tremendous successes of CFSA's farm

tour program and of the "Eat Carolina Food Challenge"; the growth of organic dairying in our region; and get a sneak peek at this year's Sustainable Agriculture Conference, which promises to be the biggest yet. You'll also get to meet our new Program Manager, Fred Broadwell, who will be key to CFSA's work as we grow along with the Carolinas' food revolution.

And growing we are. Effective June 2, CFSA moved into new offices at 15 Hillsboro Street in Pittsboro. Still located in the historic Blair Hotel, we're now on the ground floor with big picture windows for more public exposure, space for new staff, and a lending library, among other improvements. Plus this was the former home of the American Livestock Breeds Conservancy, so there's lots of good karma. Our mailing address hasn't changed: you can always write us at PO Box 448, Pittsboro, NC, 27312.

These positive changes wouldn't be possible without the support of you, our members. And continuing your support is vital for CFSA to continue its role of supporting Carolina farmers, consumers and businesses who are bringing the food revolution to their own communities. Please make a gift to CFSA today, or join our volunteer corps, because now it's more important than ever: Like summer fruits that need a steady dose of sunshine to ripen to their sweetest, the sustainable food movement needs our increased efforts in order to channel public awareness of good food into lasting changes in our food systems.

Sincerely,





ORGANIZATIONAL NEWS

South Carolina's Farm to School Bill Sprouts from CFSA Event

by Allison Schaum

The South Carolina CFSA Chapter has always been organized but sought formal organization at the Upstate Sustainable Agriculture Summit held this past January in Anderson, South Carolina. Many members attended the wonderful conference focusing on farm to school in South Carolina. We held a legislative dinner Friday evening in which we invited all the members of the House and Senate that we possibly could, including members of the agriculture committees. Dr. Jim Horne of the Kerr Center spoke that evening and inspired a lot of our elected officials. From this gathering of lovers of sustainable agriculture and elected officials, South Carolina's farm to school bill was born.

Within a month our farm to school bill, modeled after Oklahoma's very successful farm to school bill, had a sponsor, Representative Dan Cooper. On March 11, 2008 it was introduced and referred to the House Committee on Agriculture, Natural Resources and Environmental Affairs. On March 25 Representatives Funderburk and Loftis cosponsored the bill.

The Committee on Agriculture held a public hearing on April 7 in Columbia in which many sustainable agriculture supporters attended. It was very exciting to see so many supporters from the Upstate, Midstate and Lowstate all come together in support of small farmers. Carolina Farm Stewardship Association's board president, Ron Wilson, spoke on behalf of HR 4833 and urged its passing. Another member of the CFSA board, Walker Miller, addressed the panel as well. Brandon Grace, CFSA South Carolina chapter leader and Anderson County Farmers' Market Manager made a compelling speech. Since I have been working with Anderson County and Brandon Grace in forming the first farm to school program in South Carolina, I spoke of our program. CFSA member Emile DeFelice,

past candidate for Agriculture Commissioner, also addressed the panel of Representatives. There were members of Farm Bureau and the South Carolina Department of Agriculture present to promote the bill. After hearing our comments and questions being answered the panel unanimously passed HR 4833.

Still gaining momentum, HR 4833 gained two more cosponsors, Representatives Hodges and Hutson. On April 24 the House had a third reading of the bill and passed it to the Senate Committee on Education. At the subcommittee hearing on May 20, Brandon Grace was allowed about a minute to address the committee and it was unanimously passed to the full committee. On May 28 the full Senate Education Committee held a hearing. Fred Boyleston with the SC Department of Agriculture and Dr. Vivian Pilant, Child Nutrition Director for the SC Department of Education, were asked many good questions. A few senators wondered why farmers couldn't just sell directly to the schools without having to go through a state director. These questions were answered by Dr. Pilant beautifully but Senator Ryberg of Aiken was outwardly opposed to the farm to school bill. He believed farm to school was a program the Department of Education and the Department of Agriculture should take upon themselves without legislation and extra funding and he tagged HR4833 so the bill could not be brought to the Senate floor without his presence. Time was of the essence and session ended on June 5 without passing South Carolina's farm to school bill.

The CFSA members of South Carolina gave HR4833 their all and were ultimately defeated by one senator that seems opposed to students receiving fresh, top quality, nutritious local produce; one senator that doesn't seem interested in helping small South Carolina farmers benefit financially or reconnect with their community. Session will open January 2009 and this time we've got more than three months to see HR4833 through. We'll be back to pass the bill through and we really appreciate all the phone calls and emails to our legislators.

CFSA Hires Program Manager, Fred Broadwell

Carolina Farm Stewardship Association is very excited to welcome our new Program Manager, Fred Broadwell. A native of the South Carolina Upstate, Fred is a longtime supporter of sustainable agriculture. He is a founding member of the Community Food Security Coalition and was CFSA's Treasurer from 2000 to 2004. Fred comes from a long line of Carolina farmers: his mother's family grew cotton and peanuts south of Columbia and his father's grew tobacco in the Fayetteville area. Fred is an avid organic gardener and has even done his own share of farm work – he worked for a year on a 500 acre family farm, where he tossed many a square hay bale.

Fred's professional experience is in community economic development. He served as the Sustainability Director and a Small Business Loan Officer at the Self-Help Credit Union, the nationally-recognized non-profit in Durham. At Self-Help, Fred funded sustainable agriculture projects and produced a path-breaking small farm finance study. In California, Fred worked for an environmental foundation, Materials for the Future, which supported innovative green businesses. Fred has also worked for the DC-based Center for Community Change, the New Hampshire Community Loan Fund and county government. Fred has degrees from Davidson College, UNC-Chapel Hill and UCLA.

Fred is looking forward to working with CFSA members and staff as the local and organic food movement gets into high gear. He will be assisting with events, outreach and grassroots organizing through CFSA's new SALaD project. "There are many opportunities on the table right now, ranging from climate change to food safety to internet organizing, and we have to take advantage of them while they're hot. The forces of global, homogenized food are not resting. Sustainable farming is a healthy, profitable alternative that is growing, but this little plant still needs lots of nurture." 





Today and Tomorrow

Do you want to see your farm producing and feeding people 100 years from now?



Today, your generous contribution of time, energy, influence, and funds is helping to preserve the vibrant farmland handed down to us from our forefathers.

Tomorrow, your bequest to the Carolina Farm Stewardship Association can keep your farm producing and feeding people for years to come.

Making a lasting contribution to preserving farmland in the Carolinas is not just for the wealthy. Our donors come from all walks of life. By remembering Carolina Farm Stewardship Association in your will through a gift or a lease of part or all of your farmland, you will be giving one of the most powerful gifts one can give--helping to ensure the future of the food supply for generations to come.

For more information on how you can make a bequest contact Roland McReynolds.

The Carolina Farm Stewardship Association
P.O. Box 448, Pittsboro, NC 27312
Phone: (919) 542-2402 Fax: (919) 542-7401





ORGANIZATIONAL NEWS

Nation's Biggest Farm Tour Program Brings Locavores to the Farm

Question: What organization runs the biggest Farm Tour program in the nation? Hint: You're reading that organization's newsletter right now.

Carolina Farm Stewardship Association's 2008 Farm Tours are in full swing, and the program is a nationally significant event. You simply can't find as many people visiting as many sustainable farms in any other part of the country.

At press time, the 2008 Piedmont and Upstate Farm Tours had already soared to great success. The 13th Annual Piedmont Tour took place April 19 and 20. Thanks to the support and commitment of the staff and membership of Weaver Street Market, CFSA's Piedmont Farm Tour has become a community institution in the Triangle. This year's edition featured a record 35 farms, which together hosted a total of 9,000 visits by over 2,600 people. Farm volunteers logged at least 600 hours of time to support the event and assist the farmers. And all this in spite of forceful thunderstorms Sunday afternoon and contrary to the otherwise marvelous weather over the weekend, and \$3.55/gallon gas (remember when gas was just \$3.55/gallon?). It's no wonder this community is nationally renowned for its support of local sustainable farms.

Tour visitors got the chance to see how organic horticulture and humane animal husbandry practices actually enhance the ability of the soil to withstand drought. The five new farms on the tour hosted over 1,200 visitors alone. Thanks to the growing interest in local organic food, more farmers are seeing how sustainable agriculture can help their farms prosper today, and benefit future generations tomorrow.

We (CFSA is 1000+ members now) extend deep gratitude for the tremendous efforts of Weaver Street Market, the farms on the tour, Cathy Jones of Perry-winkle Farm and Betsy Hitt of Peregrine Farm, Kelly Gilkerson

of Clemson University, who was our Volunteer Coordinator, and to the volunteers who donated their time to make this year's tour—and the dozen tours that came before—such a success!

Then on May 31 and June 1 the Upstate Farm Tour set records of its own. This was the second year of the tour, and the seventeen South Carolina farms featured hosted over 1,000 people over the weekend—almost triple last year's turnout. This success demonstrates the incredible explosion of consumer interest in sustainable food in the region: The Upstate's abundance of local farm products include pasture-based meats and free range chicken, artisan cheeses, organic fruits and vegetables, hormone-free milk and butter, hand-milled grains, honey...even wool!

The tour was co-sponsored this year by Whole Foods Market in Greenville, SC, and we are grateful for their outstanding support in promoting the tour and hosting the kick-off party on May 29. And of course the tour would not have been possible without the farmers themselves, who put in long hours in preparation for and during the tour itself. That work paid off in the form of people and families inspired to make better food choices. Thanks also go to the 30+ volunteers who helped organize the event and assisted the farmers during the tour, logging over 250 hours of service, and to this year's tour organizing committee, Brandon Grace, Allison Schaum, Walker Miller and Alice Wald.

At press time the Mountain Farm Tour was about to take place in western North Carolina on June 28 and 29. This year's Mountain Tour is a community effort, with the Appalachian Sustainable Agriculture Project, the Mountain Tailgate Marketing Association, the Organic Growers School, and Slow Food Asheville collaborating with CFSA to produce the tour, with sponsorship support from Greenlife Grocery. And the High Country Farm Tour will be taking place August 2 and 3 in Ashe and Watauga Counties in North Carolina, with Blue Ridge Women in Agriculture and New River Organic Growers collaborating with

CFSA members in the area to produce this event. Finally, the 3rd Annual Eastern Triangle Farm Tour will take place Sept. 20 and 21 at farms in Franklin, Johnston and Wake Counties in North Carolina. That tour is also co-sponsored by Whole Foods Market.

Some of the world's leading sustainable farmers are growing food in the Carolinas. These farmers have been working to provide wholesome, nutritious, environmentally-safe food for Triangle families for decades. We are fortunate that these incredible growers open their farms for the public to visit—No farmers, No Tour! Their willingness to host community members, and the support our tour sponsors, make these events among CFSA's most important fundraisers. The Piedmont and Upstate tours combined yielded over \$31,000 to support our work to expand the sustainable food movement throughout the Carolinas.

Make plans to attend as many of these events as you can and take advantage of the opportunity to connect with the faces and places that make great food for the Carolinas.

Mark Your Calendar—23rd Annual Sustainable Agriculture Conference, October 30 to November 2

For 22 years, Carolina Farm Stewardship Association's Sustainable Agriculture Conference (SAC) has been a place for the Carolinas' good food and farming advocates to gather, network, and learn. It has become the largest multi-day sustainable agriculture conference between the Mason-Dixon Line and Key West. This year's 23rd edition, taking place October 31 - November 2 at the Civic Center in Anderson, SC, promises to be the biggest and most exciting yet.

We've already lined up two internationally-renowned leaders of the sustainable agriculture movement as keynote speakers: Joel Salatin of Polyface Farm in Virginia and Wes Jackson of the Land Institute in Kansas. We are honored to be bringing them to the Carolinas to share their stories and inspiration with our community.





ORGANIZATIONAL NEWS

Thanks to a special partnership with the North & South Carolina Sustainable Agriculture Research and Education programs, we will be offering a special half-day, pre-conference program on October 30 focused on practical tips for developing community food system projects. The program aims to educate Cooperative Extension agents and other local officials on community food project models and will include a special Thursday night dinner. All are welcome to attend this exciting new program.

And the regular conference program will also offer new course formats, developed in response to past feedback from SAC attendees. Taking advantage of the wealth of ag venues available in the Anderson area, Saturday morning will feature extended, three-hour, in-the-field workshop formats. These enhancements are being made possible by the unique partnership with Anderson County government to put on this year's SAC, and we are thrilled at the opportunity to work with a local government that "gets it" when it comes to the triple bottom line of sustainable agriculture.

Look for your early bird member discount package in the mail in July, and full information on the conference program by August. We're looking forward to seeing you there!

NC Legislature Hears from Organic Farmers

Farming organically can play a critical role in saving mid-sized family farms and protecting farmland. That was the message for approximately 50 members of the North Carolina House and Senate at Carolina Farm Stewardship Association's 2nd Annual Legislative Breakfast, which took place this year on June 10.

The breakfast is intended to educate the state's elected representatives about the economic benefits of organic agriculture, and demystify organic farming for an audience that is used to thinking of agriculture as conventional commodity crops and Confined Animal Feeding Operations (CAFOs). The hook that gets them to come is, naturally, the food.

Instead of the Legislature's normal cafeteria fare, our breakfast featured all organic and/or North Carolina-sourced food, including organic flour from Lindley Mills in Graham, organic blueberries from Cottle Farms in Faison, organic milk from Organic Valley's NC dairies, pastured pork sausage from Hickory Nut Gap Meats in Fairview, organic eggs from Braswell Foods in Nashville, and organic sweet potatoes supplied by Eastern Carolina Organics in Pittsboro. Whole Foods market also donated organic fruit and shortening. (The Legislature already features fair trade, organic, Raleigh-roasted coffee from Larry's Beans as its regular coffee offering.) Senate Agriculture Committee member and co-chair of the Appropriations Committee, Charlie Albertson raved that it was the best breakfast he'd ever had at the cafeteria!

Four farmers spoke about various issues in promoting organics. Alex Hitt of Peregrine Farm in Alamance County talked about the economic challenges facing mid-scale family farms and the relative success of small farms that have adopted organic practices. Neill Lindley of Lindale Organic Dairy in Chatham County explained how organic dairying had turned his family farm operation around, economically and environmentally. CFSA Board member Ben Haines of Looking Back Farms in Pasquotank County explained how high grain prices are creating a huge opportunity for tobacco farmers to convert to organic grain production. And grass-fed beef producer Cy Rich of Jubilee Farm in Chowan County put organic agriculture in the context of global climate change.

We got a great response. Later this month we'll post a list of the legislators who attended the breakfast so NC members can see if their representative was there, and if they were, we encourage you to thank them for supporting sustainable farming.

Thanks go to J.J. Richardson and Michael Sligh of RAFI-USA, Fawn Pattison of Toxic Free NC, and Tony Kleese of Organic Farm & Garden Consulting and Eastern Carolina Organics for helping to organize the breakfast. 

What's Going On With the North Carolina Agricultural Research Stations?

by Jeanine M. Davis

I think I can speak for all of us who work on the research stations when I say "thank you" for the outpouring of support you showed for agricultural research in North Carolina! It was gratifying to see how many people across the state are aware of and value the work that is done on these stations, and took the time to write letters, send emails, make phone calls to express their opinions. The state is trying to cut costs and increase efficiency, and all taxpayers appreciate that, but you made it clear that our farmers need the support they receive from researchers, extension personnel, research station staff, state agronomists, and others who conduct research, hold demonstrations, and offer field days and other educational events on our 18 research stations.

The recommendation from the independent study commissioned by the General Assembly was to turn over operation of all of the stations to NC State University and NC A&T State University, and eliminate the role of NC Department of Agriculture & Consumer Services. It has now been decided that the three will continue to work together in the management of the stations and to themselves develop a plan to improve efficiency on the stations. During the process they will seek input from farm organizations, commodity associations, and other interested parties on how best to accomplish this.

I urge you to make plans to attend a field day this year at one of the research stations. Visit http://www.cals.ncsu.edu/ag-comm/writing/Field_Days/ for dates and locations.





Growing Heirloom Tomatoes...

(continued from cover)

control products were used. Only National Organic Program approved practices were used for the two organic systems which were both fertilized with compost and fish emulsion. The Organic I system was treated with the Brandt Consolidated, OMRI approved fungicide (Sporatec) and insecticide (Ecotec). In the Organic II system, Serenade and copper (Kocide) were used for disease control and Neem oil and BT (Dipel DF) for insect control. All the tomatoes were grown on raised beds with black plastic mulch, drip-irrigation, and high trellises. Plants were evaluated weekly for disease and insect damage. Weekly harvests were conducted. Three public taste tests were held.

Results and Discussion

The heirloom variety "Stupice" came into production much earlier than the other varieties and was the second highest producer over the whole season. Both Stupice and NC05114 are small fruited varieties, similar in size to what are commonly grown as cluster tomatoes. The highest yielding variety for the season was NC0652, which like Red Brandywine, is a large fruited tomato. The winners in the taste tests were the two small fruited varieties, Stupice and NC05114, with over 70% and 80% of the respondents, respectively, rating them as good or excellent.

At time of field planting, the organically produced transplants were much smaller in size than the conventionally produced transplants. This resulted in a delay in fruit set and harvests, but by the middle of the season, both organic systems caught up and were yielding as high, or higher than the Conventional system. Total season yields were not different for any of the treatments and yields of 9.4, 9.4, 9.1 and 8.8 pounds of marketable fruit per plant were obtained for the Conventional, Organic II, Organic I, and Control treatments, respectively.



Control plot at the end of the growing season. Septoria and late blight had destroyed the vines.



Organic II plot at the end of the growing season. Vines were healthy and strong.

There was a large difference in disease and insect incidences among treatments. Tomato spotted wilt virus showed up sporadically in all production systems and mostly on 'Red Brandywine'. The Control plots were heavily infested with disease and insects, regardless of the variety, and the vines were totally destroyed by the end of the season. The Conventional plots had no insects and only one incidence of *Alternaria*. The Organic I plots became infected with late blight towards the end of the season and even the resistant hybrid varieties were affected. The Organic II plots, however, were almost as disease and insect free as the Conventional plots and looked very healthy at the end of the season.

A comparison of the estimated costs of pest control for the two organic systems revealed that there was a big difference between them. The Organic II system, based on Serenade, Dipel, Neem, and Kocide, cost an estimated \$998 per acre. In contrast, the Organic I system, based on Sporatec and Ecotec, cost an estimated \$303 per acre when used at the half-rate as done in this study or \$510 per acre when used at the full rate all season (which we suggest).

Conclusion

This study demonstrated that heirloom tomatoes can be grown organically in western NC, even with late blight present. For the third year, the combination of Serenade, Neem oil, Dipel, and copper was effective in disease and insect control. The

new products tested, Ecotec and Sporatec, provided good insect control and some disease control and resulted in yields comparable to the conventional and other organic treatments. The costs of using the Brandt products, however, were substantially less than that of the other organic system. The hybrid heirloom-type varieties, NC05114 and NC0652, performed well, exhibiting good late blight resistance and consumer acceptance. Yields were very good. Using the average yields obtained, 9.2 pounds of fruit per plant, with 6290 plants per acre, and prices of \$2.00 per pound, estimated gross returns would be \$115,736 per acre.

This study will be repeated in 2008 at the Mountain Research Station in Waynesville and at the Upper Mountain Research Station in Laurel Springs.

These NCSU research trials took place at the Mountain Horticultural Crops Research & Extension Center, 455 Research Drive/Fletcher, NC 28732. Research Specialists, Candice Anderson, Laura Duffie, Vicky Heatherly, & Phillip Sanders and Horticulture Technician, Chris Leek, also contributed. This study was funded by a donation from Brandt Consolidated and a grant funded project entitled the Farm Prosperity Project (Grant #2005-35648-15645, NRI, CSREES, USDA).

Visit www.cals.ncsu.edu/specialty_crops/ for more publications. 





Cricket's Corner

Insect Management on Your Farm or Garden

by Cricket Rakita

Throughout much of the Carolinas we are mercifully experiencing much less of a drought this year, at least from the perspective of the farmer (growers primarily pay attention to moisture of the top 24 inches of soil rather than the water table). But more rain means—more bugs. Fortunately, there are sustainable practices that you can use to deal with your insect pests while encouraging beneficials in your garden.

First, feed your soil and keep it in balance. The bottom line is that insects cannot cook. Humans can cook, so we prefer healthy strong plants with strong cell walls, because we can break them down with heat, and these healthy plants will have a good flavor to us. Insects, on the other hand, seek out the weak plants with weak cell walls because plants are easier for them to digest that way. If you have good soil then many of your insect problems will be minimized. To attain this level of soil you'll need to balance your nitrogen, phosphorus, potassium, calcium, magnesium, and other micronutrient levels. For more information about this I strongly advise reading, *Weeds: Control Without Poisons* by Charles Walters, which is by far the best soils book I've ever read. I also advise sending your soil sample to your local Extension office to be tested.

If you have trouble understanding your soil test, Dr. Mark Schonbeck has experience reading and interpreting soil tests, and for a reasonable fee, he will help you formulate an organic plan to meet your goals. You may contact Mark directly at (540) 745-4130.

You can attract many beneficial insects to your garden through the practice of "farmscaping". Farmscaping is the practice of planting flowering plants, native grasses, and other plants specifically to attract beneficial insects. One way to farmscape is to

raise crops that don't generally produce seed, such as kale, carrots, hairy vetch, and lettuce, for seed on your land.

For more information about farmscaping, see www.drmmcbug.com.

In these days of declining honey bee populations, I strongly advise you do what you can to encourage native pollinators too. For every acre that you grow on, make eight wild bee homes. Wild bee homes are easy to make: just take a 14 to 18-inch round log that is about six inches in diameter. Drill about 30 holes with variations of 3/16, 1/4, and 3/8 inch drill bits. Make the holes a bit over one inch deep. Put all of the holes on one side of the log and place the log on its end with the holes facing southeast where it will get morning sun and afternoon shade.

Japanese beetles are tough ones! They can be controlled in a safe, non-toxic way by spreading milky spore powder on your land. This is somewhat expensive, but once applied, your land will contain a disease that will keep the beetle grubs from growing in your soil (and this is how the insects overwinter) for at least ten years. I DO NOT recommend using Japanese beetle traps near your crops: for every bug they trap, it will attract a potential mate for that imprisoned bug. So, if you really want to get the pests off of your land you might want to give traps to all of your neighbors, but that's not a very nice way to deal with the problem. However, if you put a trap in your chicken yard, you'll have much better results, as the chickens will turn all of the beetles that hit the ground near the trap into eggs and meat for you. Just make sure the chickens can't get at the smelly lure that comes with the trap, because who knows what it is made of. And don't use the bag in your chicken yard because when the birds figure out that there are bugs in the bag, they will eat it, plastic and all.



Harlequin bugs are very tough too. These are red/orange shield shaped stink bugs, and they will attack your radishes, cabbage, broccoli, kale, collards, mustards, cleomes, and other crucifers. The best method I have found for controlling them is to plant a trap crop (turnip in early spring, for example) at a time when no other crops they prefer are growing, and when you see the first bunch of eggs on the crop, hit it with a flame weeder and burn their little bug butts. Make sure to get the ground well, because as soon as the bugs feel the heat, they will drop down and try to burrow. Asparagus Beetles can mean the difference between a great crop of asparagus and a crop failure. To control them, the first line of defense is sanitation. They rely on the old stems falling onto the ground and overwintering, so when the plants die back after frost, cut all of them back to the ground, haul them off to a pit, and burn them. Also, after the spring harvest is ready to wind down, you can till the plants lightly (DON'T HIT THE CROWNS) and plant winter rye. Yes, winter rye. The asparagus will shoot through the winter rye and make their summer growth, while meanwhile the winter rye will look good and choke out weeds at first, but peter out when summer hits. Their growth will deter the evil beetles. Asparagus beetles can also be killed with a combination of rotenone and pyrethrum.

Mexican Bean Beetles, who look like a slightly large orange version of their beneficial lady beetle (aka lady bug) cousin, can devastate your beans, especially if you are attempting to raise them for seed. Fortunately, they're easy to control with purchased wasps (*Pediobius foveolatus*). These tiny wasps do not sting people, but the adults lay their eggs in the bean beetle larva, killing it before it can reproduce. Timing and release amount is critical so release the wasps when you see the first beetle eggs. Make two releases of wasps about 2-3 weeks apart. Successfully attacked beetle larvae become crusted, turn brown, and have exit holes from where the wasps have emerged.

Contact Cricket at cricket@savingourseed.org





The Seed Business Boom

by Cricket Rakita

In times of economic hardship, businesses that assist folks in being self sufficient tend to do well. Until now, nothing has ever caused a larger increase in seed sales than the prospect of Y2K. I remember back then, I was the manager of Southern Exposure Seed Exchange, and the incoming orders felt like an avalanche. Then—after Y2K turned out not to lead to the collapse of the industrialized world—I had a number of customers call and ask if we could buy the seeds back. We decided that if a customer was dissatisfied with the quality of our seeds, we would refund them, but if the problem was with the rest of the world, we would not.

We are now seeing a repeat of the Y2K seed boom. This time, the expansion is much broader based. First of all, as some folks are saying in the business “local is the new organic”, or in other words, the huge boom that organic food sales has experienced since 2002 (about 20% per year growth) is now occurring in the local foods market. Farmers’ markets, CSA’s, and pick your own operations

are sprouting up and growing. This is having a very positive impact on seed sales, especially the sales of organic seeds.

Furthermore, folks are realizing how insecure our food supply is, and reacting to it by growing their own food. Grocery stores in this country hold, on average, a two-day supply of perishable goods on their shelves. If this country ever has to go two weeks without diesel fuel, a place like Durham, North Carolina may not look very different from, say, Ache, Myanmar. Also, some folks are just growing their own food because food is so expensive!

Friends of mine that have managed a backyard kitchen garden have finally beaten to death their 25 year old Troy-Bilt tiller and they decided to go buy a new one. Unfortunately, they were told by several dealers that they had to get on the end of a four-month waiting list for the Horse model; Troy-Bilt cannot make enough for today’s demands.

Organic seed sales are up. Ira Wallace, from the management team of Southern Exposure Seed Exchange, stated that April through June sales this year are up 80% over the same period last

year. This came on the heels of a 30% increase in January and February. Ira said, “What we have been noticing is that a lot of our smaller [returning] customers are making much larger orders this year, and ordering more than once. Also, new growers are calling us a lot for advice about growing and things. Mike Watkins, of South Carolina Foundation Seed, also noted that though he hasn’t yet totaled his numbers for the year yet, he is sure there is at least a 25% increase over last year’s sales.

As of February, Tom Stearns of High Mowing Seeds had noticed a 50% increase in sales over the prior year. Johnny’s Seeds, Fedco Seeds, and Seeds of Change have also indicated that their sales are strong in 2008. In other words, there is phenomenal growth in the organic seed business this year. It is my impression that for the business, we are undergoing a perfect storm, so to speak, formed by the emphasis on local produce, folks raising their own food, and the National Organic Program pressuring folks to plant organic seeds. 

Carolina Farm Stewardship Association at Work

The National Organic Program requires organic growers to use organic seeds whenever they are available. Historically, this has been an abused portion of the regulation. Folks have been looking for excuses to plant non-organic seeds on their certified land, and they have been getting away with it. This is a major concern to me, after having spent much of my life working to produce and promote organic seeds. Furthermore, conventional seeds are often produced in a way that is much more toxic than other conventionally grown crops. Conventional spinach seed fields, for example, are often fumigated with ozone-depleting methyl bromide before planting.

To help promote organic seeds, CFSA has maintained the Organic Seed Sourcing Service, an online database where we track all available organic seeds in the U.S. and provide them to the public in a searchable format at www.organicseedssourcing.com. In maintaining this database, I became very impressed with the breadth of organic seeds available.

I traveled to meetings of the National Organic Standards Board meetings in March of 2007 and May of 2008 to educate them about the readiness of the organic seed industry to meet the needs of organic growers. Largely as a result of this input, the National Organic Program, during their recent audits of organic certification agencies, has put pressure on the certification agencies to more tightly monitor that growers are indeed making a good faith effort to find organic seeds.

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- * Asheville and surrounding areas. Loads are being organized to that area 3 times a year. Call Seven Springs Farm to inquire.
- * Boonville - Yadkinville area. Sanders Ridge Organic Farm Vineyard & Winery. Cindy Conti - 336-677-1700
- * Homestead, AL. Red Rain Store
Amy Vickers - 205-871-9282 or 205-862-6206





Farm Profile: Lindale Dairy...(continued from cover)

some smart kids - when faced with the choice of continuing a business that "allows" them to work 16 and 18 hour days - 365 of them in a row - to eke out a poverty level wage, or to sell the farm for millions and have a decent life....well, they're smart kids. Who could blame them?

There's a lot of talk right now in the marketplace saying that milk is milk is milk. That we are drinking the very same beverage whether it comes to us from a North Carolina family farm milking 150 cows or a California dairy business conglomerate milking 5000 cows. Perhaps in a test-tube that's true. In reality, anyone who takes a second to think about what they're feeding themselves and their families knows there couldn't be a less true statement. Just the carbon footprint of milk shipped 2000 miles should make us wake up and smell the coffee - which, by the way, we may all have to drink black if something doesn't change in the current dairy industry.

Enter Organic Valley - and a handful of really incredible North Carolina dairy farmers willing to take the risk to try something new and fix what's broken with the dairy picture as it was. Organic Valley is a milk marketing cooperative that was started by eight Wisconsin dairy farmers not pleased with the way things were going. They wanted to take good care of their land. They wanted to treat their cows good and feed them the way they knew nature had intended for a cow to be fed. And they wanted to be able to provide a better living and a better life for their families. Twenty years later, they are offering these same opportunities to our farmers in the southeast. As the organic market has grown and spread south, the good folks of Organic Valley know it's smarter to make organic milk here that to bring it down from Wisconsin. In North Carolina, we currently have six organic dairies and several others beginning the cow herd transition year. Our farmers who are currently selling organic milk include George Teague, Rick Parker, Chris Hoffner, Charlie Payne, Noah Hostettler and our very own Neill Lindley in Silk Hope, just down the road from the Carolina Farm Stewardship Association home office in Pittsboro.

"I talked to Neill that day and asked him how it felt to sell his first organic milk. He said then what I have heard him say over and over the last two years - Marti, it feels good. I know we're doing the right thing."

-Neill Lindley

When the word of a promising organic milk market first started spreading, there was a lot of skepticism. The questions flew - "What will we do about mastitis, foot rot, heel warts, breeding problem - flies!?!? Dairy farmers have such an incredible sense of responsibility for the health and welfare of their cows, it was hard to see past these obstacles. "How can we possibly take good care of our cows without the use of the conventional tools we currently have?" "What about growing silage - how can we possibly grow the hundreds of acres of corn we need to feed our cows if we can't use herbicides and fertilizers?"

In a word, the learning curve was - STEEP! There are many good local sources of information for farmers growing produce on small acreage. But organically farming several hundred acres in support of a milking herd of 150 cows plus 150 more replacement heifers...in the hot, humid, buggy, weedy South - the prospect was nearly overwhelming! Organic Valley has offered a great deal of support in their partnership with Lancaster Ag Products and Dr. Paul Dettloff, DVM. Researchers at NC State and A&T State University have done some great work in working to

provide large scale organic farming information but there are still a lot of questions to be answered. And our farmers have dug in and read and studied and researched and experimented on their own until the prospect of producing organic milk has become a reality. Neill shipped his first load of organic milk to Asheville for processing the last day of February in 2007. I talked to Neill that day and asked him how it felt to sell his first organic milk. He said then what I have heard him say over and over the last two years - "Marti, it feels good. I know we're doing the right thing." The further into organic farming Neill and the rest of our NC dairymen get, the more I hear that.

While the farm price for organic milk is substantially higher than conventional milk, profit potential is not the driving force in our farmers' enthusiasm for organic dairy farming. Neill admits that the organic pay price was very attractive as he started weighing his options in making the move to organic farming. But now, farming organically has become an integral





part of who he is – who they all are. George Teague has said many times, as hard as the transition has been – during the worst drought in over 50 years – there is no way he'd go back to conventional dairying. In a business where there has really not been much to get excited about for the last 20 years, it's great to watch these organic dairy farmers excitement as they learn how better stewardship of the land is making an impact. The soil is healthier - growing healthier crops which means healthier cows - and happier farmers. As the soil comes back to life after decades of chemical farming, it is also better able to survive the ravages of dry weather. In the middle of last year's killer drought, Neill's organically managed corn still yielded nearly 100 bushels to the acre. Nothing short of amazing!

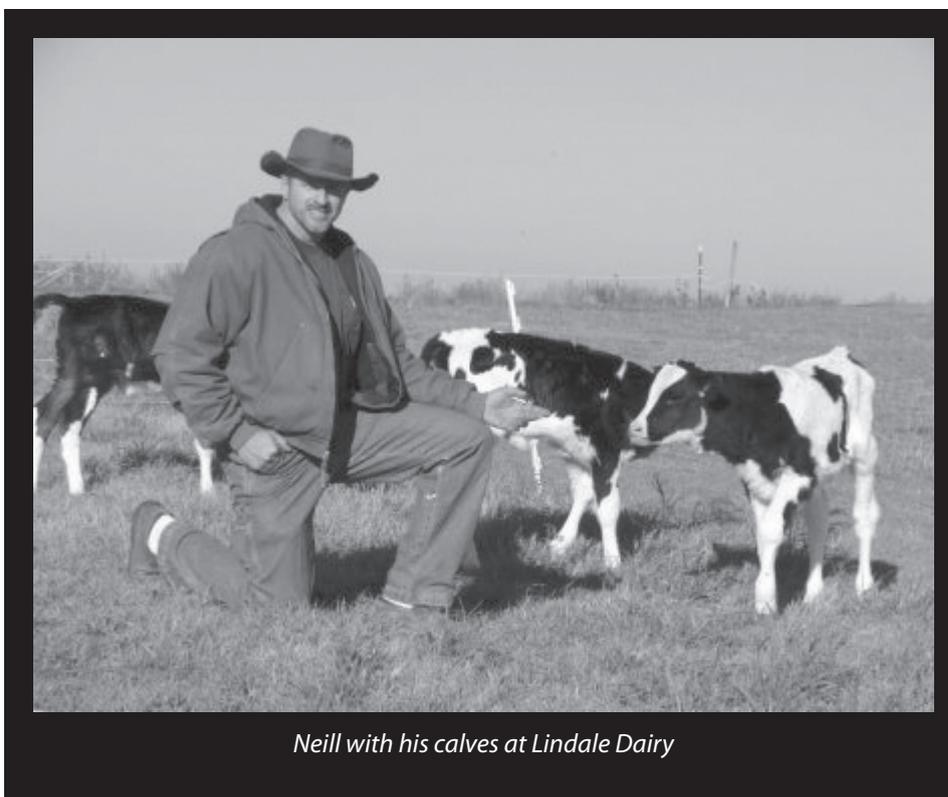
Just like for any organic farm, the land transition phase for a dairy takes three years. In addition to that, there is a one-time, whole-herd option to transition the existing milking herd and all the replacements on the farm. The animals have to be fed a diet of all organic feeds – forages and concentrates – for one year. After this whole-herd transition option, all animals must be managed organically from three months prior to birth.

For those that took the whole herd transition, that meant buying organic feed while selling conventional milk. Considering that conventional prices averaged less than half the organic price the year they all transitioned, that made for an expensive year!! But our six pioneers found a way through some creative financing and help from Organic Valley – the coop pitched in \$2 for every hundred pounds of milk our farmers sold during that transition year. Neill took a bit different route than some - he chose to milk two separate

herds of cows!! His existing herd he milked into one tank and sold their milk to the conventional market while getting them through the transition year. Then he had a group of heifers he had kept good records on to prove they had been managed organically for a year. So as they began calving, he began selling their milk to Organic Valley. This required a great deal

ment cow prices will remain high due to the shortage of heifers and high culling rates in areas with large, total confinement herds. Technology that conventional farmers have used for over a decade is being taken from their box of production tools. And of course, no one knows what weather we'll have this summer. Our conventional farmers are always hopeful, but are preparing for leaner times to come.

While the organic farmers still face uncertain weather and high feed prices in part due to grain shortages, they have an ally in their marketing cooperative second to none. The farmer-owners of Organic Valley have made an extraordinary offering to help our southeastern organic dairies pull



Neill with his calves at Lindale Dairy

more record keeping for Neill and the necessity to follow a strict sanitation protocol between milking the organic and conventional herds. Neill feels like it was worth the extra effort. Some of the cows from the conventional herd just didn't fit the program and moved on to other herds, but the income from the sale of these cows helped offset transition expenses.

Times are uncertain for the conventional dairy farmer. Conventional milk prices have taken a sharp down turn, as they always do in the spring. And, crazy as it sounds, the conventional farmer won't even know what the price of his milk will be until four to six weeks after it's been picked up from the farm. He'll also have to pay the hauling bill to bring milk into NC when he and his fellow NC dairymen fall short of producing all the milk North Carolinians drink. Replace-

through the double whammy of a transition year followed by the year of the debilitating drought. To help our organic farmers overcome this unparalleled challenge, the coop has increased their pay price to our southeastern farmers nearly 20% for the next six months.

The news of this disaster assistance came through the day before Christmas and I couldn't help recalling the scene from my favorite movie where all of George Bailey's friends and neighbors came pouring into his house offering money to pay the bank adjuster. Neighbors helping neighbors, farmers helping farmers. And all for the good of the earth and the ultimate health and well-being of everyone on it. It really is a Wonderful Life!





FOOD FOR THOUGHT?

AGRICULTURE & FOOD NEWS FROM THE CAROLINAS & BEYOND

Farm Bill Passed

The 2008 Farm Bill, also called the Food, Conservation and Energy Act of 2008, became law on May 22nd. Most of the sustainable agriculture community heralds the new bill as a step in the right direction for American agriculture.

The bill increases funding for conservation and farmland preservation programs making it beneficial for farmers to act as stewards to their land. We'll also see more funds devoted to specialty crops, which includes organic foods, and to local food, farm to school and farmers' markets promotion programs. Renewable energy initiatives will also be funded by the legislation.

Visit www.carolinafarmstewards.org for more.

Cost-Share Program Launched to Help NC Farmers Recovering from Drought

The N.C. Agriculture Drought Recovery Program has been created to help North Carolina farmers reeling from the state's ongoing drought. It will cover 75 percent of the cost of restoring drought-damaged pastureland and providing additional water supply for livestock and crops.

The program, which went into effect May 1, is being administered statewide through local Soil and Water Conservation district offices. It was made possible by a \$6 million grant from the N.C. Tobacco Trust Fund Commission.

Farmers affected by the drought may apply to one of the state's 96 Soil and Water Conservation district offices for help with several types of projects. These include pasture renovation, drilling and re-drilling wells, pond construction and renovation, converting closed lagoons to fresh water ponds, and upgrading

existing irrigation systems to more efficient models. The program is open to farmers with a total adjusted gross income of less than \$250,000 or those who derive 75 percent of their income from farming operations.

Visit www.ncagr.com/drought/ for more.

SC Department of Agriculture Partners with Wal-Mart to Promote Locally Grown Produce

Wal-Mart stores will display Certified SC Grown signage in all of their SC stores making it easy for buyers to identify locally grown produce and products. "We work hard every day to save our customers money – when fruits and vegetables travel less distance, saving energy and providing fresh produce right from SC farmers – it's a win for all involved," said Patsy Williams, Market Manager for Wal-Mart Stores, Inc. in the Midlands of SC. "Wal-Mart really embraced this program last year and we continue to hear from our customers how much they appreciate the opportunity to buy local," Williams added.

In 2008, Wal-Mart Stores, Inc. spent over \$662 million for merchandise and services with 810 suppliers in South Carolina sourcing millions in peaches, cantaloupes, bell peppers, squash, corn, tomatoes, and watermelon from South Carolina farmers to supply stores across the United States.

Visit agriculture.sc.gov for more.

Organic Valley Forms Grower Pool

In an unprecedented effort to provide market stability to both crop growers and livestock producers, Organic Valley Family of Farms is opening its membership to organic crop growers with the introduction of its Grower Pool.

With more than 1,200 member farms, Organic Valley is America's largest cooperative of organic farmers and is one of the nation's leading organic brands.

Growers joining the pool will benefit from a guaranteed floor price for their crops on a long-term contract basis and will be able to enroll all or portions of their crop acreage in the pool. Organic Valley will offer contracts for feed-grade grains, beans, oilseeds and hay beginning with the 2008-2010 cycle.

Farmers interested in joining the Grower Pool may contact CROPP Cooperative at 888-809-9297.

Visit www.organicvalley.coop for more.

Report Published on the Problems Associated with Industrial Farm Animal Production

The Pew Commission on Industrial Farm Animal Production (PCIFAP) was funded by a grant from The Pew Charitable Trusts to the Johns Hopkins Bloomberg School of Public Health to investigate the problems associated with industrial farm animal production (IFAP) operations and to make recommendations to solve them. Fifteen Commissioners with diverse backgrounds began meeting in early 2006 to start their evidence-based review of the problems caused by IFAP.

The 2 1/2-year study concludes that factory farming takes a big, hidden toll on human health and the environment, is undermining rural America's economic stability and fails to provide the humane treatment of livestock increasingly demanded by American consumers. The report also reveals the "economies of scale" used to justify factory farming practices are largely an illusion, perpetuated by a failure to account for associated costs.

Visit www.pewtrusts.org for more.





Endless Summer Salad Possibilities

By Cathy Cleary

This is an exciting time of year for me: the local farm food is so fresh and delicious that I feel like there is not enough time in the day to taste all the things I want to taste! About four months ago I made the commitment to only purchase locally grown produce for my household. I did this for many reasons, and one of those reasons was to challenge my culinary creativity.

My husband and I eat a salad with our dinner every evening. Early this spring my salad ingredients were limited, but still amazingly satisfying. They consisted of lettuce, spinach, arugula, baby kale, grated sweet potato, grated beet, goat cheese, hard boiled egg, boiled potato, fresh herbs and pecans. Our salads managed to be slightly different every night. I grew my own greens and beets in the backyard in a simple hoop house, so if other ingredients were scarce, a simple salad of mixed greens with my backyard additions was still fresh and tasty.

As spring progressed the asparagus and peas entered the list of possibilities and I rejoiced and savored every bite. Then suddenly the front yard strawberries burst onto the scene and I thought I had never tasted anything so sweet.

After a trip to Nigeria my husband came home craving fresh vegetables. He was not supposed to eat any uncooked vegetables while he was there so after a month he wanted one of our delicious salads! I cut a big bowl of spinach and topped it with tons of sweet tender strawberries still warm from the sun, then a sprinkle of toasted pecans. We ate this salad alongside fresh pasta with snow peas in a cream sauce. It was springtime on our plates.

I like to top my salads with a simple herb vinaigrette so that the flavors of the ingredients can really shine. This dressing is always in my refrigerator. It is a beautiful bright green color and it a great way to use up parsley which can tend to grow rather prolifically. Other herbs or combinations of herbs can be substituted for fun variations. I've even been known to use Swiss chard in place of some of the parsley when I had tons of the chard I needed to use.

About the Chef

Cathy Cleary owns and operates the West End Bakery Cafe in West Asheville, NC. She has been baking and cooking since she could reach the counter while standing on a stool.

She and a friend opened the bakery eight years ago. Since then they have developed relationships with local farmers and producers and they focus on made from scratch, fresh, seasonal food. Cathy is passionate about good, healthy, fresh, food, and about using our limited resources to their fullest.

Homegrown Herb Vinaigrette

In a blender combine:

- 1/4 cup peeled garlic cloves
- 1 cup cider vinegar
- 1 cup extra virgin olive oil
- 1 Tablespoon salt
- 3 Tablespoons raw sugar
- 2 cups fresh flat leaf parsley

Puree until smooth and creamy, pour into a bottle and store in the refrigerator – it stays good forever.



West End Bakery and Cafe

757 Haywood Road, West Asheville, North Carolina, 28806
828-252-WEST (9378)
Hours: Monday - Friday: 7:30 am - 6:00 pm
Saturday & Sunday: 8:00 am - 3:00 pm





New Listserv for Locavores

As a result of our recent "Eat Carolina Food Challenge", we've set up a new listserv for locavores. Send your email address to kari@carolinafarmstewards.org to join. The listserv is meant to connect Carolina foodies in their search for local food and to provide a forum to discuss food system issues.



Over 130 people inquired about our first local food eating contest that required participants to eat ONLY Carolina-produced food for the week of July 7th, 2008. Food logs began pouring in at press time, so we'll begin adding up points to see who will win free admission to our 23rd Annual Sustainable Agriculture Conference in Anderson, SC. We'll announce the winner on September 1, 2008, so make sure you've signed up for our eNews from the front of our website (www.carolinafarmstewards.org).

Wondering how the contest went? Many of the food challengers chronicled their experiences on our blog (www.carolinafarmstewards.org/blog). These foodies posted some tasty pictures, recipes and pointed out some interesting hurdles to eating only local. Some met their farmers for the first time and most really appreciated the opportunity to deeply connect with their food. And of course some really missed their favorite non-local foods, like avocados, for example.

We hope to do it again next year, and we hope you'll join us. Thanks so much to all the folks that participated!

August 2-3, 1pm-6pm both days
High Country Farm Tour Tour 14 family farms located in Watauga, Ashe, Alleghany and Wilkes counties. More information and button locations at www.brwia.com.

August 5, 4pm, Kinston, NC
Specialty Melons Field Day at the Cunningham Research Station. This field day is sponsored by the NC Specialty Crops Program at NC State University. For more information, contact Department of Horticultural Science Extension Specialist Jonathan Schultheis at jonathan_schultheis@ncsu.edu.

August 7, Fletcher, NC
Annual Tomato Field Day at the Mountain Horticultural Crops Research Station. See new up and coming varieties and learn the latest about disease, insect, and weed control for staked tomato production in western North Carolina. A NC Specialty Crops Program study on pumpkins, squash, and gourds will also be included. As always, the afternoon field day will be followed by a pig pickin' at Lake Julian. Visit www.ncspecialtycrops.org for more.

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We hope you will join us in continuing to build a sustainable future for farmers, consumers, and the natural resources on which we all rely.





Calendar of Events

August 9, 8:30am-4pm, Walterboro, SC Rediscovering The Farm: A Workshop for New & Experienced Farmers. Successful farmers and other experts will share first-hand experiences & what they've learned about producing crops, livestock, and value-added products. Keynote Presentation: Rediscovering the Rice Kitchen by Glenn Roberts, Anson Mills. For more information call 843-549-2595 ext. 125.

August 13, 6-8pm, Goldboro, NC Twilight Tour: Irrigation & Water at the Center for Environmental Farming Systems. Twilight Tours are a series of informal discussions on the production and management of vegetables, cover crops, forage crops, and livestock at the CEFS - Farm Unit. Visit www.cefs.ncsu.edu/calendar2008.htm for more.

August 20, 10am-3pm, Goldboro, NC Organic Certification Workshop at the Center for Environmental Farming Systems. This workshop will help you understand what you need to know and do to get your farm certified under the USDA's National Organic Program (NOP). If you are thinking about getting certified organic, this is the place to start! Visit www.cefs.ncsu.edu/calendar2008.htm for more.

August 25, 9am-4pm, Goldsboro, NC Developing Community Based Food Systems at the Center for Environmental Farming Systems. This workshop will provide the nuts and bolts of developing local food systems including conducting food assessments, developing new markets- direct and institutional, supporting new farmer programs, providing business support for new local food entrepreneurs, forming a food policy council, policies that deter and facilitate local food systems. Visit www.cefs.ncsu.edu/calendar2008.htm for more.

August 28, 9am-4pm, Goldsboro, NC

Pasture Establishment, Design and Management at the Center for Environmental Farming Systems. This all day workshop will include hands on training for agents and producers involved in outdoor pork production. Emphasis will be on techniques for helping farmers maintain groundcover in outdoor hog operations. Visit www.cefs.ncsu.edu/calendar2008.htm for more

August 29- September 1, Hendersonville, NC 2008 NC Apple Festival. The festival features a street fair with arts & crafts vendors, continuous live musical entertainment, apple growers and their apples, youth activities, food, and parade. Visit www.ncapplefestival.org/ for more.

September 6, 10am-6pm, Asheville, NC The Organicfest 2008 in is a FUNtastic celebration of everything organic and green. Join us for a festive day of live music, organic food and samplings, chef demos, speakers, fun activities for kids and the Organicfest Good Bug Parade at 1pm. More info online at www.organicfest.org.

September 10, 6-8pm, Goldsboro, NC Twilight Tour: Winter Cover Crops at the Center for Environmental Farming Systems. Twilight Tours are a series of informal discussions on the production and management of vegetables, cover crops, forage crops, and livestock at the CEFS - Farm Unit. Visit www.cefs.ncsu.edu/calendar2008.htm for more.

September 14, 5-7pm, Apex, NC ChathamArts' 3rd Annual Potluck in a Pasture at Jordan Lake Farm. Call (919) 219-9840 for details.

Bulletin Board and Calendar listings for non-profit events, workshops, resources etc. are free and will be run as space allows. Members may place one free listing a year selling farm products/services. All other listings are \$.20 word.

September 15, 6-8pm, Goldsboro, NC Biointensive Agriculture at the Center for Environmental Farming Systems. Biointensive mini farming offers a holistic approach to produce food in a sustainable way. The workshop will include topics on diet selection, compost crop utilization and low tech methods for food production. Visit www.cefs.ncsu.edu/calendar2008.htm for more.

September 20, 10am-5pm, Hatteras, NC Day at the Docks Cooking demonstrations using local seafood, chowder cook-off contest, fishing boats and gear on display, special activities for children, free admission. Visit www.dayatthedocks.org for more.

September 20- 21 CFSA Eastern Triangle Farm Tour Stay tuned to www.carolina-farmstewards.org for details.

September 22-24, NCSU Campus The Politics of Food-The ELP Food Tour National Conference ELP's Politics of Food national conference will engage participants in a challenging exploration of how and why our food system works as it does, whether it is secure, just, and sustainable, and how it might be reshaped for the future. The conference will provide an interactive forum that enables attendees to make new connections and share information around the common goal of developing visionary, yet practical, solutions to local and national food-related challenges. Contact adam@elpnet.org for more.

September 25, 10am-4pm, Hurdle Mills, NC How to Build Permanent Fencing at the WC Breeze Family Farm Agricultural Extension & Research Center. Participants will be able to observe many combinations of posts, wire and braces suitable for fencing cattle, goats, sheep and hogs. Visit www.cefs.ncsu.edu/calendar2008.htm for more.





Save the Date!

23rd Annual
Sustainable Agriculture Conference
October 31 - November 2, Anderson, SC

Keynote Speakers: Wes Jackson and Joel Salatin!

visit www.carolinafarmstewards.org or call (919) 542-2402 for details!



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