



Carolina Farm Stewardship Association

STEWARDSHIP NEWS

FALL 2009

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Year-Round Marketing Opportunities for Farmers

by Kari Brayman

The agricultural off-season is becoming obsolete. Farmers are continually developing year-round markets to stay afloat and keep profits flowing, even as the creeks are forming ice here in the Carolinas. Winter CSAs and markets, season extension, value-added product development, agritourism and networking are examples of non-dormancy in colder months. Winter is not just for seed ordering, equipment repair or planning for "next year" anymore: It's an opportunity to make money.

Just this month, Agriculture Secretary Tom Vilsack announced that the number of U.S. farmers' markets is up 13 percent from last year. Increasing demand for local food is supporting the growth of farmers' markets—all year long. Farmers' markets are staying open longer in the season and customers are still showing up. In fact, according to a Agricultural Marketing Service report published in May 2009, "year-round markets reported more

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Register for the CFSA annual conference... See page 4 for details.

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Farm Profile:

Lucky Acres Farm

by Diana Vossbrinck

Cleopatra. Cinderella. Sokrates. They make interesting family portraits, covering the walls of the back parlor in Joe and Gloria Williams' home. Joe points to each picture in turn, naming them with a twinkle in his eye, much like any proud papa. Displayed are the alpacas of Lucky Acres Farm, where these beautiful, gentle creatures are indeed a part of the family.

It was never really planned but Gloria Williams is a firm believer that things turn out the way they are supposed to. In 1994, the Williams were living in the Adirondack mountains. Joe was two years away from retirement when the two took a camping vacation to visit friends in South Carolina. They happened upon a newspaper ad for an "old homestead" property for sale, took one look at the 28 acres in Townville, and immediately pulled out a MasterCard to pay a retainer on the farm.

Two days after Joe's retirement from the state of New York, the Williams pair packed up the camper, originally purchased for Florida getaways, and made it their South Carolina home during the two years it took to build the farmhouse. Joe and Gloria had both been raised on small farms in the Northeast, so they took naturally to gardening and food preserving, returning to the sustainable lifestyle of their childhoods.



The alpacas were another happy advertising accident, some years later. Country Living magazine invited readers to learn more about a "huggable livestock investment" and Joe and Gloria simply couldn't resist! It took over a year of research and preparations, but in 2002, the Williams mortgaged the property and opened their farm to five alpacas: three pregnant females, one gelding, and one breeding male. The investment is not negligible. The Williams pay \$1,000 to \$5,000 for a male, and as much as \$22,000 for a female. Fortunately, Sweet Pea, Candy, Tabby, Micah Rock, and Majestic Knight continue to thrive and lead a herd now five times its original size.

Alpacas are members of the camel (camelid) family, indigenous to South America, and prized for their luxurious fleece. It is easy to sense the intelligence and gentle dispositions of the animals from the moment one steps onto the pasture. Gloria gathers the newest member of the herd into her arms. "Cody" is only one week old, all chocolate fluff with a slender

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Organizational News

From the Director: The Carolinas Are Fresh

Dear CFSA Members:

Last night I attended a screening of the new good food documentary, *Fresh*. It was an inspiring film, featuring many of the leading lights of the local organic food movement.



Professor John Ikerd, author Michael Pollan, and farmer George Naylor, president of the National Family Farm Coalition, play prominent roles examining the flaws of the industrial food system. Andrew Kimbrell of the Center for Food Safety forcefully disputes the agricultural chemical orthodoxy that organic farming can't feed the world. Joel Salatin of Polyface Farm gives his usual star turn.

A founder of Missouri's Ozark Mountain Pork Cooperative, Russ Kremer, tells how nearly dying from an antibiotic-resistant strep infection, that he contracted after being gored by one of his own pigs, lead him to turn his back on CAFO hog production and embrace pastured pork. Will Allen of Growing Power in Milwaukee offers a powerful example of how intensive urban farming is connecting low-income communities with healthy produce. And we see entrepreneur Diane Endicott of Good Natured Family Farms build markets for family farms and preserve local businesses in the Kansas City area.

What was most intriguing about the movie was the emphasis on the ingenuity and creativity these community food pioneers bring to solving the problems of our fragmented system of agriculture. The film shows the contagiousness of these ideas, from families committing to grow a half acre of veggies, to independent grocers putting local food on their shelves, to long-time conventional farmers getting out of commodity markets and into high-value ones.

The really great thing for me about watching *Fresh* was realizing that

here in the Carolinas we have counterparts for every natural farmer, every researcher, and every local food entrepreneur on the screen. This region is a national leader, unique in the Southeast, in actually putting in place an alternative to linear, chemical-dependent food production and consumption. And one of the great things for me about working at Carolina Farm Stewardship Association is that we bring those leaders together every year at the Sustainable Agriculture Conference to share their knowledge and experience with the community, and empower us all to lead our neighbors to a better way of farming and eating. This year's conference in Black Mountain, North Carolina continues that tradition.

Want to visit with someone who's been teaching people how to grow soil that will feed them and their neighbors year-round? There's a workshop with Dr. John Wilson at Black Mountain Community Garden. Want to learn from urban organic farms growing healthy food for all? Take the tour of Asheville's Gladheart Farms and the Bountiful Cities Project garden sites. Want to see natural, intensive-grazing, multispecies livestock producers in action? SAC has tours of Hickory Nut Gap Farm and the Warren Wilson College Farm, plus workshops with nationally-renowned experts on producing naturally healthy pastures and animals, Ann Wells and David Stender.

Want to find out how to build strong economies by building sustainable agriculture businesses? SAC's got you covered. There will

CAROLINA FARM STEWARDSHIP ASSOCIATION (CFSA)

CFSA is a membership-based organization of more than 1200 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.

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Newsletter Information

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. You may also submit classified ads, article ideas and corrections to Kari.



Organizational News

be veterans of 30-years of organic food distribution, from Bill Dow on CSAs to Bu Nygrens of California's Veritable Vegetable, a farmer-owned organic wholesaler that was the model for Eastern Carolina Organics. There will be new, successful, community-based ventures, like Foothills Family Farms' mobile poultry processing unit and CFSA's collaborative of bakers and farmers establishing a market for Carolina-grown organic wheat.

We'll have thought leaders in abundance, from our region's land grant universities, which are taking the lead nationally in supporting regional food systems thanks to people like Nancy Creamer, Geoff Zehnder, Paul Mueller and John O'Sullivan; to Tim LaSalle of the Rodale Institute, where they've spent more than a decade proving we can feed the world with organic food; to Mark Winne of the Community Food Security Coalition, which has lead the movement for getting healthy food in our nation's schools.

And more than anything, we'll have community. For 24 years, SAC has been the place for young and old, foodie and farmer, beginning growers and lifelong producers to gather, share with one another, and create connections that nurture our common dream of healthy agriculture for all. This year's conference location, nestled amid the scenic splendor of the Blue Ridge Mountains, is the perfect location to bring us together for learning and fellowship.

We can all be grateful to live in a place with so many ingenious, creative people who are working for a food system that is good for farmers, families and our environment. SAC is the place for meeting them, and I look forward to seeing you there.

Sincerely,

NC Organic Bread Flour Performs Well in Trials, And Tastes Great!

It is wheat planting time here in North Carolina. Although most of the planting will be soft wheat, hard (bread) wheat will also be sown. Last year's harvest of two varieties of organic hard wheat grown in Moore County received overwhelmingly positive feedback in both flavor and performance by the pilot group of bakeries from the North Carolina Organic Bread Flour Project (NCOBFP). These varieties, NuEast and Appalachian White, were bred and developed for production in the eastern United States by USDA-ARS plant pathologist and geneticist Dr. David Marshall, research leader of the Plant Sciences Research Unit in Raleigh, NC. The next step will be taking the wheat from 50-foot test plots into the field. Although most of Dr. Marshall's wheat is going to seedsman to grow out for seed, he has provided organic grower Kenny Haines with two acres worth of seed of each variety, to grow for the bakers.

The use of a 48-inch diameter stone-burr gristmill with sifters has been offered to this project for one year as a test mill. The estate of famous oven builder, baker, and author, Alan Scott, who passed away in January, is providing use of this mill. Alan was attempting a similar endeavor in Tasmania, Australia, before congestive heart failure stymied his efforts. It was Alan's work though, that inspired NCOBF Project Coordinator, Jennifer Lapidus, to do this work here in NC with the goal of linking the farmer, miller, and baker.

This trial use of a gristmill with sifters will enable the bakers to work with NC wheat on a production level, figuring out product, level of extraction, and grains (beyond hard wheat) that can be milled. The mill will be located in western NC, amid a high concentration of artisan bakeries and amongst the pilot group of seven bakeries. The pilot group has agreed that with each new batch of flour, they will provide feedback as to how

they used the flour, its performance, their likes and dislikes etc.

The goals of working with the mill for the year are to come up with product and work out operational logistics. The end goal is a micro milling facility devoted to organic NC grains. If the results from this experiment are positive after one year of using the mill, expect to see a campaign launched to raise money to pay the Scott family to purchase the mill.

Notice of CFSA Bylaws Change

On May 19, 2009, the CFSA Board of Directors unanimously recommended that the membership adopt a revision to the CFSA bylaws intended to empower members to develop programs or initiatives by region or issue-area. The proposed bylaws revision is printed below, and will offered for approval by the membership at the CFSA annual meeting, taking place from 1 to 2 PM on Saturday, Dec. 5, as part of the 2009 Sustainable Agriculture Conference at Blue Ridge Assembly in Black Mountain, NC.

The Board is recommending this change because the existing bylaws language on regional organizing has not been effective in promoting regional or inter-area collaborations by CFSA members, nor in promoting the overall effectiveness of the organization as a whole. By providing greater specificity about the process for self-organizing by groups of CFSA members, and by providing clarity about the relationship between member groups and the parent organization, the new language will make it easier for groups of members to organize under the banner of CFSA and promote our mission of promoting local and organic agriculture by educating, inspiring and organizing farmers, consumers and businesses. The changes would also ensure that locally-organized activities preserve and protect





24th **Sustainable Agriculture Conference**
hosted by carolina farm stewardship association

Join Us!

December 4-6, 2009
 Blue Ridge Assembly
 in Black Mountain,
 North Carolina.

The 24th Annual Sustainable Agriculture Conference.

*“Safe, Local, Organic:
 Building a Healthy Food
 Economy”*

The conference is fast approaching:
 Just weeks away! As you probably
 know, we are meeting at a beautiful
 and affordable retreat center near
 Asheville. Lodging is still available, but
 don't delay. We chose this location
 because it is a good place for network-
 ing and is affordable for everyone.

We have two top-rate keynotes:
 Timothy LaSalle from Rodale Insti-
 tute (Sat.) and Lynn Miller from Small
 Farmer's Journal (Friday.)

Notable speakers include Mark Winne
 from New Mexico (food security), Da-
 vid Stender from Iowa (pastured pork),
 Mark Schonbeck from Virginia (or-
 ganic weed control), Andrew Gunther
 from Texas (poultry), Ann Wells from
 Arkansas (animal health) and Bu Nyg-
 rens from California (food safety.) Also
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Organizational News

CFSA's non-profit status.

Proposed By-laws Change: Replace Existing Article V in current CFSA By-laws with the following:

Article V: Regional Committees
Section 1: Purpose. The purpose of a Regional Committee is to provide a mechanism for Association members in an area to network and participate in specific projects to promote local, organic food system development in that region.

Section 2: Formation: Members in a region or in a particular interest area seeking to form a Committee will notify the Association Executive Director of their interest in forming a Committee, including a description of the specific activity or activities that the Committee seeks to undertake. The Executive Director will approve the request to form the Committee and any proposed Committee activi-

ties unless there is reasonable cause to believe that such activities may be detrimental to the goals or reputation of the Association. The Executive Director may require the Committee to conform its operations or program of activities to particular standards, procedures, practices, or other terms, such as with respect to publicity, proper use of the Association logo, etc. The Executive Director will appoint a Committee Chair to serve as a liaison between the Committee and the Association staff, and the Committee Chair will be responsible for coordinating Committee activities and executing other activities on behalf of the Committee.

Section 3: Meetings: Committees will keep minutes for any meetings conducted as a part of the development or planning for a Committee activity, and will provide the Executive Director with copies of those minutes within seven (7) business days of any

such meeting.

Section 4: Finances: In order to ensure strong financial controls and good fiscal governance, which supports an unqualified (clean) audit opinion for purposes of the Association's 501(c)(3) status, receipt of funds and payment of expenses occurs through the Association's business office. If a Committee undertakes a fundraising activity or raises funds in any way, any such funds raised shall be the funds of the Association and shall be remitted to the Association business office within five (5) days of receipt by the Committee. A Committee may raise funds to support its planned activities if a budget is submitted and approved by the Executive Director in advance. If sufficient funds are available under the Board-approved budget for the year, the Executive Director may authorize expenditures of Association funds to support Committee activities, and any particular expenditures must be approved in advance by the Executive Director. No Committee or Committee member is authorized to accept any financial obligation on the Association's behalf. Any invoices for expenses for approved Committee activities must be provided directly to the Association's business office by the vendor.

Section 5: Representation of the Association: A Committee or its members may represent the Association before a government body, to the public, or in the media if specifically authorized to do so in writing by the Executive Director.

Section 6: Activity report: Upon the completion of the activity or activities for which a Committee is formed, the Committee will make a written report to the Executive Director on the Committee's work, including any recommendations for the continuation of the Committee. The Executive Director may authorize the continuation of the Committee if requested, unless there is reasonable cause to believe that such activities may be detrimental to the goals or reputation of the Association.

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- * Asheville, NC and surrounding areas. Loads are being organized to that area 4 times a year. Call Seven Springs Farm for details.
- * Boonville - Yadkinville area NC. Sanders Ridge Organic Farm Vineyard & Winery. Cindy Conti - 336-677-1700
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For more information on how you can make a bequest contact Roland McReynolds.

The Carolina Farm Stewardship Association
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Farm Profile: Lucky Acres Farm...(continued from cover)

neck, long delicate legs, and the large warm brown eyes of his mother, who murmurs softly in concern for her newborn.

The gestation period for alpacas is 11 to 11 ½ months, and Joe and Gloria have their females divided into one group birthing in early spring, and another in early fall, so the offspring (cria) can enjoy their first months of life on Lucky Acres in mild weather. The females are immediately bred again, and the cria are weaned after six months so the mother may carry the new pregnancy to term. At weaning, the cria are pastured with the herd's gelded males, who lovingly take on the care and protection of the youngsters.

Beyond their pleasing nature and the value of their fleece, Joe and Gloria find that alpacas have been an excellent choice for many reasons. Alpacas eat surprisingly little: a handful of hay, two cups of grain, and a small amount of grass consumed at pasture is enough to satisfy a grown animal. Joe fenced in nine pastures, and comments that while granddaughter Lily's freckled horse and two guard donkeys will clear a pasture in a couple of days, it would take the entire herd of alpacas an entire month to do the same! Small appetites have afforded Joe the opportunity to supplement farm income with hay production, and to his credit, Joe does all of his farming with a 1942 Ford Ferguson tractor he has painstakingly restored and maintained in mint condition.

Unlike some types of livestock production, the Williams have no odor issues to contend with, and truly, no noticeable smell comes from either the animals or their waste. Given access to the outdoors, alpacas will not soil the barn, and the manure collected from the pasture makes excellent fertilizer for both the hayfields and the vegetable garden. Contented chickens stay close to the herd, keeping parasites at bay.

Joe and Gloria tend to routine health-care of the alpacas themselves, administering scheduled inoculations and carefully monitoring newborns.

The Williams are fortunate to have a nearby veterinarian able to treat alpacas, but can only remember having an illness-related call once or twice over the years. Gloria credits the good health of the herd to several factors, including conditions that are not overcrowded, cleanliness, and minimal travel with the animals. Although Joe and Gloria do enjoy the occasional show for the camaraderie and educational opportunity, they admit they are not competitive in nature, and much prefer to enjoy the herd from the comfort of their own back porch.

The affection Joe and Gloria have for their herd makes fleece production an ideal fit for the Williams. Gloria confides that while she respects and appreciates farmers who produce livestock for meat consumption, it is simply not in her to raise an animal for slaughter. It obviously delights her to know that harvesting fleece is actually beneficial to the alpacas, providing them comfort in the hot months of summer.

Shearing is done once a year in April and includes even the newborns. After "skirting," or cleaning the raw fleece of dirt and hay, the fleece is then sent to a mill for further cleaning, carding, removal of coarse hairs, and finally—spinning into decadently soft yarn. The Williams take advantage of a premium service offered nearby at the Georgia Mountain Fiber mill, and each bundle of finished yarn is returned marked with the name of the individual alpaca who provided the fleece.

Gloria has found that this service has been key to effective marketing of both the yarn and her hand-knit finished work. Each item is pinned with a tag displaying the name and picture of its source animal, creating a unique connection between farm and sweater. It's a favorite feature to Gloria's customers, who will find her wares at the farm store, as well as various local fairs and festivals.



Although she values and prefers the interaction of a personal transaction, Gloria considers that maybe, maybe she will try internet marketing sometime in the future.

Meanwhile, Gloria looks to the day she can retire from her job as a medical records specialist and join her husband in full time farming. The chores are a labor of love at Lucky Acres Farm, and the couple enjoy doing them together, even though easily managed by one. Joe and Gloria both speak with great affection and appreciation of their land, their home, their herd. They tell the story of a stray dog called Lucky who became the farm's namesake, and how three weeks to the day their Lucky was buried, a nearly identical Red Tick Hound found its way to their home and hearts. Joe is certain Lucky is looking after them, but one might also guess that through love and hard work, Joe and Gloria have made their own fortune, and that Lucky Acres is, indeed, exactly where they are supposed to be.

Lucky Acres Farm welcomes visitors and groups by appointment, and is happy to share information and advice with other producers or the simply curious. After seven years of careful breeding and production, Lucky Acres livestock is now available to other caring producers.

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Keeping Bees: A Beginner's Journey

By Cheryl Ripperton Rettie

In the hot summer months this year I'd get up super-early to take advantage of the coolness to work in my garden, but even at 7am I'd find my co-workers had already arrived. I couldn't keep up with their efforts— weeding and picking were all I was able to manage, yet between us we raised the largest crop of tomatoes, cucumbers, peppers, and beans I've had in years. They didn't want any pay, were happy with minimal housing and while highly entertaining, did not demand much of my time.

Who were these miracle-workers?

One hive of bees— just one— made all the difference in my garden this year.

Autumn is the best time of year to start seriously thinking about keeping bees. You have enough time to gather information, prepare equipment, and order your bees before the first pollen-bearing plants wake up in the spring.

Find a Location

The first thing you should do is check to make sure you can keep bees, especially in urban areas; find out about any town or community ordinances and talk to your neighbors. Then find a location for your future hive. Choose a spot where you have easy access that gets morning sunlight and preferably dappled sun most of the day, in a place without heavy pedestrian traffic and out of the wind. Once you have your spot picked out, purchase your hive and equipment.

Purchase Hive & Equipment

There are a few options in terms

of types of hives you can choose. Most people use the Langstroth hive because it is easily available, uniform, the parts are interchangeable, and it allows you to inspect or work in the hive without damaging the bees. Top-bar hives are not as common but simulate the conditions of a wild bee colony while still allowing inspection and honey removal.



courtesy of naomijohnsonphotography.com

Like most hobbies, beekeeping comes with lots of extra "toys" you can purchase, and not all of them are necessary for everyone. The three essentials are the hive tool (a miniature pry-bar), smoker, and veil— everything else can be lived without, gotten around, or made from common household materials. You should order your equipment sooner rather than later. I cheated and purchased an assembled set of boxes and frames, so all I had to do was paint everything. That took longer than I expected, so I'm glad I got it all in November.

Order your bees!

There are different "breeds" of bees to choose from; each has its advantages and disadvantages. The most common type you can buy is the Italian, a very gentle, highly productive bee recommended for beginners. I chose the Russian type for its mite and disease resistance since I prefer to minimize chemical usage, and wanted bees for pollination, not honey production. As for their reputed aggressiveness, I have had no trouble even when working in the hive unprotected.

Order your bees from a reputable licensed and inspected breeder; check to see if they ship or need you to pick up. You can get a "nuc" or nucleus colony of a queen with four to five frames of bees already filled with brood (babies) that you put directly in your hive box, or a "package" of about 11,000 bees with a queen, all enclosed in a wire-sided cage the size of a shoebox, which you dump into your own empty frames. Order early for spring pickup or delivery; many suppliers sell out by December! Your bees can be shipped to you either UPS or by postal mail. Be prepared to have your local post office call you to pick them up immediately (mine called at 6:45am) and be ready to install them in your hive boxes that day. Most suppliers will include fairly detailed directions on installing your new colony, so I won't go into that process here.

Tend the Hive

At first, you may be nervous working in your hive— tons of bee stings waiting to happen! The more you visit, the less frightening it will be, I assure you. Many people use the big white "bee suits" that cover you from neck to wrist to ankle, plus gloves, a hat and veil. It's best to visit your hive in the late afternoon or early evening, when the bees are settling down for the night. I also work very slowly, without any sudden jarring movements that will anger or agitate my bees. The three things that I seriously recommend are: light colored clothing, flat-textured clothing that fits close to your body, and either a hat/veil or something to keep bees out of your hair. Bees will sting you if you wear dark clothes, can accidentally fly up a loose pants leg or sleeve, and will get caught in long hair, corduroy or fleece. Bees are also sensitive to odors, so try not to go near them wearing perfumes, or, as I did, after working with sweaty horses. Another interesting fact: bananas mimic

the garden gate



www.carolinafarmstewardship.org

exactly the bees' natural "alarm and danger" scent. If you visit them after eating a peanut butter and banana sandwich, be prepared to get stung!

You will need to add more boxes onto your initial hive (super) as the bee colony expands, or they will swarm. When overcrowded, they breed a new queen, and the old queen will leave to found a new colony, taking half of your bees with her! As your colony grows, you will begin to notice bees everywhere: in your garden, your flowerbeds, even on the clover of your lawn as you mow grass. Check your bees at least once a month to make sure they are doing well. As well as checking for signs of disease, you may need to treat them for mites, or even remove frames filled with capped honey ready for harvesting.

I don't claim to be a terrific beekeeper, or even an experienced beekeeper, but I can tell you that keeping bees is not as daunting as it first appeared. I personally feel that getting a hive of bees was the best thing I could do for the overall health of my local environment, taking into consideration the limits of my time and budget. Learning about beekeeping, and the habits and lifecycle of the honeybee itself, is a fascinating process. I strongly encourage anyone who has been thinking about it to just go ahead and do it- having honeybees is easy, fun, and, as my bountiful garden attests, delicious! 



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- Jesse Israel Garden Center
- Reems Creek Nursery
- Fifth Season Gardening Co.
- Appalachia School of Holistic Herbalism

Call or e-mail for a catalog

Vanishing Bees

The list of crops that simply won't grow without honey bees is a long one: Apples, cucumbers, broccoli, onions, pumpkins, carrots, avocados, almonds ... and it goes on.

Without bees to pollinate many of our favorite fruits and vegetables, the United States could lose \$15 billion worth of crops -- not to mention what it would do to your diet.

Beekeepers first sounded the alarm about disappearing bees in 2006. Seemingly healthy bees were simply abandoning their hives en masse, never to return. Researchers call the mass disappearance Colony Collapse Disorder, and they estimate that nearly one-third of all honey bee colonies in the country have vanished.

Why are the bees leaving? Scientists studying the disorder believe a combination of factors could be making bees sick, including pesticide exposure, invasive parasitic mites, an inadequate food supply and a new virus that targets bees' immune systems. More research is essential to determine the exact cause of the bees' distress.

Although the U.S. Department of Agriculture has allotted \$20 million over the next five years for research, that amount pales in comparison with the potential loss of \$15 billion worth of crops that bees pollinate every year. And the USDA has so far failed to aggressively seek out a solution.

If we don't act now to save the honey bee, it might be too late. And no honey bees will mean no more of your favorite fruits and vegetables.

Resources

WEBSITES

Action Alert & factsheet, "Why We Need Bees" from NRDC-
www.nrdconline.org

Agricultural Research on CCD
www.ars.usda.gov

North Carolina Beekeepers Association
www.ncbeekeepers.org

South Carolina Beekeepers Association
www.scstatebeekeepers.org

Growing Small Farms website with beekeeping info
www.ces.ncsu.edu/chatham/ag/SustAg/beekeeping.html

BOOKS

Beekeeping for Dummies by Howland Blackiston
The Backyard Beekeeper by Kim Flottum



Year-round Marketing Opportunities for Farmers...*(continued from cover)*

“According to a Agricultural Marketing Service report published in May 2009, ‘year-round markets reported more than three times the sales of markets operating six months or less, had more than twice the number of vendors, and slightly more than six times the number of weekly customers’.”

than three times the sales of markets operating six months or less, had more than twice the number of vendors, and slightly more than six times the number of weekly customers”. Yet, 88 percent of markets are still seasonal, open, on average, 4.5 months per year.

Folks in Columbia, South Carolina have the right idea. The All Local Farmers’ Market is open every Saturday, all year long, from 8 to noon. The market offers all-natural or organic produce, beef, eggs, chicken, lamb, pork, grains, honey, flowers, and milk from local farmers. The market also boasts vendors with baked goods, award-winning hot sauces, goat milk soaps and lotions,

handmade items, live music and their famous “state plate” breakfast made from market ingredients. Emile DeFelice, market founder, says “this market is special for a lot of reasons—our full food lineup, year-round schedule, and especially our free-market approach to market funding.” The vendors share half the rent and expenses, the other half sponsored by Anson Mills, an organic heirloom grain supplier in Columbia.

Community supported agriculture (CSA) is experiencing the same growth trend. Winter CSAs are popping up around the region offering an abundance of seasonal or value-added farm products. Winter Sun Farms near Asheville, North Carolina has almost sold out of their winter shares. Members will get local frozen blueberries, blackberries, raspberries, strawberries to make smoothies and desserts with, as well as frozen vegetables: broccoli, butternut squash, collards, kale, eggplant, green beans, edamame, peppers, sugar snap peas and plenty of recipes. Greenhouse producers take advantage of an extended growing season providing lettuces to CSA customers too.

“There is nothing on the grocery store shelves that competes with value-added items made from locally grown fruits and vegetables”, says Laura Dominkovic of Blue Ridge Food Ventures, a food incubator in Candler, NC. Products like sauces, salsas, dips, chutneys, jams, pickles, and frozen produce can be sold to almost any outlet that produce, meat or dairy can. Many local food coops and natural grocery chains welcome farmers’ value-added products as long as they meet United States Department of Agriculture food processing guidelines and were produced in an inspected facility.

“Innovative farmers looking for ways to expand their farm offerings might have a favorite family recipe that uses something they grow

on their farm and that they want to turn into a marketable product. Food incubators in their vicinity have staff to help with recipe development, or give an interesting twist to an existing recipe to make it more unique and appealing, and help with the initial processing”, says Dominkovic.

Cold weather agritourism is another option for attracting visitors to your farm. Paid demonstrations, festivals, on-farm lodging, workshops, potlucks or formal dinners can bring in some extra cash while planting the seed for future CSA members or creating future farmers’ market customers.

Cold, grey, dismal days may not be ideal for growing vegetables but can be an excellent time to work on overdue farm marketing initiatives. Maybe it’s time to update (or create) that logo. Do you need a brochure or blog for your CSA? Yes, I said, “blog.”

And twitter, and facebook and website and ipod ap. Technology moves fast, especially when your occupation does not require that you keep up with it. So when it comes to electronic marketing, I suggest calling your techie friend and offering them a CSA share in trade for their services. Unless you really like computers, then come to the 24th Annual Sustainable Agriculture Conference (see page 4 for details) for the “Internet and Social Networking Opportunities for Farmers” workshop.

Attending conferences and meetings to network with members of the food and farm communities is crucial. Each farmer has the opportunity to become the “go to” person for one particular thing. Are you the Broccoli Guy or the High Tunnel Person or the Organic Grains Lady? Teaching about your area of expertise can really boost visibility of your farm and you never know when you might run into another marketing opportunity. 





NC Sustainable Christmas Trees and Wreaths Directory from toxicfreenc.org

Bluebird Hill Farm

Norma Burns
421 Clarence Phillips
Road
Bennett, NC 27208
(336) 581-3916

Chavis Family Heritage Farm

Brenda Chavis
2184 McDonald Rd.
Fairmont, NC 28340
910-628-5600
b_g_chavis@yahoo.com

Crows Nest Farm

Charlie O'Dell
1859 Brookfield Road
Blacksburg, VA 24060
540-552-5550

Flying Cloud Farm

Annie & Isaiah Perkinson
1860 Charlotte Hwy.
Fairview, NC 28730
(828) 628-3348
www.flyingcloudfarm.
net

Gaining Ground Farm

Anne and Aaron Grier
8 Old Coggins Place
Asheville, NC 28805
(828) 545-2362
sluderbranch@yahoo.
com

Green Hill Urban Farm

Mike Fortune
40 Green Hill Ave
Asheville, NC 28806
(828) 775-0548
www.greenhillurbanfarm.
com

Green Toe Ground

Nicole and Gaelan Coro-
zine DelCogliano
Grindstaff Rd
Burnsville, NC 28714
828-675-0171

Jorkas Farms

421 Hwy 16 North
Crumpler, NC 28617
828 406 0339 (cell)
336 982 4256 (home)
info@jorkasfarms.com
www.jorkasfarms.com/

Mountain Farm

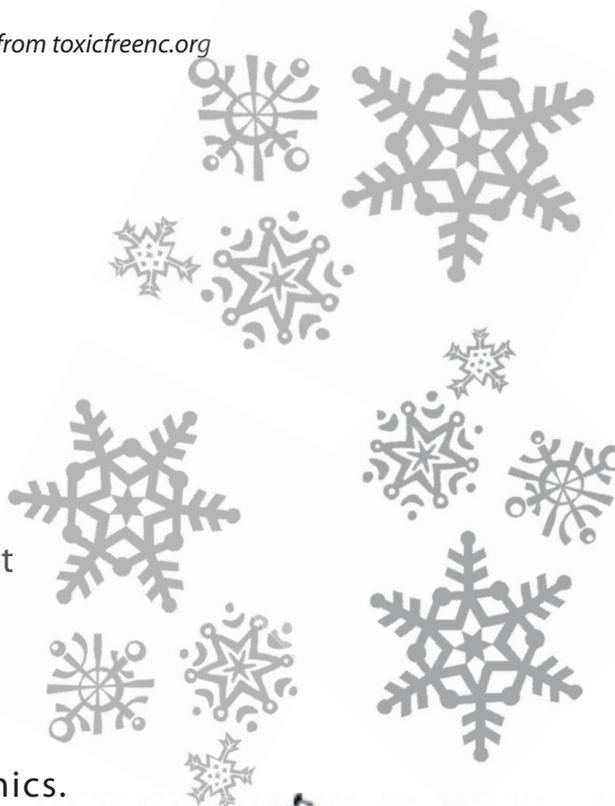
Marilyn Cade
125 Copperhead Bend
Burnsville, NC 28714
(828)675-4856
www.mountainfarm.net

Scott Farm Organics

Trent & Rebecca Scott
Highway 17 South
New Bern, NC 28562
252-224-1809
www.scottfarmorganics.
com
scottfarmorganics@yahoo.
com

Rogue Harbor Farm

Aubrey & Linda Raper
701 Peter's Cove Rd
Marshall, NC 28753
828-689-4586
aubreyr@madison.main.
nc.us





by Aaron Vandemark

Radishes. Gross. Boring. Blah.

I don't like them either. They're darn pretty to look at though. It seems strange then, that God or Nature would bury something so pretty in the ground?

In December, Cherry Belle's light up the farmer's tables at the market like red Christmas lights among the vegetable ornaments and backdrop of winter greens. I confess. I lied earlier when I said I didn't like them. I was just saying that to be your friend so when I try to convince you that they're actually delicious, you might believe me. The truth is, I enjoy the pickle crisp snap of a radish bite and the spicy, watery, crunchy, even sweet undertones that follow. I love the colorful pink, purple and red halos around the angel white center of shaved Easter egg radishes in a salad of brilliant green baby lettuces. Put them in your favorite slaw or that braised pulled pork taquito. Pickle them in the Vietnamese tradition and use them as a condiment.

I recently had a radish immersion experience: I was fortunate enough to be asked to participate in a cooking demonstration at the Durham Farmers' Market. We were asked to prepare something to eat from the vegetables at the market, highlighting one secret ingredient to be revealed the morning of the event. Of all the many choices, they chose freakin radishes! A few choice words went through my mind as I realized I had two hours to make a radish lunch for a hundred ravenous market dwellers. The result...whole wheat ravioli filled with grilled radish tops and ricotta in shaved radish-parsley butter sauce, compliments of Brinkley Farm, Fickle Creek Farm, Four Leaf Farm and Chapel Hill Creamery. Under the

circumstances, it came out pretty good.

As an aside, it should be noted that we don't grill enough greens in this world and I urge you to try it sometime: Drizzle larger greens, say raab or turnip or chard, with olive oil or garlic oil,

lightly salt them and toss them "leaf open" on the grill. It will only take a matter of seconds to lightly char them. At that point you can eat them as is (they can be reminiscent of popcorn to me) or simmer them down in some stock and tomatoes or whatever you like. The grill will add a nice depth of flavor for you.

Where were we? Radishes. Delicious. Exciting. Booyah!

Panciuto
110 S. Churton St.
Hillsborough, NC
27278
(919) 732-6261
panciuto.com

About the Chef

Aaron Vandemark, chef and owner of Panciuto, grew up in Durham and Chapel Hill, NC. After graduating from Emory University with an economics degree and moonlighting in the restaurant underbelly, he made the decision to pursue a career in the restaurant business. Johnson and Wales culinary school followed along with restaurant jobs from North Carolina to Atlanta and back again. In 2006, Aaron opened Panciuto in Historic Downtown Hillsborough. The restaurant focuses on cooking with products raised in our area by great farmers that keep the land and their animals healthy and happy. Aaron and his 'radish pretty' wife Aimee live in Hillsborough with their newborn son and crazy dog, Ivy.

recipe

This recipe is unconventional only in the sense that it isn't quantified. Allow yourself the freedom to taste, using your palate to make quantifiable decisions during the cooking process. You must taste as you go.

If you like making pasta and have an abundance of radishes and a mandolin, give this a try. Cut your radish greens at the base and wash them and the radishes. Shave the radishes very thinly, almost translucent and put them aside. Lightly dress the greens in olive or garlic oil and salt them ever so lightly. Toss them on a hot grill until they lightly char in places but remain mostly green (usually in the 15-20 second range). Remove them from the grill and chop them very finely. Your ricotta quantity should be nearly twice that of your grilled greens. The idea is to get that grilled greens flavor to permeate the milky ricotta, so add more or less as you like. Slice and then chop a few scallions and add to the ricotta and the greens. Finally add a wiggle of olive oil and a squeeze of lemon. Stir it up well and season to taste with salt and pepper. This is the time to make adjustments to your quantities as you see fit. When it tastes good, your filling is done.

Roll your pasta ball to the lowest setting so you have an even number of pasta sheets. Place dollops of filling on your first sheet of pasta spacing them the same distance apart as the dollop is wide. I prefer a smaller ravioli for this filling. Drag a watered finger between the filling and lay your second sheet of pasta on top. Starting at one end, seal the ravioli, pressing between and around each filling pushing the air out as you go until you reach the other end of the pasta sheet. Cut them up. They'll cook for about a minute or two at most, but before you do that, put together the sauce.

Add a few tablespoons of water and a single tablespoon of cream to a large sautee pan. Then add a stick or two of butter. Over low heat, melt this mixture down stirring most of the time to emulsify the butter. Once it's melted, keep your heat low and add more water or butter as needed to create a slightly viscous buttery emulsion. Add your shaved radishes. Add some chopped Italian parsley and more sliced scallions. Season to taste with salt and pepper. Add your cooked ravioli, toss well and continue to warm it for another minute or two allowing the two parts to meld and then serve with a few breadcrumbs on top.





Triangle "Crop Mob" tackles farm chores in group raids

On a sweltering Sunday last August, a peaceful mob of 35 local farmers, armed with shovels, hoes and wheelbarrows, raided Serendip Farm in Orange County.

But instead of a traditional raid, which is about taking, this raid was about giving: The Crop Mob, as the group is known, spent five hours cutting down starter crop, tilling beds, weeding and mulching—for free. For the past year, the local Crop Mob, mostly landless, self-proclaimed farmers, has spent one Sunday each month "raiding" a small farm that is not theirs, working the land and planting and harvesting crops. *indyweek.com*

Greensboro Farmers' Curb Market customers want it kept local

For regulars at the city's 135-year-old Farmers Curb Market, buying locally grown food is a big draw. They stroll the narrow market aisles Wednesdays and Saturdays, looking for just the right tomatoes, bumping into friends, and relishing their support of area farmers. But some customers and vendors spoke up Wednesday night to say that the market is in danger of losing what sets it apart from all the supermarkets of the world: the assurance of buying local food from the farmers who grew it. "I believe that we are literally fighting to save the market," said Mary Hess, a longtime market customer. In some cases, she said, vendors are buying food from elsewhere and presenting it as their own produce. *news-record.com*

North Carolina ag exports top \$3 billion

North Carolina exported \$3.1 billion worth of agricultural products in 2008, a 51 percent increase over the previous year, Agriculture Commissioner Steve Troxler has announced. It is the first time North Carolina ag exports have topped the \$3 billion mark. "Agricultural exports are im-

portant to North Carolina's economy," Troxler said. North Carolina's agricultural export value ranked 13th among all states during the federal fiscal year covering Oct. 1, 2007, to Sept. 30, 2008, according to the U.S. Department of Agriculture's Economic Research Service. North Carolina is the nation's top tobacco exporter, and

under the slowest warming scenario, and 63 percent to 82 percent under the quickest. *newsobserver.com*

Farmers say "NO" to NAIS

More than 90 organizations representing conventional farmers, organic farmers, property rights activists

FOOD FOR THOUGHT?

AGRICULTURE & FOOD NEWS FROM THE CAROLINAS & BEYOND

ranks third in poultry products and fifth in cotton and peanuts sold to other countries. *southeastfarmpress.com*

USDA considers new food safety rules for spinach

Federal food safety officials plan to hold public hearings about a proposal that backers say will help keep bacteria-tainted spinach and lettuce from reaching grocery shelves.

The U.S. Department of Agriculture wants to gauge public support for an industry proposal that would enforce standards for producing, handling and inspecting leafy greens nationwide.

The proposed voluntary guidelines are an attempt to prevent another disaster like the massive E. coli outbreak in spinach in 2006. That outbreak killed three people, sickened 200 and cost the industry \$80 million in lost sales.

Climate Change Could Cut Yields, Says Study

Even if global temperatures rise slowly, climate change could slash the yields of some of the world's most important crops almost in half, according to a new study co-authored by an N.C. State University scientist. The study, recently published online in Proceedings of the National Academy of Sciences, looked at three frequently used scenarios for global warming. It found that the average U.S. yields for corn, soybeans and cotton could plummet 30 percent to 46 percent by the end of the century

and consumers have sent a letter to Senate and House conferees for the Agriculture Appropriations bill urging them to zero out funding for the National Animal Identification System for 2010.

The House version has done that, but the Senate version of the bill cuts funding for NAIS to \$7 million.

Congress has "wasted" more than \$140 million on the "flawed" NAIS program with little to show for it, according to a press release from the National Family Farm Coalition and other groups.

"USDA listening sessions over the past few months showed 80 to 90 percent of producers adamantly opposed to NAIS," said Rhonda Perry, a Missouri livestock farmer. *pal-item.com*

Recession not driving ethical spending underground

According to market researcher, Packaged Facts, a report found the recession had not wilted sales in eco-friendly and green items; natural and organic; humane and fair trade with a third of adults willing to pay more for organic goods and a quarter frequently purchasing them.

Composition of milk, rbST or not, is the same

A panel of physicians, nutritionists, and animal scientists has completed a review of the research relevant to recombinant bovine somatotropin (rbST) and found no link to human health risks from drinking milk. *farmanddairy.com*





er Opportunities...

Appalachian Harvest Offers Wholesale Opportunities for Organic Producers

Appalachian Harvest (AH) is a growers network of certified organic vegetable growers and free range egg producers that provides fresh, seasonal produce to supermarket and wholesale buyers throughout the southeastern United States. Our primary packinghouse is in Duffield (Scott County), VA, but we welcome growers from Virginia, Tennessee and North Carolina. Because of the rapidly growing market for fresh, local, organic foods, we are always interested in attracting new, quality-oriented growers to our network.

Here are a few reasons to consider Appalachian Harvest as a marketing opportunity for your farm:

- 1) We have developed strong working relationships with some of the best buyers in the region – Whole Foods, Ingles, Ukrops, Food City, Lancaster Foods and Earth Fare Markets just to name a few.
- 2) Our marketing strength stems from the production capacity of over 60 farms scattered throughout the region – by sharing in the produc-

“Appalachian Harvest has allowed our family to see the return of our family farm....They provide growers with real alternatives and solid markets to sell their crops and help sustain their family operations.” -JB; Appalachian Harvest grower; Lee County, VA.

- tion we can better meet the weekly produce demands of our buyers.
- 3) We develop weekly demand numbers in the early spring and coordinate the planting schedules of our growers to help balance the tricky relationship between demand and production. This way you can grow to a demand that you know exists rather than plant for a demand that you hope is there when the crop comes in.
- 4) In the off season we hold monthly growers’ meetings to keep abreast of current developments and to network for bulk purchases of supplies for the upcoming season. We also schedule valuable training sessions and farm tours to help promote good ideas and new insights into productive organic farming.
- 5) Our unique “Growers Group Certification” allows producers to obtain organic certification on crops grown for Appalachian Harvest at a fraction of the cost of organic certification through an independent certifier. This program is administered

through Quality Certification Services (in Gainesville, FL). All of the rules and requirements of the USDA National Organic Program apply.

For more information about marketing and educational opportunities through the Appalachian Harvest growers network, please contact:

Robin Robbins (Marketer) at (276) 608-5892 or ahmrkt@yahoo.com
John Britton (Farm Coordinator) at (276) 274-6203 or ahfarmjohnb@yahoo.com
Tom Peterson (Education Coordinator) at (276) 623-1121 or tpeterson@asdevelop.org to be added to the AH mailing list.

You may want to check out www.asdevelop.org as well.



JOIN CFSA NOW!

YES! I want to help build the local and organic movement in the Carolinas.

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Go to our website, www.carolinafarmstewards.org • Call us at (919) 542-2402
Or, mail this form and your payment to: P.O. Box 448, Pittsboro, NC 27312

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

November 2, 2009

Farm Show and Tell at Piedmont Biofarm from 4:30 pm til dark in Pittsboro, NC. For more information contact Debbie Roos at 919-542-8202.

November 2, 2009

Community gardening roundtable at Reynolda Gardens in Winston-Salem, NC. Call (336) 758-3485 for more.

November 4, 2009

Linking Lands and Communities Open House in Marshall, NC. Visit www.linking-lands.org for more.

November 5, 2009

Seed and Story Swap with a Local Food Dinner at Mars Hill College, NC. Contact Amy Carraux acarraux@mhc.edu (828) 689.157 for more.

November 6-7, 2009

Rainwater & Greywater Catchment Workshop at Asheville Institute (AVI), Asheville, NC. Visit www.ashevillage.org for more.

November 7, 2009

OakMoon Basic Cheese-making Workshop in Bakersville, NC. Email or call for details, oakmoonfarm@verizon.net, (828) 688-4683.

November 7, 2009

Introduction To Beekeeping at the Folk Art Center in Asheville NC. Visit www.wncbees.com or call Amanda Stone (828) 255-5522 for more.

November 7, 2009

1st Annual Poulet Soirée at the Inn at New Town Farms in Waxhaw, NC. Contact newtownfarms@windstream.net for more.

November 9, 2009

Sustainable Agriculture Lecture: "Steps to Successful Urban Farming" at NCSC in Raleigh, NC. Contact cefs_info@ncsu.edu for more.

November 9, 2009

CEFS Sustainable Agriculture Lecturer: Will Allen, Founder & CEO of Growing Power, Inc. from 7:00-8:30 pm at the McKimmon Center in Raleigh, NC. Contact cefs_info@ncsu.edu for more.

November 10, 2009

Linking Lands and Communities Open House in Brevard NC. Visit www.linking-lands.org for more.

November 12, 2009

Beef Cow Wintering Management Workshop at CEFS, Goldsboro, NC. Contact cefs_info@ncsu.edu for more.

November 14, 2009

Celebrating our Local Food Traditions...with Apples in Asheville, NC. Visit www.slowfoodasheville.org for more.

November 14, 2009

OakMoon Basic Goat Husbandry Workshop in Bakersville, NC. Email or call for details, oakmoonfarm@verizon.net, (828) 688-4683.

November 14, 2009

Split Creek Farm Arts & Crafts in the Barn Yard in Anderson, SC. Visit www.splitcreek.com for more.

November 13-14, 2009

2009 American Livestock Breeds Conservancy Annual Conference at Clarion Hotel State Capital in Raleigh, NC. For more information about the conference, visit the conference website at <http://albc-usa.org/Conference2009/ALBCconference2009.html> or call ALBC at 919-542-5704.

November 18, 2009

Food Safety: From Production to Sales at CEFS, Goldsboro, NC. Markets are demanding more measures of food safety and the goal of this workshop is to provide tools and hands-on experience to meet these increasing demands. Contact cefs_info@ncsu.edu for more.

November 18, 2009

Helping North Carolina Farmers Go Green in Mills River, NC. A series of meetings scheduled for October and November are designed to help North Carolina's farmers go green by providing \$1 million dollars to help them save energy, while increasing farm profits. Visit www.ncfarmenergy.org for more.

November 20, 2009

Linking Lands and Communities Open House in Flat Rock, NC. Visit www.linking-lands.org for more.

December 4-6, 2009

24th Annual Sustainable Agriculture Conference at the YMCA Blue Ridge Assembly in Black Mountain, NC. Visit <http://www.carolinafarmstewards.org> for more.

December 11, 2009

Linking Lands and Communities Open House in Brevard NC. Visit www.linking-lands.org for more.



^{24th} sustainable agriculture conference

hosted by carolina farm stewardship association

December 4-6, 2009 in Black Mountain, NC

register at www.carolinafarmstewards.org



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