

carolina farm 
stewardship association

THE
EASTERN TRIANGLE

farm tour



September 15-16, 2012
1-5 P.M.

carolinafarmstewards.org

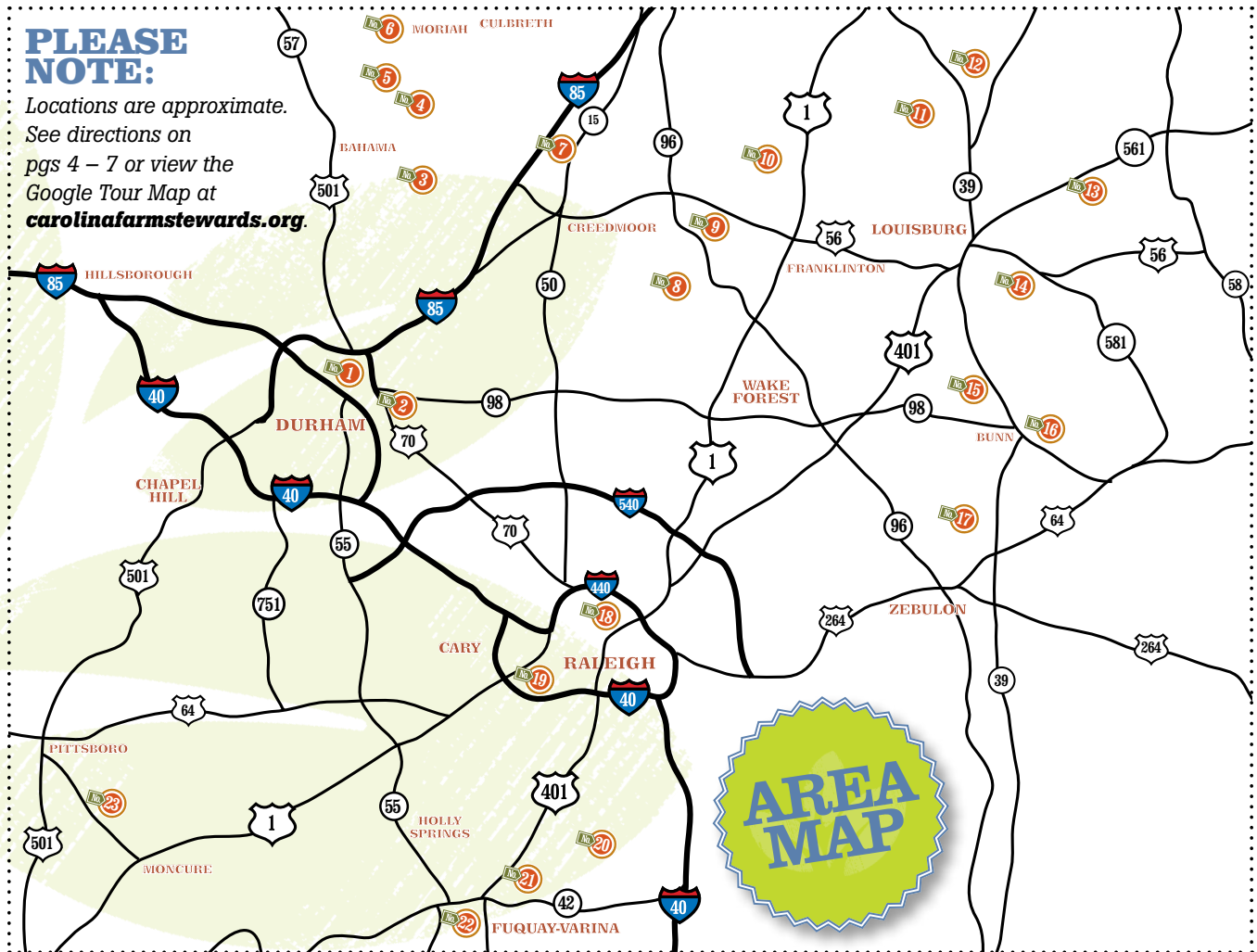


23
FARMS!
4 NEW
STOPS!

7TH ANNUAL EASTERN TRIANGLE FARM TOUR

PLEASE NOTE:

Locations are approximate.
See directions on
pgs 4 – 7 or view the
Google Tour Map at
carolinafarmstewards.org.



FARM LOCATOR

1. **SEEDS Educational Garden**
706 Gilbert St.
Durham, NC 27701
2. **Homegrown City Farms (NEW!)**
613 Pleasant Dr.
Durham, NC 27703
3. **Architectural Trees**
6404 Amed Rd.
Bahama, NC 27503
4. **Bull City Farm (NEW!)**
4610 Hall Rd.
Rougemont, NC 27572
5. **Prodigal Farm**
4720 Bahama Rd.
Rougemont, NC 27572
6. **Hundred Acre Wood Farm & Sanctuary**
548 Potluck Farm Rd.
Rougemont, NC 27572
7. **Son Rise Farm (NEW!)**
2081 Winston Rd.
Creedmoor, NC 27522
8. **Homestead Harvest Farm**
3721 Graham Sherron Rd.
Wake Forest, NC 27587
9. **Turtle Mist Farm**
221 Suitt Rd.
Franklinton, NC 27525
10. **Betsey's Bees (SUN. ONLY)**
1226 Mt. Olive Church Rd.
Franklinton, NC 27525
11. **Melvin's Gardens Herb Farm**
2863 Sims Bridge Rd.
Rocky Ford, NC 27544
12. **Mae Farm**
57 Mitchell Church Way
Louisburg, NC 27549
13. **Lucky 3 Farm**
384 Greys Mill Rd.
Louisburg, NC 27549
14. **Meadow Lane Farm**
571 Leonard Farm Rd.
Louisburg, NC 27549
15. **Ray Family Farms**
6913 Pearces Rd.
Louisburg, NC 27549
16. **Vollmer Farm**
617 NC Hwy. 98E
Bunn, NC 27508
17. **Rare Earth Farms**
160 Mullen Rd.
Bunn, NC 27597
18. **Raleigh City Farm (NEW!)**
800 N Blount St.
Raleigh, NC 27604
19. **Inter-Faith Food Shuttle Farm**
4505 Tryon Rd.
Raleigh, NC 27606
20. **Spain Farm (SAT. ONLY)**
6220 Standing Oaks Ln.
For Entrance: 1320 Pagan Road
Raleigh, NC 27603
21. **Hilltop Farm**
6612 Kennebec Rd.
Willow Springs, NC 27592
22. **Covenant Community Garden**
100 South Judd Parkway SE
Fuquay-Varina, NC 27526
23. **Edible Earthscapes**
4803 Moncure-Pittsboro Rd.
Moncure, NC 27559

This publication is printed on
100% recycled paper with soy inks.



7TH ANNUAL EASTERN TRIANGLE FARM TOUR



TO TAKE THE TOUR:

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

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

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

RALEIGH

WHOLE FOODS MARKET
8710 Six Forks Road

WHOLE FOODS MARKET
3540 Wade Avenue

HARMONY FARMS
5653 Creedmoor Road

CARY

WHOLE FOODS MARKET
102B New Waverly Place

DURHAM

WHOLE FOODS MARKET
621 Broad Street

CHAPEL HILL

WHOLE FOODS MARKET
81 S. Elliott Road



2. > DAY OF THE TOUR TICKETS \$30 FOR ALL FARMS, \$10 PER FARM

(Buy buttons at the first farm you visit.)

TO BE A PART OF IT:

VOLUNTEER ONE AFTERNOON AND ATTEND THE WHOLE TOUR FOR FREE!

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

Email: fred@carolinafarmstewards.org

QUESTIONS?

CALL CFSA 919-542-2402

The tour is co-sponsored by:

carolina farm 
stewardship association



TIPS for Taking the Tour:

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

Farm Tour Rules:

Please DO NOT:

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

7TH ANNUAL EASTERN TRIANGLE FARM TOUR

SEEDS EDUCATIONAL GARDEN

Vegetables • Fruit • Herbs
Flowers • Mushrooms

ALEXIS MASTROMICHALIS

706 Gilbert St.

Durham, NC 27701

919-683-1197

amastromichalis@seedsnc.org

seedsnc.org

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

Sunday at 1:30 PM: Garden guru Frank Hyman will teach a free one hour workshop on fall veggie crops!

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

HOMEGROWN CITY FARMS

NEW!

Vegetables • Fruit
Herbs • Flowers

COLLIER REEVES & MARYAH SMITH-OVERMAN

613 Pleasant Dr.

Durham, NC 27703

434-426-4317

homegrowncityfarms@gmail.com

homegrowncityfarms.com

Come see one of Durham's newest urban farms and learn how to grow a lot in the city. The farm produces veggies, flowers, herbs, and fruit on a quarter acre of land. We operate a CSA and sell to restaurants like Vin Rouge. Kids, come make your own seed balls and have a ball!

Saturday at 1:30 PM: Durham's Bountiful Backyards will teach a free one-hour workshop on edible landscaping for land regeneration and human nutrition!

Directions: Pleasant Dr is between US 70/ South Miami Blvd & Angier Ave in east Durham. (Park on Granada Dr & take wooded path.)

BULL CITY FARM

Eggs • Vegetables • Meat

SAMANTHA & SCOTT GASSON

4610 Hall Rd.

Rougemont, NC 27572

919-477-6684

samantha@bullcityfarm.com

bullcityfarm.com

Come and visit us on our small, diversified, family farm in northern Durham County. You'll have a chance to meet Shaun the St Croix hair sheep, our heritage breeds of chickens, our emu, and our beautiful Jersey cows. We'll have eggs, vegetables, plants, and meats for sale. All the animals look forward to seeing you!

Directions: From Durham, head north on 501 towards Roxboro. Turn right on Bahama Rd, which is 5.3 miles north of Infinity/Latta Rd. Go past Bahama and over Lake Michie. Take 3rd right onto Hall Rd, almost to the end.

PRODIGAL FARM

Goat Cheese

KATHRYN SPANN

& DAVE KRABBE

4720 Bahama Rd.

Rougemont, NC 27572

919-477-5653

prodigalfarm.com

We are a farmstead goat cheese dairy on a 97-acre former tobacco farm. We'll have tours of our milking parlor and cheese making room. Play with our friendly, Animal Welfare Approved herd of 200 dairy goats, including Fifi and Feather, Miracle and Coraline. We'll have cheese, bread, goat meat, and goat cheese cheesecakes to taste and buy – a picnic in the making!

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

ARCHITECTURAL TREES

Conifers • Japanese Maples
Specimen Ornamentals

JOHN MONROE

6404 Amed Rd.

Bahama, NC 27503

919-620-0779

archtrees@aol.com

archtrees.com

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

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

27th Annual CFSA Sustainable Agriculture Conference

OCTOBER 26 - 28, 2012
BEAUTIFUL DOWNTOWN
GREENVILLE, SC

Workshops, Tours, and Exhibits
Locally-sourced Meals
Keynote: Debra Eschmeyer;
Founder, FoodCorps

CAROLINAFARMSTEWARDS.ORG

BRING A COOLER!



Many farms offer products for sale during the tour!

7TH ANNUAL EASTERN TRIANGLE FARM TOUR

HUNDRED ACRE WOOD FARM & SANCTUARY

No. 6

Beef • Pork • Wood Products

JIM & CATHY DYKES

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

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

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

SON RISE FARM

No. 7

**Goat Milk Soap • Knit Items
Handspun Yarns • Eggs**

JOY MELANSON THOMAS

2081 Winston Rd.
Creedmoor, NC 27522
919-426-4690

joy@shepherdofspots.com

shepherdofspots.com

Our Fiber Flock (mostly Jacob sheep) provides wool and our French and English Angora rabbits provide angora. We raise ADGA registered Nubian dairy goats and practice the "old-fashioned" art of hand milking, hand shearing, hand carding wool, hand spinning yarn, weaving on a triangle loom, knitting, crocheting, and soap making. We avoid overstocking our pasture, practice rotational grazing, collect rainwater, and limit the use of chemical wormers. Come see our great demonstrations!

Directions: Take US15 North from Creedmoor. Pass the former Georgia Pacific plant on the right. Turn left onto the next paved street — Winston Rd. Our farm is on the right, just past the "Road Ends 500 Feet" sign. Park along the street.

HOMESTEAD HARVEST FARM

No. 8

Eggs • Chickens • Ducks

JAN CAMPBELL

3721 Graham Sherron Rd.
Wake Forest, NC 27587
919-556-4853
HomesteadHarvestFarm@gmail.com

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

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

TURTLE MIST FARM

**Lamb • Beef • Duck • Pork
Cornish Hens • Turkeys
Produce**

BOB & GINGER SYKES

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

turtlemistfarm.com

Visit with our many friendly animals: sheep, beef cattle, heritage turkeys, ducks, quail, peafowl, guineas, and Berkshire hogs. See the naturally tinted eggs from our Amerucana hens and learn about our raised and vertical gardens. Enjoy a hayride and a ride on Stone, our Percheron draft horse. Meat, produce, and snacks for purchase, plus a Kid Activity Zone. Picnic under our great oak tree. Guesthouse available for farm vacations.

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

BETSEY'S BEES

Honey

BETSEY SPENCER

1226 Mt. Olive Church Rd.
Franklinton, NC 27525
919-494-7833
betseysbees2@gmail.com

No. 10

ONLY OPEN SUNDAY

Come see this lovely little farm that supports 85 honeybee hives. We can show you the bees, how they make honey, and explain the importance of pollination for the food we eat. We have a shop building where equipment is made and repaired, honey is extracted, and wax is melted. There is also a grafting shed used in the production of queen bees. Some hives are available for small-scale pollination jobs.

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

MELVIN'S GARDENS HERB FARM

**Tomatoes • Culinary Herbs
Vegetables**

LINDA & BOBBY MELVIN

2863 Sims Bridge Rd.
Rocky Ford, NC 27544
252-432-9118
Basillady1@gmail.com

No. 11

melvinsgardens.com

Come experience the gusto of our sustainable life. Demos include winemaking, pesto, salsa, and chive oil. Our baby animals are arriving this fall — come and meet them! We'll have a pumpkin painting contest and lots of local products for sale.

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

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

7TH ANNUAL EASTERN TRIANGLE FARM TOUR

MAE FARM

Cattle • Pigs • Chickens

MIKE & SUSAN JONES



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

maefarmmeats@embarqmail.com

maefarmmeats.com

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

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

LUCKY 3 FARM

Beef • Poultry • Preserves

CALVIN & TRACI NACHTRAB



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

traci@lucky3farm.com

lucky3farm.com

Take a peaceful hayride through this small family farm featuring Animal Welfare Approved grass-fed beef, organically raised/fed pork and organically raised/fed/pastured poultry. Learn about animal welfare, soil health, and how we rotate our animals for healthy animals and pastures. Play games and see our miniature donkeys, pot bellied pigs, and free-range laying hens! We have a CSA. Bring your cooler to purchase our meats.

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

In Memoriam

This year's farm tour is dedicated to the memory of Betty Vollmer – a city girl who moved to the country and became a pioneer in small farm management, organics, and farm tourism. Her generous spirit will be greatly missed.

MEADOW LANE FARM

Beef • Goats • Sheep • Pork

Organic Vegetables

STEVE & MARTHA L. MOBLEY



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

meadowlanebeef@netzero.net

meadowlanebeef.com

Recently recognized as a "Century Farm," enjoy the vast and beautiful rolling pastureland, an 18th century home, and vintage mule and grain barns. Our Angus beef, sheep, and Boer goat herds can be tracked from birth until harvest and are Animal Welfare Approved. Collect eggs from the henhouse, pet the tame goats, sample our beef under the pecan grove, and tour our organic vegetable high-tunnel greenhouse with beehives. Experience farm life past and present. Meat, produce, and Angus burgers for sale.

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

RAY FAMILY FARMS

Chicken • Beef • Pork

Turkey • Eggs • Produce



CHAD & JODI RAY

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

chad@rayfamilyfarms.com

rayfamilyfarms.com

Come visit our scenic and diverse small farm with lots of friendly animals. Kids can pet the ten horses and four miniature donkeys. We have a flock of laying hens producing beautiful eggs as well as broiler chickens. Don't miss our heritage breed Large Black Hogs and Belted Galloway Cattle on pasture and in the woods. Check out our gardens, beehives, native plants, wildlife food plots, and solar energy projects. You will also see lots of turkeys. We will be taking deposits for Thanksgiving during farm tour! All farm products will be available. And, we'll have live music both days!

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

VOLLMER FARM

Strawberries

Blueberries • Vegetables

JOHN & RUSS VOLLMER



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

njvollmer@earthlink.net

vollmerfarm.com

Come learn how this certified organic farm produces strawberries, blueberries, blackberries, asparagus, pumpkins, and a wonderful array of vegetables. Fall is an especially great time to visit since the family entertainment part of the farm (the Back 40) is open. Also check out our Farm Market with fresh seasonal produce, preserves, salad dressings, salsas, and honey – all locally made! The Market also features our "Almost Famous" Ice Cream.

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

RARE EARTH FARMS

Beef • Turkey

**KARL HUDSON
& MANN MULLEN**



160 Mullen Rd.
Bunn, NC 27597
919-349-6080

karl@rareearthfarms.com

rareearthfarms.com

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

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

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

7TH ANNUAL EASTERN TRIANGLE FARM TOUR

RALEIGH CITY FARM

Vegetables

RALEIGH CITY FARM TEAM

800 North Blount St.

Raleigh, NC 27604

336-501-0839

ryan@raleighcityfarm.org

raleighcityfarm.org

What would a farm in the middle of a city look like? Visit us to find out! We are an urban farm startup growing food made from local rain, local compost, and local sunshine – less than a mile from the city center. Cultivated with volunteer muscles and dedication, our one-acre farm uses raised beds, bamboo trellising, and community-sourced supplies to grow lots of veggies. Come hear our story!

Directions: At the corner of Franklin and Blount, just north of Peace College and a few blocks north of the state Capitol.

INTER-FAITH FOOD SHUTTLE FARM

Vegetables • Fruit • Eggs

NEAL WISENBAKER, MANAGER

4505 Tryon Rd.

Raleigh, NC 27606

919-250-0043

neal@foodshuttle.org

foodshuttle.org

The Inter-Faith Food Shuttle Teaching Farm grows opportunities for the greater community to learn about farming and food. We grow a variety of chemical-free vegetables, mushrooms, and livestock, including goats, bees, chickens, worms, and fish on our six-acre farm. Come meet the animals and us and learn how we make it all work together.

Saturday at 1:30 PM:
Popular poultry expert
Bob Davis will present a free
one-hour workshop on urban
chickens!

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

SPAIN FARM

Shiitake Mushrooms

Ducks • Eggs • Goats

DAVID, LINDA, & PATRICK SPAIN

6220 Standing Oaks Ln.

For Entrance: 1320 Pagan Rd

Raleigh, NC 27603

919-773-4578

spainfarm@yahoo.com

ONLY OPEN SATURDAY

We are a fourth generation farm and each year we add something new. Come see how we grow our main crop, shiitake mushrooms. Also learn about our Muscovy ducks, Freedom Ranger chickens, and Boer goats – for meat. See a variety of chickens and Khaki Campbell ducks for eggs and our pawpaw and fig trees producing for the first time. This year we added honeybees – an expert beekeeper will be on hand to help you start your own beehives.

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

HILLTOP FARM

Livestock • Vegetables

FRED & VIRGINIA MILLER

6612 Kennebec Rd.

Willow Springs, NC 27592

info@hilltopfarms.org

hilltopfarms.org

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

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

COVENANT COMMUNITY GARDEN

Vegetables • Herbs

Fruit • Flowers • Bees

JOY BROWN, GARDEN MANAGER

Fuquay-Varina United Methodist Church

100 South Judd Pkwy. SE

Fuquay-Varina, NC 27526

919-552-4331 (Church)

919-557-5954 (Joy)

admin@covenantcommunitygarden.org

covenantcommunitygarden.org

fvumc.org

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

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

EDIBLE EARTHSCAPES

Rice • Vegetables

Flowers • Herbs

JASON & HARUKA OATIS

4803 Moncure-Pittsboro Rd.

Moncure, NC 27559

919-200-5046

Edible.earthscapes@gmail.com

edibleearthscape.wordpress.com

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

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



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IS A PROUD PARTNER OF THE

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- ✓ Track your progress online!
- ✓ Enjoy amazing food while supporting our local food economy!



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AFTER THE TOUR, WANT TO DO MORE? SUPPORT THE LOCAL & ORGANIC FOOD MOOO -- VEMENT!



- **Ask institutions to buy local food.** Request that healthy, local food be served at your area schools, hospitals, child care centers, and nursing homes.
- **Buy meat from humane, pasture-based sources.** Extreme confinement of animals for meat production makes no sense. Support the tasty and healthy alternatives.
- **Grow some of your own food.** From patio tomatoes to raised vegetable beds to fruit trees in your backyard, you can't beat homegrown.
- **Join the moo - vement.** Become a CFSA member or donor today!

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

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

carolina farm 
stewardship association

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

carolinafarmstewards.org

