



*Farm Profile:*

**Sweet Beet City Farm**

by Kane Pour,  
 CFSA Summer Intern

Durham is without a doubt enjoying an innovative and culturally diverse food scene that supports local agriculture. This is not only a connection between rural farms and urban eaters, as one sees walking through the Durham Farmer's Market on a Saturday morning; it is increasingly a connection between urban farms and urban eaters. Case in point: Sweet Beet City Farm.



*Sweet Beet City Farm is located in downtown Durham at the corner of Mangum and Broadway. courtesy of Andrew Lipovsky*

This fresh and interesting urban agriculture project is nestled in downtown Durham on busy Mangum Street. Upon pulling into their driveway, I could feel the charm of an urban garden, with their painted pallet fences and towering sunflowers above. Basil, tomatoes, cucumbers, sweet potatoes, flowers, peppers, and squash dominated the scene, one hot mid-summer day. The fierce, monsoon-like rains of June and July had not adversely affected these crops, although the ground was incredibly soggy.

Sweet Beet City Farm is leased and managed by Emily-Kate Hannapel, a NYU Community Health and Food Studies graduate, and Laura Stephenson, a UNC Environmental Studies graduate. They met while studying abroad, and through a shared

vision of a socially equitable food system, joined forces. They moved to Durham in 2012 and launched the urban farm project in January 2013.

The farm is situated on a 1.3 acre vacant lot, which since the early 1900s was the site of four residences, and in the 1950s was home to Ward's Fruit and Produce and Ward's Meat Market. After leasing the land, Emily-Kate and Laura summoned a group of Crop Mob volunteers to help them get started. The industrious group sculpted 72 cubic yards of locally-made topsoil and compost into a ¼ acre of vegetable beds in just four hours. Sweet Beet's vegetable production began in May 2013 on that ¼ acre. Since then, they've been work-

ing hard to bring fresh vegetables to urban neighborhoods where vegetables are not abundantly available. They live in a house down the street, so their commute is convenient and short.

In contrast to stories about urban farms battling city ordinances and neighbor opposition, Sweet Beet has garnered support from Durham's Mayor and City Council. Seeing urban agriculture as a

viable way to increase property value and lower crime, city policymakers have created new regulations allowing an urban farm like Sweet Beet to operate as a commercially-zoned business. This allows Sweet Beet to sell produce on-site. Their farm-stand was even donated and built by the city's Neighborhood Improvement Services (NIS), using repurposed wood materials.

Storage has been a difficult issue for them, however. Codes regarding shed and greenhouse installation require expensive permits. So far they have gotten around this by using their vehicle to store equipment and their home refrigerator to keep the vegetables cool. They grow seedlings in a passive solar greenhouse in their home backyard.

Sweet Beet City Farm does not grow

*-Continued on page 6 -*

*In this Issue:*

## CAROLINA FARM STEWARDSHIP ASSOCIATION (CFSA)

CFSA is a membership-based organization of more than 3,100 farmers, processors, gardeners, businesses and individuals in North and South Carolina. CFSA's mission is to advocate, educate and build connections to create sustainable food systems centered on local and organic agriculture.

### CFSA Main Office

Mail: P.O. Box 448, Pittsboro, NC 27312  
Physical: 287 East Street, Ste 421 Pittsboro, NC 27312  
Phone: 919-542-2402, Fax: 919-542-7401  
Website: [www.carolinafarmstewards.org](http://www.carolinafarmstewards.org)  
Email: [info@carolinafarmstewards.org](mailto:info@carolinafarmstewards.org)

### CFSA Staff

Executive Director: Roland McReynolds  
Finance & Administrative Director: Cheryl Ripperton Rettie  
Operations Director: Laura Wurts  
Sustainability Director: Alice Alexander  
Education Director: Fred Broadwell  
Farm Services Director: Karen McSwain  
Policy Director: Rochelle Sparko  
Food Systems Manager: Diana Vossbrink  
Food Systems Coordinator: Ben Filippo  
Membership Coordinator: Anna MacDonald Dobbs  
Education Coordinator: Laura Reedy  
Farm Services Coordinator: Keith Baldwin  
Organic Transition Coordinator: Eric Soderholm  
Community Mobilizer: Jared Cates  
Communications Coordinator: Amy Armbruster  
Outreach Coordinator: Thomas Locke  
Saving Our Seed Coordinator: Brian Rakita  
Intern: Lindsay Lassiter

### CFSA Board Officers

Jerry DeWitt, President  
Frachele Scott, Vice President  
Barbara Lawrence, Treasurer  
Paul Finkel, Assistant Treasurer

### CFSA Listservs

To subscribe to a listserv, email Anna:  
[anna@carolinafarmstewards.org](mailto:anna@carolinafarmstewards.org)  
[high-country@lists.carolinafarmstewards.org](mailto:high-country@lists.carolinafarmstewards.org)  
[triad@lists.carolinafarmstewards.org](mailto:triad@lists.carolinafarmstewards.org)  
[mountains@lists.carolinafarmstewards.org](mailto:mountains@lists.carolinafarmstewards.org)  
[cfsasouthcarolina@lists.carolinafarmstewards.org](mailto:cfsasouthcarolina@lists.carolinafarmstewards.org)  
[triangle@lists.carolinafarmstewards.org](mailto:triangle@lists.carolinafarmstewards.org)  
[cfsa\\_charlotte\\_region@lists.carolinafarmstewards.org](mailto:cfsa_charlotte_region@lists.carolinafarmstewards.org)  
[coastal@lists.carolinafarmstewards.org](mailto:coastal@lists.carolinafarmstewards.org)  
[livestock@lists.carolinafarmstewards.org](mailto:livestock@lists.carolinafarmstewards.org)

### Newsletter Information

The opinions expressed in this newsletter are not necessarily shared by CFSA or the CFSA Board. CFSA does not endorse any product or service advertised.

### Advertising Rates

Contact Thomas at [thomas@carolinafarmstewards.org](mailto:thomas@carolinafarmstewards.org).

### Connect with CFSA

Become a fan on our Facebook page ([facebook.com/carolinafarmstewards](http://facebook.com/carolinafarmstewards)), follow us on Twitter @carolinafarms, or check out our blog at [carolinafarmstewardsblog.org](http://carolinafarmstewardsblog.org). Have a great story idea? Email [thomas@carolinafarmstewards.org](mailto:thomas@carolinafarmstewards.org).

## From the Director

### November 15 Is the Deadline to Protect Local Food, Organic Farming

As you are reading this, the final deadline for comments on the US Food and Drug Administration's (FDA) dangerous food safety rules is less than a month away. As we've written repeatedly in Stewardship News and on our website, FDA's proposed regulations to implement the sweeping Food Safety Modernization Act (FSMA) are a threat to local, organic food as we know it.

The **food hub movement** will grind to a halt. These community-based local food distribution businesses have proven hugely successful at making local, organic food available to more people, allowing farmers to increase sales and profits. Because of the way FDA classifies these businesses, a food hub will be forced to spend \$13,000 per year on testing and paperwork, not including the costs of equipment upgrades, even if they've never had a food safety problem. That kind of expense will put most of these low-margin firms out of business.

**Organic farming** will face huge challenges. On-farm composting, manure fertilizers, wildlife habitats, integrating crops and livestock—these practices are crucial to productive and responsible sustainable farming. They enrich organic soils with microbial life - microbes that just happen to outcompete pathogens and reduce foodborne illness risk. But FDA views raw manure, compost and compost teas solely as risk factors. They impose restrictions on their use that are so severe, it won't make sense for farms to use anything but commercial fertilizers.

The influx of **beginning farmers** into agriculture will end. The vast majority of beginning farmers gross revenues less than \$250,000 from their farms per year. The average achieve net income to U.S. farms is 10% of sales, and so is less than \$25,000 for almost all beginning farms. FDA says the average annual cost to comply with FSMA's produce rules for farms grossing less than \$250,000 per year



Roland McReynolds, Executive Director

will be 6% of sales. Under these circumstances, it becomes unconscionable to promote farming as a career for young people today.

Small farms selling in direct markets will not be protected. Combined with the loss of food hub and other cooperative marketing venues, many small farms selling local food will take an economic hit or decide to close simply due to uncertainty about whether and when FDA inspectors might show up.

### The time for action is now.

The proposed rules are just that, proposals still up for negotiation. Federal law requires the agency to prove the rules won't do more harm than good, and to make sure the rules are supported by proven science. It's up to us to prove that they need to go back to the drawing board.

I ask that farmers, food businesses, food lovers, and you, CFSA members, recruit your friends, your customers, your farmers market managers, to be aware and get involved.

We have tools, talking points, and recommendations for changes that need to be made on the CFSA website, [carolinafarmstewards.org](http://carolinafarmstewards.org). We need you to share this info through social media, letters to the editor, face-to-face meetings, and anywhere else. The deadline for comments is Nov. 15, it's now or never to ensure local, organic food survives, thrives, and continues to improve our nation's health.

Sincerely,

A handwritten signature in black ink, appearing to read 'Roland', with a long horizontal line extending to the right.

## Register today for the 28th Annual Sustainable Agriculture Conference

Mark your calendars for the food and farming event of the year: the 28th annual Sustainable Agriculture Conference in Durham, NC on November 15 – 17!

In addition to farm tours, cutting-edge workshops, and great networking opportunities, this year will feature Paul Holmbeck, director of Organic Denmark, as the keynote speaker during our Local Food Feast. Born in the U.S. and a Duke University graduate, Paul is a leading voice in organic and non-GMO work, and an insightful observer of organic issues across Europe and the globe. As a lobbyist for the organic sector since 1995, Paul coordinated the successful European campaign for a total ban on GMOs in organic production. For a full list of presenters and workshops visit: [www.carolinafarmstewards.org/sac/](http://www.carolinafarmstewards.org/sac/)

Regular registration rates end October 25 so be sure to go online or call the CFSA office before then to secure the lower rate. We look forward to seeing you this year in Durham!

## New Era Program To Teach SC Students About Sustainable Ag

On October 10, CFSA and Clemson University will host 46 students, along with their agriculture instructors from 16 Upstate high schools at the New-Era program for aspiring farmers.

The workshop was developed to inspire and educate the next generation of sustainable farmers in South Carolina. The program will include an introduction to the principles of sustainable agriculture, and an overview of opportunities and resources available to those interested in sustainable farming as a career choice. Young sustainable farmers in the region will give insight into best production and business practices employed on their own farms, while a panel of Upstate professionals will discuss non-farming careers that support the sustainable agriculture movement.

The program will include a tour of the Clemson University Student Organic Farm, where students will learn basic principles of permaculture, mushroom cultivation and bio-fuels technology.

This pilot program and its scholarships were funded by a grant through the Daniel-Mickel Foundation, with the intension of developing an educational model that can be delivered to regions throughout the Carolinas.

To learn more please visit: [www.carolinafarmstewards.org/new-era/](http://www.carolinafarmstewards.org/new-era/)

## CFSA Hires New Policy Director

CFSA is pleased to announce Rochelle Sparko as our new Policy Director. Rochelle is an attorney and dedicated sustainable farm and food advocate. Among her many accomplishments, she has lead Durham's Food Prosperity Council, has spent many years as a dedicated advocate for fair credit policies and affordable housing, and with her significant other, runs a small subsistence farm in downtown Durham called Darko Urban Farm.

Rochelle will lead CFSA's work in improving ag laws and regulations to benefit local and organic farms.

## Eastern Triangle Farm Tour Breaks Records

This year's Eastern Triangle Farm Tour was a huge success, attracting 1,382 people who made a whopping 4,921 farm visits! This is a 22% increase in visitors and 65% increase in farm visits from 2012.

From urban environments to rolling countryside, this year's tour featured 27 farms from Pittsboro to Louisburg. A huge thanks to the farmers who helped spread the word via word of mouth, social media, sharing flyers and more, and for being the kind of intriguing, fun and inspiring places that can bring out this kind of crowd - Thank you!

Also a big thank you to our Whole Foods Market sponsors and marketing team. We look forward to seeing you next year on the Eastern Triangle Farm Tour, or on one of our many other farm tours

across the Carolinas!

## Farm Services Team Hosts Organic Tomato and Broccoli Workshops

CFSA recently conducted workshops on organic tomato and broccoli production in Mills River, NC and Waynesville, NC as part of our Organic Carolinas Initiative. The workshops included field trips to local farms, discussion on the expanding organic market, and strategies to overcome common pitfalls in organic production and disease management. CFSA's recently published Organic Produce Marketing Survey identified a supply gap in North and South Carolina of approximately \$3.6 million for both crops.

To learn more about CFSA's Farm Services visit [www.carolinafarmstewards.org/farm-services](http://www.carolinafarmstewards.org/farm-services)

# Register Now!

## Sustainable Agriculture Conference

November 15 - 17

Sheraton Imperial Hotel  
Durham, NC

## Organic Commodities and Livestock Conference

February 12, 2014

Nash Community College  
Rocky Mount, NC

For details & more events:  
[carolinafarmstewards.org/events](http://carolinafarmstewards.org/events)

# Cover Crop Grower Profiles: Alex Hitt and Cathy Jones

by Debbie Roos, Chatham County Cooperative Extension

## **Cathy Jones, Perry-winkle Farm Chapel Hill, NC**

Cover crops are a big part of Cathy's rotation at Perry-winkle, sometimes planting two cover crops before a cash crop. She sources her seeding rates from the Forage Planting Guide for North Carolina.

Cathy prepares her heavy clay soils by mowing the previous crop, then discing the field. You don't need a perfect seedbed for seeding cover crops, in fact building healthy soil requires that you don't overwork the soil. She typically plants cover crops in ¼ acre and ½ acre blocks.

Cathy uses a broadcast seeder for anything under an acre, putting out one species at a time when planting mixes due to different seed sizes. After seeding, Cathy drives back over the field with a disc, running it at a very shallow depth, just enough to cover the seed to provide good seed to soil contact.

Once the cover crop has reached its maximum potential she mows it down with a bush hog – ideally you would mow a crop like winter rye, mil-

let, or sunflowers with a flail mower, but she doesn't have one. She then follows the next day with a disc to chop it up, and again a week later to further chop the organic matter and then bury it with a tobacco bedder or "hiller disc".

## **Cathy's Winter Cover Crops**

Before planting potatoes, Cathy likes to use a mixture of Dwarf Essex rape and forage radish, partially for the biomass rape provides and also because she has found grass cover crops to be a host for wireworms. The forage radish and rape combination is seeded in late September, or about four weeks prior to the average date of the first 28 degrees freeze. The soil is then prepped three weeks before planting potatoes in early March.

For all other cash crops, a tried and true winter cover crop is a mixture of crimson clover, hairy vetch and rye. For any cool season cover crop planted after mid-October, Cathy will just use hairy vetch and rye, not crimson clover because it can't germinate that late. Vetch planted alone remains a low, ground-hugging plant, but when given the rye stalks to climb it will actually produce more biomass.

*Perry-winkle Farm produces vegetables, herbs, cut flowers, and pasture-raised eggs, chicken and pork using sustainable practices. They sell at the Carrboro Farmers Market, the Fearington Farmers Market and to local restaurants.*



*Cathy discs her cover crop into the soil at Perry-winkle Farm.*

*courtesy of Debbie Roos*

## **Alex Hitt, Peregrine Farm Graham, NC**

Alex does not own a drill so they broadcast cover crop seed with a hand-cranked seeder. Once it is seeded, he sets the rototiller depth to an inch and drives fast over the field in fourth gear to shallowly cover the seed. Alex uses the seeding rates from SARE's, *Managing Cover Crops Profitably*: <http://go.ncsu.edu/saremc-cp>

## **Alex's Winter Cover Crops**

For cash crops planted before mid-April, Alex plants oats and crimson clover in the Fall because they are the earliest maturing and easiest to kill. Oats are second only to rye in biomass production among the cool-season cover crops. Oats are supposed to winter kill in the region but rarely do, however they are very easy to kill by turning them under the ground (unlike rye!). You can turn this combo under any time from early February to mid-April. Keep in mind that when you turn under a cover crop early you don't get the maximum nitrogen fixation which occurs at 50% flower, nor do you get maximum biomass production.

For cash crops planted after mid-April, Alex uses rye and hairy vetch because they mature later. Crimson clover will generally give you the maximum nitrogen fixation the first two weeks of April, while hairy vetch peaks in the first two weeks of May.



*Bed of snap peas between rye and vetch cover crops at Perry-winkle Farm.*

*courtesy of Debbie Roos*

## No-till Cover Crops

Alex also grows no-till peppers and uses a cover crop mixture of rye for biomass plus weed suppression and hairy vetch for nitrogen. His broadcast seeding rate per acre is 55 lbs rye, plus 25-30 lbs vetch. Since he cannot disc in the cover crop on a no-till field, Alex kills the crop a few weeks before he intends to plant peppers, generally the second week of May (or when the vetch blooms) by rolling over it with a flail mower turned off. When the vetch regrows after the first attempt, Alex rolls over the cover crop again. Peppers are planted immediately after killing the cover crop. Normally there is no need to provide supplemental nitrogen as the vetch provides about 200 lbs of nitrogen per acre. However, this year with all the rain Alex side-dressed with feathermeal.

The biggest challenge with Alex's no-till system is grass weeds such as crabgrass. Fortunately, broadleaf weeds have not been a problem. If you need to plant a cover crop late in the year, use rye or barley as they can be planted as late as December (of course earlier is better).

*Peregrine Farm produces vegetables, blueberries, cut flowers and pasture-raised turkey using sustainable practices. They sell at the Carrboro Farmers Market, to local restaurants and some wholesale.*

*Many thanks to Debbie Roos for granting permission to reprint an amended version of her cover crop grower profiles, originally presented on August 19 in Siler City, NC.*

> For more information on Chatham County Farms and the fantastic work of Debbie Roos, please visit: [growingsmall-farms.ces.ncsu.edu/](http://growingsmall-farms.ces.ncsu.edu/)

**Largest selection of Organic Farming & Gardening Supplies  
on the east coast. Nationwide shipping. Est. 1990**



**426 Jerry Ln  
Check, Va 24072  
540-651-3228  
800-540-9181**

**Call or email for a 2013 catalog  
[www.7springsfarm.com](http://www.7springsfarm.com)**

- ♦ Organic fertilizers ♦ Pest controls ♦ Growing mixes ♦ Row covers
- ♦ OG cover crop seed ♦ Deer fencing & Bird netting ♦ Animal supplements

**WE HAVE DEALERS SERVING THE FOLLOWING LOCATIONS:  
NORTH & SOUTH CAROLINA & TENNESSEE**

- \* Pittsboro & Tri City area, NC  
Country Farm & Home Supply  
Melinda Fitzgerald - 919-542-3353
- \* Charlotte, NC Metro area - Winderest Farm  
Mary & Ray Roberts - 704-764-7746
- \* Midlands, SC - Aiken Organics @ Timshel  
Gardens - Naomi Frost-Hewitt - 803-634-0879
- \* N. Western Piedmont, Winston-Salem to  
Statesville, NC - Woodcreek Farm & Supply  
Bud & Donna Sechrist - 276-755-4902
- \* Hurdle Mills, NC - Hurdle Mills Feed & Seed  
Michael Dixon 800-752-5017
- \* West Jefferson and Boone, NC  
Parsons Farms & Supply  
Joey Parsons - 336-246-4359
- \* Mountain City, TN  
Tamara McNaughton - 423-727-2791

For the Asheville and surrounding areas we are organizing loads to different locations several times a year. We are working to find people to help organize these orders and find locations that can better serve your area. If you have any ideas or want to help, contact us at 800-540-9181 and ask for Ron or Dane.

**HIGH MOWING**  
*Organic Seeds*

100% Organic Seeds  
Since 1996

**Green Finger cucumber**

Just one of over 650 varieties including high-yielding hybrid,  
unique heirloom and open-pollinated varieties.

To request a free catalog visit  
[www.highmowingseeds.com](http://www.highmowingseeds.com) or call 802.472.6174

## Sweet Beet City Farm...(continued from cover)

in their urban soil. They instead bring in locally-made organic soil and compost from Brook's Contractor, which they put into raised beds that rest on large sheets of landscaping fabric. "We had the soil tested for lead and arsenic, and by EPA standards, it's very safe to grow in," Hannapel explains. "We're still concerned, though, about other contaminants that are difficult and expensive to test for." For now, they are going the extra mile for the safety and health of their customers by growing in raised beds.

The plants are mulched with wood chips and watered with strip irrigation using city water. They don't use chemical fertilizers or pesticides. To manage pests, they employ beneficial bacteria such as *Bacillus Thuringiensis* (BT) for cabbage moths and Spinosad for fire ants. To fertilize, Stephenson has been top-dressing their beds with greensand, fish bone meal and Harmony (an organic, slow-release fertilizer), which has shown visible benefit in plant vigor and yield. In addition to vegetable production, Hannapel and Stephenson also keep chickens

in their backyard and two beehives on the farm.

Sweet Beet's vision for community-based agriculture is demonstrated by their on-site farm stand. Folks from the surrounding area now have access to fresh vegetables that can be purchased with cash, credit cards, checks and EBT/SNAP. Their blog informs customers as to what is being sold that week and the price. It also has recipes, photos, event postings and a mailing list. They welcome visitors and interaction. On Tuesdays and Saturdays, they allow open volunteer hours to engage their community and get help with intensive projects. Beyond their farm stand, they sell produce to the restaurant across the street, The Saltbox, as well as Piedmont Restaurant. For now, the nearby Durham Farmers' Market and a CSA are not in their marketing plan. They are content with starting small and growing slowly.



Checking crops before harvest.  
courtesy of Andrew Lipovsky



Laura and Emily-Kate also have a flock of chickens near the farm.  
courtesy of Andrew Lipovsky

The farm does have exciting plans for the future. Phase 2 would see them expanding to a neighboring section of land that is a 1/2 acre in size. While small for a large scale producer, 3/4 of an acre is a lot to manage between two people and a handful of volunteers. From the looks of it, they are off to a great start.

*Kane Pour worked as an intern this summer with CFSA, and is student at CCCC's Sustainable Agriculture program.* 

> Learn more about Sweet Beet Farm by visiting [sweetbeetcity-farm.com](http://sweetbeetcity-farm.com)

NEW for 2012



## PuraMaize

the best non-GMO insurance policy!

- Blocks GMO contamination
- Developed through selective breeding
- Tested next to GMO corn
- Competitive yields

**Organic crops start with the seed.**

PLANT ORGANIC. FARM BETTER.

For more information on PuraMaize:  
[www.blueriverorgseed.com](http://www.blueriverorgseed.com)  
 800.370.7979




Corn | PuraMaize | Sunflowers | Sudangrass | Soybeans | Alfalfa

# Rebirth of the Bradford Watermelon

by Thomas Locke, CFSA Outreach Coordinator

When I learned there was an heirloom watermelon grown in South Carolina by the same family since 1840, thought to be extinct for the last century, I was a little bit surprised. When I was informed that one of the world's great chefs, Sean Brock in Charleston, SC, had put the watermelon on his menu at McCrady's and Husk, and also volunteered his kitchen and executive staff to prepare the watermelons into molasses and pickled rind, I was baffled. And when the grower himself, Nat Bradford, told me the profits from the sales of the watermelons and the value-added products made from the fruit would go to dig water wells for hundreds of people in Africa, I knew I needed to see this in person.



Nat Bradford with his family watermelon seeds, now in high demand.

*courtesy of Heather Grillot*

This is just a sampling of the story of the Bradford Watermelon and how sixth generation watermelon grower, Nat Bradford took a mason jar full of his watermelon seed and started something truly remarkable. To read more, visit CFSA's Sweet Potato Blog and learn about the history of the Bradford Watermelon and how it is being used to delight foodies and save lives.

**Visit [www.carolinafarmstewards.org/blog](http://www.carolinafarmstewards.org/blog) to read the full story!**

## Thank You to Our 2013 Sustainable Agriculture Conference Sponsors!

### Stewards

North Carolina SARE Program  
Santa Fe Natural Tobacco Co.

### Track Sponsors

Blue Cross Blue Shield  
Whole Foods Market

### Media

edible Piedmont  
edible Upcountry  
edible Charlotte  
From Scratch Magazine

### Cultivators

Albert's Organics and UNFI  
Braswell Foods  
Clemson University  
Sustainable Agriculture Program  
Eastern Carolina Organics  
The Support Center

### Pollinators

Bay State Milling  
David & Eranda Bradshaw  
National Center for Appropriate Technology  
NC Ag Research Service & NC Cooperative Extension  
Southern Exposure Seed Exchange  
Weaver Street Market

### Supporters

Lindley Mills  
Carolina Farm Credit  
Countryside Organics  
NC Dept of Agriculture and Consumer Services  
North Carolina Farm Bureau Fed.  
PNC  
SC Organization for Organic Living  
Sow True Seed  
The Abundance Foundation



carolina farm   
stewardship association  
P.O. Box 448 • Pittsboro, NC 27312

**Don't let your CFSA Membership Expire!**

Please renew by the date listed below by  
going to <http://bit.ly/cfsarenewal>  
or calling (919) 542-2402.

*Thanks for supporting local, organic farms!*

**28<sup>th</sup> annual**

**SUSTAINABLE  
AGRICULTURE  
CONFERENCE**

**The Food & Farm Event of the Year!**

**November 15-17, 2013  
Durham, NC**

*Register by Oct. 25 and Save!*

  
carolina farm  
stewardship association  
[carolinafarmstewards.org](http://carolinafarmstewards.org)