



Carolina Farm Stewardship Association

STEWARDSHIP NEWS

SUMMER 2009

VOLUME 29, ISSUE 3

Farm Profile: Thatchmore Farm

by Kari Brayman

Tom Elmore of Thatchmore farm is what I consider a “flashcard farmer”. What I mean is that if you were to look at a deck of flashcards, like the ones for kids that help them learn things, the card for farmer could have a picture of Tom on it.

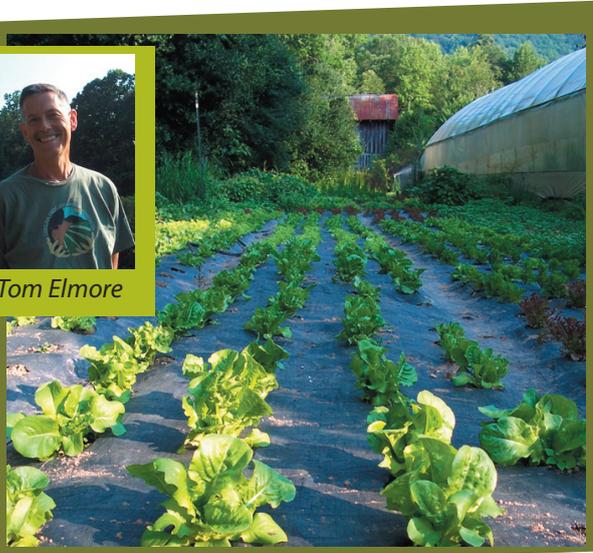
When I visit the North or West Asheville Tailgate Markets, I can count on seeing Tom there, smiling and spritzing his organic lettuce with water to keep ‘em perky. It’s obvious to me that his welcoming attitude and market display have been refined over the years. And I get the impression that Tom loves being a farmer. He usually has recipes to accompany the more exotic vegetables, and if all goes well in the greenhouse, he has tomatoes before many other vendors. These details are important since Tom and his wife Karen, along with their daughter, Liz, sell 95 percent of the farm’s produce direct to consumers at two popular tailgate farmers’ markets in the Asheville area. Tom and family are good marketers; they provide consistent quality and quantity of organically certified vegetables to western North Carolina consumers.

To Be or Not to Be? Certified Organic

Tom and Karen made the decision to become organically certified in 1987— their first year of operation.



Tom Elmore



It was fueled by a commitment to organic production methods as well as to maintain a competitive edge with wholesalers. Back then, says Tom, “not many people knew about organics”, and certification, “simplified wholesalers lives”. Today, there are just over 200 certified organic operations (includes farms and processors) in North Carolina.

Thatchmore Farm is part of a regional marketing cooperative, Carolina Organic Growers, Inc., of which all the members decided to maintain organic certification for clarity and marketing purposes. Other coops in North Carolina, such as Eastern Carolina Organics and New River Organic Growers, are currently reviewing the need for all growers to maintain certification too. Although only a small percentage of customers ask about the actual certification, according to Tom and Karen, about half of their customers want to be sure the vegetables are organically grown. In cases like this, Tom can

-Continued on page 7-

Edible Cover Crops

by Mark Schonbeck

Experienced organic vegetable growers know that cover crops are an essential cornerstone for truly sustainable production. At the same time, it is a challenge to build and protect the soil and make ends meet financially —especially for those farming a small acreage with limited financial resources. Unlike crops like wheat, milo or grain corn, many vegetables simply don’t leave a lot of residue to protect and feed the soil —either the entire plant goes to market (beet, carrot, lettuce) or the succulent residues break down soon after the first freeze (tomato, cucumber, pepper).

Bringing in mulch hay, manure and other organic materials from off-farm sources can help restore and maintain the soil, but ultimately at the expense of someone else’s land. Heavy use of these materials can lead to excessive soil levels of phosphorus (P) and potassium (K) that can compromise crop nutrition by interfering with uptake of other nutrients. A vigorous cover crop biculture (grass + legume) grown to maturity (flowering) can regenerate three to five tons of organic matter and 100 to 200 pounds of nitrogen (N) per acre without adding P or K. It also deters weeds, so that not as much soil-exhausting tillage and cultivation are needed for weed control. Rotating to a perennial cover crop of grass and clover for a year or two is a great way to restore soil that has become tired-out by intensive cultivation.

However, if you have a long growing season, but only a couple of acres and a tight budget, it can be hard to say the least to take a field out of

-Continued on page 10-

In this Issue:

The ‘Good Food’ Fight pg. 5 Organic Certification Guide pg. 6
Fall Vegetable Garden pg. 8 Budget Tips to Sustainable Eating pg. 12





Organizational News

From the Director: Pulling Out All the Stops

Dear CFSA Members:

The CFSA staff is wide open these days. The summer harvest season kicks into high gear at the same time as our farm programs and growing garden of new initiatives. I am constantly amazed and grateful for the incredible team we have working here.



Right now our team is: finalizing program of this year's Sustainable Agriculture Conference, to take place December 4-6, 2009 in Black Mountain, NC; convening the first annual meeting of the North Carolina Sustainable Food Systems Coalition; helping artisanal bakers in Western NC test new varieties of Carolina-grown organic wheat, with the support of the Tobacco Trust Fund Commission; organizing Congressional visits to educate our Senators and Representatives about the need to protect family sustainable farms; upgrading to a new membership database; planning our Third Annual Upstate On-Farm Dinner, October 4th, to celebrate the fruits of South Carolina's harvest; promoting sustainable agriculture bills in the NC legislature; opening our first regional office for Upstate SC and the Charlotte-Triad area; launching a new conference on organic grain production, taking place in January 2010; working with farmers to host Eastern Triangle Farm Tour on September 19th & 20th; banking a new crop of Southeastern heirloom cucurbit seeds; and of course producing this newsletter.

As hectic as it is to manage such a full slate with just 6.875 full-time equivalent staff members and contractors, it's worth it because we know the need for local organic food systems has never been greater. The opportunities for supporting sustainable agriculture are growing rapidly as more businesses and governments recognize that the huge, pent-up demand for authentic, healthy, responsibly-produced foods can drive durable, sustainable economic development.

Sustainable agriculture still faces significant obstacles to securing consistent markets due to the lack

of infrastructure to food safety laws biased against the organic farm. The staff at CFSA is glad for the chance to fight for agriculture that is good for the farmer, the consumer, and the environment at this critical time. And we are glad for the incredible support of you, our members.

There is something missing from CFSA though—more members. Your support, your calls to policy-makers, your participation in SAC and our programs, your networking with other sustainable farm and food advocates, all directly contribute to the success of our work. And the more of you there are, the greater, stronger and more successful those efforts are and the less dependent we are on funders that are being hurt by the economic recession. That's why we want to ask for your help: We want to add 500 new members in 2009, and we want you to be an ambassador in this campaign.

Tell your farmers' market friends about us and tell them why you're a member. Host a book club or a movie screening about the crisis in our industrial food system and encourage folks to join CFSA as a way to fight back. Buy a gift membership for someone you care about. Take a careful of newbies on a farm tour, and tell them about CFSA membership. Ask your favorite restaurant to show their commitment to local food by becoming a CFSA member. Hand out some of our brochures to your church community. Blog, tweet and friend us. Share your ideas for recruiting new members with us.

CFSA is pulling out all the stops to put our assets to use in growing sustainable agriculture. Won't you join us

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

by pulling out all the stops to recruit your friends, family and neighbors to join CFSA? Call us at (919) 542-2402 and we'll send you some brochures. Thanks for being a part of a crucial movement and contributing to a legacy of strong, self-reliant food communities across the Carolinas.

Sincerely,

NC Sustainable Local Food Advisory Council Passes House

In early August the North Carolina House passed S1067 Sustainable Local Food Advisory Council, which at printing time has been sent to the Governor for her signature. This bill establishes a 24-person Sustainable Local Food Advisory Council with the stated purpose of contributing "to building a local food economy, thereby benefitting North Carolina by creating jobs, stimulating statewide economic development, circulating money from local food sales within local communities, preserving open space, decreasing the use of fossil fuel and thus reducing carbon emissions, preserving and protecting the natural environment, increasing consumer access to fresh and nutritious foods and providing greater food security for all North Carolinians." It's quite a tall order of duties to accomplish, but we think that bringing together a diversity of groups from across the state working on food issues is an important part of developing a sustainable food system. CFSA is one of the groups who have a seat on this council along with coalition partners: Center for Environmental Farming Systems, the Center for Community Action and the Land Loss Prevention Project. We look forward to working together on this new advisory council.

NC Farmland Preservation Trust Fund Survives

This session the General Assembly also passed H684, the NC Farmland Preservation Trust Fund. This bill clarifies that the Farmland Preservation

Trust is a non-reverting account, and also adds the Rural Advancement Foundation International (RAFI) to the advisory committee. The funding for the trust fund was cut from \$4 million last year to \$2 million, but we are happy to see that in this extremely tight budget year that funding for the program survived.

Thank you for all your help in providing support for these bills. We know that your calls to your Representatives and key Committee members made a difference in passing these bills.

Upstate South Carolina Regional Report

The Upstate region welcomed summer with its third annual Farm Tour, featuring 19 farms and eight new destinations. Offering guests a diverse selection of produce growers, livestock producers, dairies, and specialty venues, the tour included farm stops across six Upstate counties. There were 2110 total visits and 580 guests to participating farms.

Thanks to the farmers, volunteers, the Anderson County Farmer's Market, and major sponsor, Whole Foods Market, for making the event successful.

Members and guests of the CFSA Upstate Chapter met in July for a meeting at the historic Farmer's Hall in Pendleton. Over seventy-five farmers and friends gathered to discuss developing a mission specific for the Upstate, and the evening concluded with a cookout on the square.

Save the date! The

Upstate On-Farm Dinner has been scheduled for Sunday, October 4th, at Red Fern Farms in Gray Court, SC. Top Upstate chefs are being recruited and special surprises for local foodies are in the works! Tickets are available online at www.carolinafarmstewards.org.

NC Organic Bread Flour Project Rolling Along

Bakers across the state have begun testing two varieties, "NuEast" and "Appalachian White". The project has been given a grain mill and will continue to work with organic grain growers, millers and bakers to make organic wheat, from farm to table, a viable market for North Carolina.

Follow the project blog at ncobfp.blogspot.com for updates.

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 Windcrest Farm, Mary & Ray Roberts - 704-764-7746
- * Midlands SC. & N. Eastern GA., Aiken Organics @ Timshel Gardens, Cherie Hewitt - 803-646-8481 or 803-643-8667
- * N. Western Piedmont, Winston-Salem to Statesville, NC
 Woodcreek Farm, Bud & Donna Sechrist - 276-755-4902
- * Asheville, NC and surrounding areas. Loads are being organized to that area 4 times a year. Call Seven Springs Farm for details.
- * Boonville - Yadkinsville area NC. Sanders Ridge Organic Farm Vineyard & Winery. Cindy Conti - 336-677-1700
- * Boone NC / surrounding area & Mountain City TN.
 Appalachian Native Plants. Tamara McNaughton - 423-727-4264
- * Pittsboro, NC. Country Farm & Home Supply
 Melinda Fitzgerald - 919-542-3353
- * Augusta, GA. Oasis Garden. Kate Lee
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Today and Tomorrow

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



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

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

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

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

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Organizational News

Fighting the 'Good Food' Fight

by Roland McReynolds

Fasten your seatbelts – we're in for a longer ride on food safety. And those of us in North Carolina have a chance to influence the process for the benefit of sustainable agriculture everywhere.

Prompted by consumer groups, the big grocery chains and processors, the California and Florida produce industries, confined animal feeding operations (CAFOs) and Midwestern grain growers, HR 2749, the Food Safety Enhancement Act, passed the House of Representatives on July 30, 2009. This bill is far-reaching in its scope, and potentially very damaging for local and organic foods (for more information on the specific problems with HR 2749, visit our website, www.carolinafarmstewards.org).

The days leading up to the vote were a tortuous civics lesson. Congressional backers of the bill made specific back-room changes to accommodate Big Agriculture, and made promises to sustainable agriculture that the bill would protect them too. But no one on our side saw the actual bill language until hours before a vote, and when we finally did read it, the key protections sought by sustainable farming groups were not there. So confident were the bill backers of HR 2749's passage, they brought it up for vote July 29th under a special rule that required a two-thirds majority. But they came six votes short of the supermajority, thanks in part to grassroots efforts by CFSA members: Reps. Heath Shuler, Howard Coble, Virginia Foxx, Walter Jones, Patrick McHenry and Sue Myrick of NC, and Reps. James Barrett, Henry Brown, Bob Inglis, and Adisson Wilson of SC all voted no. I know for a fact that our communications with Shuler were key to his 'no' vote.

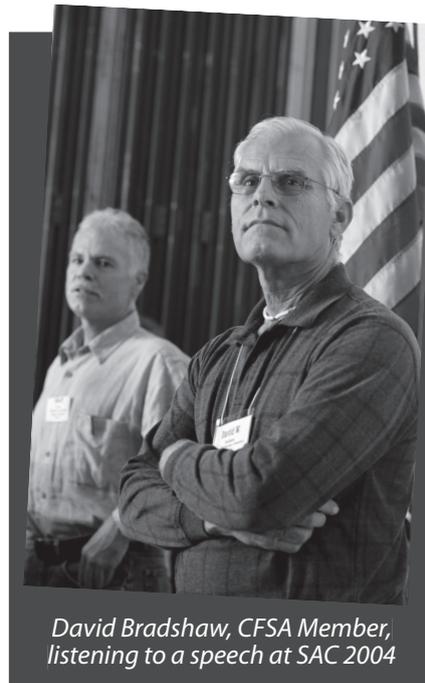
The next day the bill came back under a different rule that prevented any amendments but only required a simple majority. Now the action moves to the Senate, and there's still hope for a return to a focus on provisions

that provide real food safety. "We firmly believe that new food safety standards can and should be developed that are risk-based and do not work against the interests of small and mid-sized family farms, the environment, and regional food systems," said Aimee Witteman, Executive Director of the National Sustainable Agriculture Coalition.

While CFSA and its coalition partners have been able to make a lot of positive changes in how the bill affects smaller scale farmers and processors over the last few months, there's still a long way to go in the legislative process. The main Senate bill is S-510, sponsored by Sen. Richard Durbin, with NC Sen. Richard Burr as a co-sponsor, and it takes a much narrower view of FDA authority and at this point contains no user fees. Burr and NC Sen. Kay Hagan both serve on the Senate's Health Committee, which has jurisdiction over food safety. Action in the Senate is expected to pick up steam early in the fall.

Allies from the Carolinas and other regions working on our behalf in the House still have a valuable role to play. Even folks who voted 'yes' on HR 2749, like Reps. Larry Kissell, David Price, Bob Etheridge and Brad Miller, are sympathetic to our issues and can still have an impact on the final legislation. During the July 30th vote, bill sponsor Rep. John Dingell promised, on the record, to work on better protections for small farms and food businesses and organics when House and Senate members finally meet to reconcile HR 2749 with any bill that passes the Senate.

Make no mistake; some sort of food



David Bradshaw, CFSA Member, listening to a speech at SAC 2004

safety legislation is going to go to the President for his signature this year. Indeed, there has been enough documentation of abuses in the industrial food system to warrant instituting a stronger food safety regime for factory food.

Our movement has to continue to put credible alternatives on the table that address the real problems while still protecting sustainable food. And we must work every possible connection

we have to our Representatives and Senators to get those alternatives in the final legislation that reaches President Obama's desk.

CFSA and our allies —Maine Organic Farmers and Gardeners Alliance, New England Organic Farming Association, Pennsylvania Association for Sustainable Agriculture, Georgia Organics, Virginia Association for Biological Farming, Organic Farming Research Foundation, National Sustainable Agriculture Coalition, National Organic Coalition, and others —are all working hard to make federal food safety legislation that is good for local, organic food and farming. With your support, and the support of others like you across the nation, we can do it.

One critical way you can help is to recruit your friends and neighbors to join CFSA, to get them plugged into our action network when the next key votes come up. Joining is easy at www.carolinafarmstewards.org --click on "Join the Food Revolution" in the upper right corner.

Thanks for all you've done to help the fight for local, organic agriculture. It doesn't always feel like it, but, slowly and surely, we are winning.





Organic Certification Guide for Carolina Farmers

General Requirements

In order to be certified organic, a producer or handler must comply with the Organic Foods Production Act of 1990 and the USDA National Organic Program Rules and Regulations. Growers must establish and implement an Organic System Plan approved by an accredited certifying agent. After a certifier has been selected, growers need to allow an annual on-site inspection. Certification requires farmers and processors to maintain all records for five years and notify the certifying agent immediately of any changes in the operation which may affect compliance (changes in crops planted, drift, commingling, contamination, etc.).

Steps to Certification

Step 1: Request an application. Choose a certifying agent and request an Organic System Plan Questionnaire. The certifying agent may ask questions to assess your eligibility and to determine which Questionnaires are appropriate for you to fill out. This is a good time to read the standards and National List of Allowed and Prohibited Materials carefully. Ask questions to make sure that you understand the requirements.

Step 2: Submit the application. Complete the Organic System Plan Questionnaire, including farm maps and three year field history for all fields requested for certification, showing crops planted and inputs applied. Submit the completed Organic System Plan Questionnaire, licensing agreements, and fees to the certifying agent.

Step 3: Certifying agent review. The certifying agent reviews the Organic System Plan and accompanying documentation to: ensure completeness; determine whether the applicant appears to have the ability to comply; and verify information regarding any previous certification, notification of noncompliance, or denial of certification.

Step 4: On-site inspection. The certifying agent assigns an organic inspector. The inspector calls the applicant to set up an appointment. Depending on the complexity of the operation, the inspection may take 3-6 hours. Set aside time for the inspection.

To determine if the operation is in compliance with organic standards, the inspector reviews all aspects of

the Organic System Plan with the operator. In general terms, the inspector: inspects fields, buildings, and equipment; evaluates contamination risks; reviews the operation's records to insure monitoring and compliance; assesses the operator's understanding of and commitment to comply with organic standards; and completes an inspection report.

Step 5: Exit Interview. At the conclusion of the inspection, the inspector will conduct an exit interview to: confirm the accuracy and completeness of the inspector's observations and the information gathered; address the need for additional information; discuss issues of concern; and review possible non-compliance issues identified during the inspection.

Step 6: Certification Review. Once the inspection report is submitted to the certifying agent, a certification agency official or review committee reviews the Organic System Plan, the inspection report, and all associated documentation.

Step 7: Notification of Certification. If the certifying agent determines that the applicant complies with the regulation, the applicant is granted certification. A certificate of organic operation is issued. If the certifying agent determines there are minor non-compliances, the certifying agent notifies the applicant of the requirements, and applicant needs to correct the non-compliances as a condition of certification.

Once certified, an operation's organic certification continues until withdrawn by the operator, suspended, or revoked.

To continue organic certification, a certified operator must: pay annual certification fees; submit an updated Organic System Plan, detailing changes from the previous year; submit information on correction of minor non-compliances previously identified by the certifying agent, if applicable; submit other information as deemed necessary by the certifying agent; have an annual on-site inspection; be reviewed by the certifying agent to assess if the updated Organic System Plan and inspection report demonstrate compliance; and be issued an updated certificate of organic operation, as applicable.

Resources

National Organic Program

www.ams.usda.gov
(202) 720-3252
Information on certification standards, cost share program & list of accredited certifiers.

Carolina Certifiers

International Certification Services, Inc.
www.ics-intl.com
(701) 486-3578

Quality Certification Services
www.qcsinfo.org
(352) 377-0133

Clemson University's Department of Plant Industry
www.clemson.edu
(864) 646-2140

Certification Help

Carolina Farm Stewardship Association
www.carolinafarmstewards.org
Sharon Funderbunk
(919) 853-2716

Rodale Institute
newfarm.rodaleinstitute.org

Organic Materials Review Institute
www.omri.org

South Carolina Department of Agriculture- Small Farms Programs
agriculture.sc.gov

North Carolina Department of Agriculture & Consumer Services
Kevin Hardison, Organics Marketing Specialist
(919) 733-7887





Farm Profile: Thatchmore Farm...(continued from cover)

simply point to the sign above their market booth that illustrates the farm's United States Department of Agriculture (USDA) organic certification and the customer can be assured that the produce is what the farmer says it is.

According to the agency's website, "USDA's National Organic Program regulates the standards for any farm, wild crop harvesting, or handling operation that wants to sell an agricultural product as organically produced." In addition, "the National Organic Program and the Organic Foods Production Act are intended to assure consumers that the organic foods they purchase are produced, processed, and certified to be consistent with national organic standards." The USDA guidelines for organically certified products are essentially that the foods are free of harmful pesticides and fertilizers, genetically engineered organisms (GMOs) and some other gross sounding stuff like sewage sludge. In addition, most purists agree that "organic" means building healthy soil and farm ecosystems by employing an ecological production system rather than depending solely on an "input-based" approach. The federal program allows certified growers and processors to use organic, ecologically safe versions of inputs that are listed by the Organic Materials Review Institute.

Some small farmers decided to abandon their organic certification shortly after the government took over the process in the early '90s due to what many describe as increased costs and excessive red tape. Tom noted that the newly created cost share program helped to cover a great deal of the \$500 annual cost of certification and that the farm spends about 40 hours per year on the paperwork and inspector communications. All in all, Tom and Karen are content with their decision to remain certified growers



and they've developed some unique production methods along the way.

An Appalachian Farmstead

The farmstead consists of a ten-acre plot, formerly an Appalachian homestead, referred to locally as the "Old Maney Place". Shirley Maney, who lives next door, grew up there. She recalls growing up with 12 kids in the house that was built in 1923. The decrepit outbuildings are still in use and the property is edged on the east by Dix Creek.

The Leicester region, where the farm is located, is known for fertile soils and maintains a rich agricultural history. This is one area that may escape development: The Southern Appalachian Highlands Conservancy has secured over 1,000 acres of farmland in conservation easements in the Sandy Mush area to date, the valley just over the mountain from Thatchmore Farm. In addition, the surrounding Newfound and Walnut Mountains are in conservation, all 8,000 acres of them!

On this beautiful mountain land (you know by now where I live!), Thatchmore Farm produces a wide variety of vegetables, but primary crops include: salad and braising greens, tomatoes (field and greenhouse), peppers, eggplant, green beans, squash and okra. Organic Christmas trees

are on the horizon too. The greenhouse tomatoes provide an early cash crop and the western shade allows Tom and Karen to produce lettuce throughout the growing season. With good irrigation, the greens get 10-15 "haircuts", providing a consistent supply for market. Tom tries not to grow the same varieties year after year and experiments with a lot of heirloom types. With up to five part-time paid staff, the farm produces a lot of vegetables: the week before my visit they harvested 1000 pounds of tomatoes!

The farm's hilly terrain makes a tractor ineffective, so Tom uses a tiller or sometimes doesn't till at all. Soybean meal is the principal fertilizer of Thatchmore's vegetables; it provides a great deal of carbon to the soil mix and enhances growth. Tom and Karen don't use cell packs to start plants, instead they use an old-timey tool that creates soil blocks, so there's no need to manage the purchasing, removal and storage of plastic cell packs. They've also had great luck with landscape fabric to control weeds and—once again—eliminate waste that would occur with other forms of mulching such as black plastic, for example. The fabric allows them to harvest a cleaner lettuce crop by reducing the amount of splash back from irrigation. There's also less grit on the plants so that means far less washing before sale. The fabric they use now has lasted them 20 years!

Like the majority of small farmers, Tom and Karen both maintain off-farm jobs. Tom has deep roots in the sustainable agriculture movement in the mountains of North Carolina. He's the president of Organic Growers School, a local planner, a farmer mentor and a project organizer for the recent North Carolina State University-led project, The Farm Prosperity Project. He's also on the advisory panel for the local food incubator, Blue Ridge Food Ventures. Karen is an attorney. Their daughter Elizabeth is getting ready to go to college and apparently is not super interested in being an okra farmer. She does like other crops though, and is considering studying sustainable agriculture among many other possible majors. Contact Thatchmore Farm at thatchmore@main.nc.us or (828) 683-1180. 





Growing a Fall Vegetable Garden

by *Erv Evans, Extension Horticultural Specialist, NCSU*

Many vegetables are well adapted to planting in the summer for fall harvest. Planting a fall garden will extend the gardening season so you can continue to harvest fresh produce after earlier crops have finished. The fall harvest can be extended even further by providing protection from early frosts or by planting in cold frames or hotbeds.

Many cool-season vegetables, such as carrots, broccoli, cauliflower, and Brussels sprouts, produce their best flavor and quality when they mature during cool weather. In North Carolina, the spring temperatures often heat up quickly. Vegetables, such as lettuce and spinach, tend to bolt or develop bitter flavor when they mature during hot summer weather.

Growing a productive fall vegetable garden requires thoughtful planning and good cultural practices. July and August are the main planting times for the fall garden. Table 1 provides recommended planting dates. Vegetables that have a 60 to 80 day maturity cycle should be planted around August 1 in the piedmont. Planting of quick maturing vegetables, such as turnips and leafy greens, can be delayed until September. Keep in mind that the planting dates can be as much as 7 to 10 days earlier in western North Carolina and 7 to 10 days later in the eastern North Carolina. Be sure to adjust the planting dates for your specific location. For a more accurate planting schedule, consult Figure 1 to determine the average date of the first killing frost in the fall. Count backwards from the frost date, using the number of days to maturity to determine the best time to plant in your area.

Preparing the Site

Before preparing the soil for a fall garden, you must decide what to do with the remains of the spring garden. In most cases, the decision is not difficult because the cool-season crops have already matured and the warm-season vegetables are beginning to look ragged. Remove the previous crop residue and any weed growth. Prepare the soil by tilling or spading to a depth of at least 6 to 8 inches.

If the spring crops were heavily fertilized, you may not need to make an initial pre-plant fertilization. Otherwise, 1 to 2 lb of a complete fertilizer such as 10-10-10 may be applied per 100 sq ft of bed space. Thoroughly incorporate the fertilizer.

Planting the Fall Garden

Direct seeding (planting seeds rather than using transplants) for crops such as broccoli, cabbage, and collards is often used in the fall. However, the success of this planting method depends on having adequate moisture available to keep the young seedlings actively growing after germination. If you do not have an irrigation source available, you would be wise to buy vegetable transplants from a local garden center.

Seeds should be planted deeper in the fall because the moisture level is lower in the soil and the surface temperature is higher. In many cases, the planting depth may be 1 1/2 to 2 times as deep as for spring planting of the same crop.

Our summers can be hot and dry. Soils may form a hard crust over the seeds which can interfere

with seed germination, particularly in heavy clay soil. Seeds of lettuce and spinach will not germinate if the soil temperature exceed 85 degrees F. You may need to cover the seeded area with burlap cloth, newspapers, or boards to keep the soil cool and moist. Shading the soil or using a light mulch over the seed row will help keep the temperatures more favorable for germination. The shading material must be removed as soon as the seeds begin to germinate. Another useful technique is to open a furrow, seed, and cover the seeds with potting soil or vermuclite. Young transplants may also benefit from light shading for the first few days after transplanting.

Watering/Fertilizing

Most vegetables require 1 inch of water per week. It's best to make a single watering that penetrates deeply rather than frequent shallow applications. Young seedlings and germinating seeds may need more frequent, light waterings. Do not allow seedlings to dry out excessively. New transplants may also benefit from frequent light waterings until they develop new roots.



the garden gate



summer news

Many fall maturing vegetables benefit from sidedressing with nitrogen just as do spring maturing vegetables. Most leafy vegetables will benefit from an application of nitrogen three and six weeks after planting.

Insects and Diseases

It is not uncommon for insects and diseases to be more abundant in the fall. Most problems from insects and diseases result from a buildup in their populations during the spring and summer. There is hope of keeping these pests at tolerable levels, however, if a few strategies are followed. Strive to keep fall vegetables healthy and actively growing; healthy plants are less susceptible to insects and diseases. Check the plants frequently for insect and disease damage. When sufficient damage is detected, use an approved pesticide. You may decide not to grow vegetables, such as squash, corn, and cucumbers, that are specially insect and disease prone during late summer and fall.

Frost Protection

You can extend the season of tender vegetables by protecting them through the first early frost. In North Carolina, we often enjoy several weeks of good growing conditions after the first frost. Cover growing beds or rows with burlap or a floating row cover supported by stakes or wire to keep the material from directly touching the plants. Individual plants can be protected by using milk jugs, paper caps, or water-holding walls.

Most of the semi-hardy and hardy vegetables will require little or no frost protection. Semi-hardy vegetables should be harvested before a heavy freeze. Root crops such as carrots and radishes should be harvested or mulched heavily before a hard freeze. The harvest of mulched root crops can often be extended well into the winter. During mild winters, harvest may continue till spring. ☺

Vegetables	Suggested Planting Date
Asparagus (crowns)	Nov. 15 to Mar. 15
Beets	July 15 to Aug. 15
Broccoli	July 15 to Aug. 15
Brussels sprouts	July 1 to 15
Cabbage (plants)	Aug 1 to 15
Cabbage, Chinese	Aug. 1 to 15
Carrots	July 1 to 15
Cauliflower	Aug 1 to 15
Collards	July 15 to Aug. 15
Cucumbers, pickling	Aug. 1 to 15
Cucumbers, slicing	Aug. 1 to 15
Kale	Aug. 15 to Sept. 1
Kohlrabi	Aug. 1 to Sept. 1
Lettuce (leaf)	Aug. 1 to Sept. 1
Lettuce (head)	Aug. 15 to 31
Mustard	Aug. 1 to Sept. 15
Onions (seeds)	Sept. 1 to 30
Onions (sets or plants)	Sept. 1 to 15
Radishes	Aug. 15 to Sept. 15
Radish, Diakon	Aug. 15 to Sept. 15
Rutabagas	July 1 to Aug. 1
Spinach	Aug. 1 to 15
Turnips	Aug. 1 to 31



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Edible Cover Crops...*(continued from cover)*



production for even annual cover crops. What to do? Try the following "cash-cover" crops, which can offer some income (or at least food for your household) and cover crop benefits at the same time.

Cowpea (*Vigna unguiculata*)

Cowpea varieties include crowder peas, southern peas, blackeyed peas, Mississippi Silver and other varieties that produce delicious, nourishing shell beans, as well as the Iron-Clay forage variety. Cowpeas are heat loving, drought tolerant, fast-growing, and form a dense, weed-smothering canopy. They are vigorous N fixers (100-150 lb/ac in 60-75 days), and leave a significant fraction of that N behind even if the beans are harvested. One organic CSA farmer in the Tidewater of Virginia sows purple hull crowder peas, picks them for his sharers, and tills in the residues, which contain enough missed pods to reseed the crop for a second round of N fixation and weed suppression.

Cowpea is resistant (or uninteresting) to several pests that can devastate soybean or snap bean, including Mexican bean beetle, Japanese beetle, and ground hogs. It does not, however, like cool, wet soil, so wait

until several weeks after the spring frost date to plant cowpeas.

The only other weak point of cowpea is that its residues are relatively non-persistent, so they do not by themselves give much overwinter erosion control. However, cowpeas tolerate light shade, and make an excellent legume companion for foxtail millet (planted before summer solstice), sorghum-sudangrass or pearl millet (planted anytime until about 50 days before fall frost). These bicultures produce lots of biomass, leaving dense mulch that protects and feeds the soil all winter. However, I have not experimented with cowpea for food production in such bicultures. Follow a cowpea pure stand promptly with a fall vegetable (garlic, broccoli) or cereal grain.

Daikon radish (*Raphanus sativus*)

The radish species includes a number of large, heavy foliage producers, as well as the diminutive salad radishes that no one would ever take for a cover crop. The former include fodder radish (which has a deep-penetrating but tough and inedible taproot), the Oriental vegetable radish known as daikon (Japanese for "big root"), and

oilseed radish, similar to daikon, and used by European farmers as a cover crop to break up hardpan.

I first heard of daikon as a cover crop from University of Maryland soil scientist Ray Weil, who has researched radish, mustard and other brassica cover crops for many years. In our research on conservation tillage organic vegetable production systems, Dr. Ron Morse of Virginia Tech and I included August-planted daikon, fodder and oilseed radishes in some of our field trials. The radishes did several amazing things. First, they overspread the ground much faster than oats or cool season legumes, getting a jump on fall weeds. Next, they mopped up over 100 pounds of N per acre, rivaling cereal rye in fall N recovery. The radishes decomposed completely by the following March, but almost no weeds grew in the radish plots until the end of April. In comparison, winter-killed oats, sorghum-sudan or pearl

millet left persistent surface residues – through which common chickweed, deadnettles and other weeds grew quite well. Yet, spring vegetables (planted at the beginning of April, when weeds were still thoroughly suppressed) grew just as well after radish as after anything else, with one exception. Spinach established and yielded two to three times better after radish than in any other treatment.

Since those experiments, several Floyd County farmers and homesteaders have seen similar results with spring spinach after fall radish, and a student of Dr. Weil sent me an e-mail with a photo illustrated report of similar results in Maryland.

Try planting daikon as a cover crop, sowing at 12-20 lb/ac, perhaps with an Earthway seeder using the #5 Radish seed plate. Plant early enough so that the crop can form some nice roots before being killed by the first hard freeze (15-20°F). Harvest for market every fifth plant or so, taking the ones with the largest and straightest roots. The others will spread out to fill the gap, giving you a good cover crop.

Daikon radish can also be planted in early spring, though rising tempera-



“One day I came in to Virginia Tech’s Kentland Farm to look at our trials, only to find two of Dr. Morse’s grad students grazing in the cover crop! I had to laugh. “Try it!” said one—and they were right. Austrian winter pea tips are as tender and tasty as the best snow peas you can find.”

tures can make the crop bolt before it produces biomass or marketable root. Yet the emerging seedlings are fairly drought tolerant, and August plantings of radish can emerge and establish in conditions too hot and dry for oats, peas and bell beans.

OK, time for the caveats. Daikon and other radishes are in the Brassica family, and should be kept a full three years apart from all other brassicas in the rotation, including cabbage, broccoli, cauliflower, kale, collards, turnip, rutabaga, mustards, and most Asian greens. That can be a pain in the neck, depending on one’s market crop mix. Also, all that bare soil left after the frost-killed residues decompose is not good for soil quality – and where does all the N go? It may be wise from a conservation viewpoint to intercrop the radish with oats (ahead of early spring vegetables) or rye (for later vegetables). The slower-

starting grain should not interfere with production of marketable daikons in the fall.

Austrian winter peas (*Pisum sativum*)

The same species as the English shell pea, snow pea, snap pea and the semi-hardy Canadian and yellow field peas, Austrian winter pea distinguishes itself in its winter hardiness, tremendous biomass and N fixation, and beautiful pink-and-purple flowers. Planted in early fall (early September in Appalachia, early October in Piedmont or Coast) along with a winter cereal grain like rye or triticale, Austrian winter peas will reliably survive unprotected freezes down to 5°F—and this past winter in Virginia, they came through a minus 5°F night with flying colors! The peas begin to put on rapid growth in mid spring, flowering profusely in May, at which point the crop is easy to kill by mowing or rolling for minimum till vegetable planting.

One day I came in to Virginia Tech’s Kentland Farm to look at our trials, only to find two of Dr. Morse’s grad students grazing in the cover crop! I had to laugh. “Try it!” said one—and they were right. Austrian winter pea tips are as tender and tasty as the best snow peas you can find. And pea tips can fetch \$7.50 per pound at farmers’ market. Cut the top five to six inches of the pea shoot, including one fully expanded leaf and tendrils, harvesting anytime between the onset of rapid growth and early flowering. One can easily pick a few hundred pounds (fresh weight) per acre of pea shoots (value perhaps \$2,000/ac) without significantly compromising biomass or N production. We picked that plot pretty hard for a few weeks, yet the peas and companion triticale still made five tons per acre of above ground biomass (plus another couple of tons of roots and exudates) by mid June.

Austrian winter peas are a highly versatile cover crop. Planted in August, they will grow tall during the fall and winter-kill. Planted in early-mid fall, they will grow a few inches, overwinter, and grow rapidly in spring. Planted in early spring, they will grow vigorously until the onset of summer heat. In all cases, pea tips can be taken at mid-growth, giving three distinct potential seasons for pea

tip harvest. However, like other pea varieties, Austrian winter peas do not tolerate drought, and can fail in a hot August or a severe spring drought. Austrian winter peas should be planted with a companion cereal grain to provide support for the vines, balance carbon and nitrogen, and maximize biomass and weed suppression. Plant with oats in early spring or in a reasonably moist August (this should work most years in the High Country of western North Carolina), or plant with rye or triticale in fall. The grain interferes only minimally with pea tip harvest.

Cereal Grains to Harvest

Finally, the cereals often grown for cover crops in vegetable rotations can themselves be harvested for grain. Although not a high value crop for market, the grains can fit nicely into a cropping system that provides food for the homestead as well as market vegetables. Such harvest removes N and other nutrients, but leaves a significant amount of high-carbon, persistent organic residues to prevent erosion and add organic matter. Furthermore, if you can afford to rest the soil for a year, red clover (or perhaps a more heat-adapted clover in warmer climates) can be overseeded into the grain, and allowed to grow for six to 18 months after grain harvest. Cut the grain high to leave more organic carbon in the field, or cut it low and use the straw to mulch vegetables in another field.

Here at Abundant Dawn (my home community of 15 people), nature gave us the tip-off on this vegetable-grain-clover rotation. Some of my community mates grew winter wheat for grain harvest in 2006-07. One day, I noticed a carpet of green in the wheat, and thought, we’ll have to turn those weeds under right after harvest—until I saw that the “weeds” were 99 percent red clover. So we left it for a full year, turned it under in spring 2008, and grew a fine potato crop in the loosened, N-enriched soil.

Now, whenever a section of the garden seems “tired” of growing vegetables, we either seed clover right into the vegetables, or plant a grain and overseed that with clover. If you have the space, it is worth a try—and perhaps you can sell dried red clover blossoms as a medicinal tea. 





5 Budget Saving Tips to Sustainable Eating

By Amanda Loudon, CNE

Times are tough, and everyone (at least everyone I know) is counting pennies. Food is often one of the biggest expenses, especially for families. It is evident by the rise in fast food dollar menus that people are turning to inexpensive, low quality food in order to eat on a budget. I believe that eating well (real food that's sustainable) doesn't have to break the bank. In fact, eating high quality traditional foods such as beans, grains, fruits, and vegetables are very inexpensive and allow enough room in a budget for higher priced sustainably raised meat, eggs, and dairy.

Here are 5 Tips to eating well while remaining on a budget.

1. Increase Produce

An average family of two parents and 2.5 children ages 6-17, should be spending a minimum of \$160 per month on fresh produce. \$40 a week on produce is a lot of food, especially if you are shopping a local farmers market where good deals along with local produce are abundant.

The Bureau of Labor and Statistics (BLS) states that a typical family meeting the description above consumes only \$46.75 per month on fresh fruits and vegetables. Instead of fresh produce people are eating too much fast food, snack foods, and other processed foods. According to the BLS, the typical family consumes \$336 in meals outside of the home each month. That's a lot of money going to food where quality is questionable.

To give you an idea of how inexpensive produce can be, let's look at a few of the items that I bought this past weekend at the farmers' market:

1 large bunch of Carrots = \$1

1 large bunch of Turnips = \$1
1 large head of Kale = \$1.50
1 large head of Sweet Chard = \$1.50
2 Russet Potatoes = \$1
1 large stem of Brussels Sprouts (approx 3 dozen sprouts) = \$7.00

Soups and stews are a great use for vegetables, especially the weird ones! Spending approximately \$40 per week on a fresh fruits and vegetables paves the foundation for a healthy life.

2. Make Meat a Side dish

While recognizing that some people do better on vegetarian diets, most people do not. I do not advocate for most people to give up meat. I love meat and consume it in some form almost daily. But meat, in all of its glory, is better off as a side dish. Sustainably raised meat, eggs and dairy are a lot more expensive than their commercially raised counterparts. Eating high quality sustainably raised meats is often the last step people take to eating well. Small servings alongside a heaping load of produce, grains and/or legumes is not only a healthier way to eat, but saves your greenbacks, too. By consuming meat as a side dish, you will be stretching those roasts and whole birds into multiple meals thus saving you countless dollars.

3. Add Beans and Grains for a Source of Protein and Unrefined Carbohydrate

Beans and grains are cheap! Combined together and, like meat, make a complete protein. Depending on the bean or grain, the price can vary from \$.50 to \$3 per pound. Personally, I like to wait for the more expensive items to go on sale and typically don't spend more than \$1.50/lb on any one legume or grain. Combining beans and grains in a soup or salad create a tasty and versatile meal or side dish.

4. Buy What You Need And Eat What You Buy

Why do we waste so much food? There was a time (long ago) when I would throw out bags of spoiled or unwanted foods each week. It's so simple—BUY WHAT YOU NEED AND EAT WHAT YOU BUY! Don't buy the whole bunch of carrots if you only need two for a recipe. If for some reason you don't get around to consuming the two carrots, chop them up and throw them in your freezer

until your next pot of vegetable soup. Everything can be frozen. Think of the large food manufacturers that make frozen foods and meals. You can too. Leftover produce, grains, beans, or meat make great additions to soup, salad or simply freeze them for later use...I give you permission.

And remember, it's only a "good deal" if you need it! 10 for \$10 is only a good deal if you need 10! My dear friend buys anything that is on sale. She loves a bargain and will buy any sale item without having a purpose for "it." Say it with me, buy what you need and eat what you buy!

Consumers save money when they don't waste. We don't waste when we buy only what we need.

5. Get organized

Getting organized is extremely important for saving money and eating well. It requires a "planning-shopping system" that works for you and your family. When a plan is in place, it's easy for consumers to buy only what they need.

By getting organized and having a plan, a consumer can save both valuable time and money. Having a shopping list that is derived from a meal plan allows the consumer to walk into a grocery store or farmers market with a purpose and shop efficiently. When a meal plan is in place the age old question, "what's for dinner?" is already answered, and relieves stress. Because a shopping list was created directly from the meal plan, you will have all of the necessary ingredients to make a healthy home cooked meal; and therefore, are less likely to pack up the family and head to the local drive through.

How do I do it? Twice a month I stock up on sustainably raised meats, grains, and beans that are on sale. On Fridays, I meal plan. I plan almost all of my meals, breakfast lunch and dinner. A good place to start is with 4 to 6 dinners which seems doable for most people. A shopping list is derived from the meal plan. On Saturdays, I hit the farmers market and load up on my produce. Then I hit the grocery store on the way home for anything else my family needs.

For more visit <http://www.eatyour-roots.org>.





Albert's Organics to open food distribution facility in Charlotte

The largest certified organic-food supplier in the country is launching a Southeast distribution center in Charlotte that will hire 62 full-time workers. On Sept. 14, Albert's Organics will open its 43,290-square-foot center at Logistics Pointe Distribution Center, once the home to supermarket chain Winn-Dixie's regional warehouse operations.

Albert's says it will buy from certified organic growers in the region. That opens up Carolina farmers' access to the distributor's customer base of 4,500 grocers, restaurants and natural-food stores. charlotte.bizjournals.com

Two North Carolina Farmers' Markets Make Top Five in National Contest

Care2.com and LocalHarvest.org's "Love Your Farmers Market" contest, at press time, named Carrboro Farmers' Market as #2 and the Durham Farmers' Market as #5. www.care2.com/farmersmarket

Chapel Hill Makes "10 Best Cities for Local Food"

Writers at HuffPost Green think the local food movement is a thriving and exciting part of the discussion about sustainability. After researching the best local food in the United States, they compiled a slideshow of their discoveries. www.huffingtonpost.com

Late-blight fungus ruining crops in 13 states

A fungus that caused the infamous 1840s Irish potato famine has hit this summer's commercial and home-grown tomato crop in 13 states, putting farmers and agricultural experts on edge.

The fungus, *phytophthora infestans*,

causes a late blight that quickly kills affected plants. Its spores can spread easily on the wind from one homeowner's garden to the next and on to commercial fields.

This summer's outbreak has been found in plants from Maine to South Carolina. www.physorg.com

FOOD FOR THOUGHT?

AGRICULTURE & FOOD NEWS FROM THE CAROLINAS & BEYOND

National Organic Program to undergo independent audit

The US Department of Agriculture (USDA) has ordered an independent audit of its National Organic Program (NOP) to boost transparency and integrity, and bring it in line with international standards.

USDA deputy secretary Kathleen Merrihan wrote to the National Organic Coalition on July 29, after the organic alliance had urged the department to undergo an outside review of NOP practices in order to strengthen public confidence in the program. www.foodproductiondaily.com

Scientists Study Farming Practices' Impact on Soil Quality

The first evaluation of alternative farming practices—based on changes in soil microbes—in the Texas High Plains has been done by an Agricultural Research Service (ARS) scientist. Changes in microbes can give a relatively early indication as to whether an alternative practice is helping or hurting soil quality, which is important for plant productivity. Researchers have seen microbial communities respond within a few years to changes in land use or cropping systems, while it can take 10 years or more for changes to occur in other soil properties. www.usda.gov

More Farmers Are Online!

According to the USDA, about 59 percent of U.S. farms now have Internet

access, compared with 57 percent in 2007. According to new numbers made available by the USDA, DSL was the most common method of accessing the Internet, with 36 percent of U.S. farms using it, up from 27 percent in 2007. In 2007, dialup was the most common method of accessing the net. Dialup access dropped from

47 percent in 2007 to 23 percent in 2009. Satellite and wireless were each reported as the primary internet access methods on 13 percent of those U.S. farms with Internet access. Cable was reported as the primary access method on 11 percent of the farms. www.USAgNet

Study Released on Nutritional quality of organic foods

The American Journal of Clinical Nutrition released a study that concluded there is no evidence of a difference in nutrient quality between organically and conventionally produced foodstuffs. The small differences in nutrient content detected are biologically plausible and mostly relate to differences in production methods.

Newspapers across the country reported these results while organic advocates point to many other studies that find that organically grown foods do have more nutritional value. www.ajcn.org

Monsanto Responds to "Food, Inc."

From Monsanto's website, "Food, Inc. is a one-sided, biased film that the creators claim will 'lift the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer.' Unfortunately, Food, Inc. is counter-productive to the serious dialogue surrounding the critical topic of our nation's food supply." www.monsanto.com/foodinc/



er Opportunities...

Niche Meat Processing Feature on National Cooperative Extension Web Site

A new Web site for niche meat processors launched today at <http://www.extension.org>. The Niche Meat Processor Assistance Network, with experts from 25 states, works to help livestock farmers and ranchers who want to have meat processed to sell in niche markets.

Clemson Extension Service Developing an Organic Transplant Directory

If you would like to be included in this directory, please respond directly to Rebecca McKinney at rebecca_mckinney@hotmail.com or (864) 414-5337.

Funding Opportunities with Small Business Innovation Research Program

The Small Business Innovation Research (SBIR) program offers grants to qualified small businesses (including small and medium-sized farms) in support of high quality, innovative research related to important scientific problems and opportunities in agriculture that could lead to sig-

nificant public benefit if successfully commercialized. Visit [/www.csrees.usda.gov](http://www.csrees.usda.gov) for more info.

Animal Welfare Approved Announces 2009 Good Husbandry Grants

Grants of up to \$5,000 will be awarded for the sole purpose of improving farm animal welfare, with a concentration on three areas: increased outdoor access, improved genetics and improved slaughter facilities. Current Animal Welfare Approved farmers and those who have applied to join the program are eligible, and farmers may apply for certification and for a grant simultaneously. Guidelines and an application form are available at www.AnimalWelfareApproved.org.

N.C. State Announces Value-Added Cost Share Program to Help Farmers

Value-Added Cost Share (NCVACS) program, which is designed to enhance rural economic development and strengthen farm families. This new effort is funded by the N.C. Tobacco Trust Fund Commission to support the development of value-added agricultural operations.

Applications for the fall 2009 NCVACS are now available online at www.ncvalueadded.org.

WNC AgOptions announces 2010 funding cycle: Mountain farmers eligible for funds to diversify operations

Grants totaling \$225,000 are available to western North Carolina farmers who are diversifying or expanding their operations in 2010. WNC Agricultural Options, will award approximately 45 farmers in 17 counties and the Cherokee Reservation \$3,000, \$6,000 or \$9,000 each, 2010 applications and are available at www.wncagoptions.org.

Grants available for North Carolina farmers in the Central Region

Through its Tobacco Communities Reinvestment Fund, the Rural Advancement Foundation International-USA (RAFI-USA) is offering cost-share grants of up to \$10,000 for individual farmers and up to \$30,000 for farmer groups. The Tobacco Communities Reinvestment Fund provides cost-share support for farmers to try new production, marketing, and processing strategies in order to earn more income on the farm. For information and application materials please visit: <http://www.ncfarmgrants.org>.



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



Calendar of Events

September 2, 2009

Egg Production in a Range Setting Field Day at the Wayne County Extension Center.

September 8, 2009

Diversifying into Alternative Marketing Strategies: Community Supported Agriculture, Subscription Sales, & Meat Buying Clubs at Gaston Citizens Resource Center, Dallas, NC. To register for this workshop, contact the Gaston Extension Office at 704-922-2112.

September 10, 2pm – 4pm

Sandhills Summer Cover Crops Demonstration at the Sandhills Research Station. Contact Taylor Williams at: taylor_williams@ncsu.edu.

September 15, 2009, 6-8 PM

Pollinator Conservation Workshop and Garden Tour at Chatham County Center of North Carolina Cooperative Extension. To register, download the registration form at <http://www.ces.ncsu.edu/chatham/ag/SustAg/workshops.html>.

September 17, 2009, 8:30- 4:00pm

Preventing a Recall - Protecting Your Food Business at Martin Building, N.C. State Fairgrounds. For questions or more information, contact Annette Dunlap, agribusiness developer, at (919) 733-7887 or go to www.ncagr.gov/markets/recall-seminar.pdf.

September 19, 9:30-3:30pm

11th Annual Plow Day Festival at Warren Wilson College in Swannanoa, NC. Contact kjoslin@warren-wilson.edu for more.

September 19-20, 2009, 1-5 PM

4th Annual Eastern Triangle Farm Tour

Co-sponsored by Whole Foods Market. This year we have 20 farms with 4 new farms !! The self-guided tour is a great way to experience the thriving farm/food scene in the Carolinas. It's affordable and very child-friendly. Get buttons at www.carolinafarmstewards.org.

September 24, 2009, 8:30– 4:00pm

Weed Management for Vegetable Production at Madren Conference Center Auditorium, Clemson University, Clemson, SC. Contact Geoff Zehnder at zehnder@clemson.edu.

September 24-27, 2009

Local Food Institute 09 For more information and to register visit <http://www.asapconnections.org/localfoodinstitute09.html>.

September 29, 2pm – 4pm

Establishing Cool Season Cover Crops in the Sandhills at the Sandhills Research Station.

October 2-4, 2009

Southeast Women's Herbal Conference in Black Mountain, NC. More than 30 teachers and 50 classes. sewisewomen.com. 877-SEWOMEN.

October 4, 2009

Upstate On-Farm Dinner Plan to join us for a special CFSA benefit dinner, hosted at one of the Upstate's premier sustainable farms. Enjoy farm-fresh, local cuisine prepared by chefs from our finest area restaurants, including Friends at the Cove and American Grocery. Get tix at www.carolinafarmstewards.org.

October 4, 2009, 11am – 6pm

Fourth Annual Field of Greens Farm Festival at Whippoorwill Hollow Organic

Farm, GA. For more information, contact: Andy Byrd, whippoorwillhalf@bellsouth.net.

October 5, 2009, 7pm – 9pm

Marketing Through Community Supported Agriculture - Will this Model Work for my Farm at Chatham County Center of North Carolina Cooperative Extension.

October 20, 2009, 9am – 5pm

Taking your Community Supported Agriculture Program to the Next Level at Chatham County Center of North Carolina Cooperative Extension.

October 22, 2009

Carolina Foothills Heritage Fair 2009 at West Oak High School, Westminster, SC.

October 23, 2009

2009 Mid-Atlantic Grass Finished Livestock

Conference at the Holiday Inn Conference Center, Staunton, VA. Contact Margaret Kenny at 434-292-5331 or makenny@vt.edu or visit Virginia Tech's Southern Piedmont AREC's website at <http://arecs.vaes.vt.edu>.

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.

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.



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