



Carolina Farm Stewardship Association STEWARDSHIP NEWS

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Upstate Farm Tour Adds New Attractions and Meal Stops

by Diana Vossbrinck, CFSA's Regional Coordinator

Carolina Farm Stewardship Association's fourth annual Upstate Farm Tour takes place on June 5th & 6th, from 1 p.m. to 6 p.m. both days, and highlights 20 sustainable farms. The 2010 tour features a diversity of local farms, including fruit and vegetable growers, livestock producers, two dairies, a worm farm, a mushroom farm, and a hydroponics producer.

A new highlight of this year's tour is the Bowie Old Farm Show where visitors can step back in time to learn about the traditional farming methods of generations past.

Another exciting addition: Two farms, Sharon Rose Farm in Woodruff, and Split Creek Farm in Anderson will be meal-stops on the tour, offering farm fresh food, cooked on-site for guests looking for a special on-farm lunch or supper.

"We are excited to see how this farm tour has grown over four years. The time is right for educating and inspiring eager South Carolina consumers," according to Roland McReynolds, CFSA's Executive Director.

The Upstate Farm Tour is self-guided, and farms are located all around the Upstate, including Anderson, Oconee, Pickens, Greenville, Laurens, and Spartanburg counties. To take the tour, download a map and purchase entrance buttons online at www.carolinafarmstewards.org or pick them up at Whole Foods Market in Greenville. Load up your vehicle with friends and family, pack a cooler in the trunk for the farm-fresh goodies you'll want to take home, and then use the map to plot your course! Buttons and maps



Fun on the Farm Tour at Greenbrier Farm.

are also available at these Upstate locations: Hub City Farmer's Market (Spartanburg); Happy Cow Creamery (Pelzer); Live Oak Farm Store (Woodruff); Split Creek Farm (Anderson).

The tour cost is \$25 in advance per vehicle or cycle group for both days of the tour. Entrance buttons may also be purchased on tour days at Whole Foods Market and at every farm for \$30. Individual farms may be toured for \$10.

The event is co-sponsored by CFSA and Whole Foods Market, and proceeds support the work of CFSA.

For more information, contact Diana Vossbrinck at 864-517-4720 or diana@carolinafarmstewards.org. 

Bread Flour Project News and Events

by Jennifer Lapidus, Project Coordinator

On the milling and baking front:

The Bread Flour Project will be bringing in up to 14,000 pounds of grain from this year's harvest of hard (bread), and soft (pastry) wheat (modern and land-race), and rye! This grain will be used for production-level testing and product development. Our pilot group of bakeries has agreed to raise at least \$5,000 for the bare essentials necessary to set up the mill. This includes: replacing the motors on the mill from European to U.S.; and acquiring a portable bag sewer, grain totes, bags, and grain.

From Field to Bread Workshop:

On Thursday, June 17 from 9:00-10:30 a.m. the Bread Flour Project presents, *NC-Grown Organic Wheat—From Field to Bread* at the Mountain Research Station in Waynesville. At this workshop, Dr. David Marshall (USDA-ARS) will provide an overview of the bread wheat trials planted at the station. He will discuss varieties of hard wheat that grow well in N.C., their quality components, and any susceptibilities they may have. Also, Sharon Funderburk, CFSA's Organic Crop Consultant, will provide information on organic methods to address fertility concerns and other issues that can be addressed in the field to ensure a food quality crop.

Registration is requested. To register for the workshop, go to carolinafarmstewards.org and register at our online store. E-mail jennifer@carolinafarmstewards.org for more details.

-Continued on pg 5-

From the Director

Dear Members,

As spring veggies and fruits are ripening, we've been galvanized by a growing awareness in communities across the Carolinas of the value of a sustainable, local food system.

I saw this consciousness-raising happen as I sat in a screening of "Fresh" at Pittsboro's local co-op grocery. I watched people's faces as they were shown the real choice they are given in how they eat: On the one hand, the Agro-Industrial Complex that shutter's family farms, depletes our soil and pollutes our streams, uses mind-blowing amounts of fossil fuels, and exposes us to frightening food-borne pathogens. On the other, fresh, local foods produced by farmers who care about the communities they feed and who respect and protect the land – the same things CFSA has championed for over three decades!

By the end of the film, I knew that this was a game-changer. Now is the time to capitalize on this collective call to action surrounding our cause. But, we need your help.

In this edition of Stewardship News, you'll learn more about some of the ways we are leading the movement for local, organic food and food systems in the Carolinas:

• **Fighting for Healthy Farm Policies**

We have been one of the most influential state organizations in the federal debate on food safety legislation. Our Campaign for Truly Safe Food is ensuring that the Senate's food safety bill (S.510) will include protections for sustainable agriculture.

• **Building Local, Organic Food Economies**

We continue our work to create a micro-milling facility devoted to Carolina-grown organic grains, securing a

gristmill and eight local bakery partners to help shepherd the project.

• **Promoting Sustainable Farms**

We are working with S.C. agencies to get more farmers to apply for federal conservation program funds dedicated to supporting organic farming.

• **Inspiring, Educating, and Organizing Farmers and Consumers**

The 15th Annual Piedmont Farm Tour, which took place April 24-25, was another great success, with 3,000 visitors and 11,000 farm visits. Two other tours that bring Carolinians to local farms are planned for June and September.

Won't you help us take advantage of this opportunity to move forward our work to create sustainable, local food systems by making a tax-deductible donation to the CFSA now?

Your membership in the Association shows that you care about this cause. If this is what you can manage this year, we are so very grateful. But, if you can do more to ensure that small, family farms and local, organic agriculture have a voice and a chance against the powerful Agro-Industrial Complex, now is the time when your donation will have the greatest impact. Any amount will help, but I hope that you will consider a donation of \$50 or more. Donating is easy. Just fill out and mail back the donation coupon on the last page of this newsletter. Or, you can donate online at carolinafarmstewards.org (see the lower left corner for the Donate Now button).

Your contribution will truly make a difference in our fight to support local, organic food.

Sincerely,



CAROLINA FARM STEWARDSHIP ASSOCIATION (CFSA)

CFSA is a membership-based organization of more than 1,200 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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CFSA Listservs

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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 Amy for current rates: 919-542-2402 or email amy@carolinafarmstewards.org. You may also submit classified ads, article ideas and corrections to Amy.

Organizational News

Fighting For a "Safety" Bill That's Safe For Local, Organic Food

YOU, the members of Carolina Farm Stewardship Association, are making a major impact on the on-going fight to protect small farms and food businesses from industrial-size food "safety" rules.

The fight is not over yet, but our efforts have had significant influence over the federal debate over food safety legislation.

- Our Campaign for Truly Safe Food enrolled at least 21 farmers' markets in a calling campaign to get North Carolina Senators Richard Burr and Kay Hagan to support protections for sustainable agriculture in the Senate's food safety bill, S.510. Both serve on the committee responsible for drafting the bill.
- In March, CFSA Executive Director, Roland McReynolds, along with farmers John Vollmer and Christopher Hardin, met with staff in both Senators' offices in Washington, DC.
- And in April, CFSA published a report, "Hurting NC's Local Food Harvest," that highlighted the potential costs to local food systems if the original version of the bill passes.

Newspapers in Asheville, Durham,

and Statesville, N.C. have covered the report and our campaign. And as a result, Sen. Burr, who is a sponsor of S.510, has been actively pushing for specific language in several portions of the bill that would provide solid protections for small farms and food businesses in the negotiations over the final bill.

Sen. Hagan has endorsed even more aggressive language that provides blanket exceptions for small businesses and farms, originally proposed by Sen. John Tester of Montana. Those proposals, which were once considered dead-on-arrival in Congress, are now being actively negotiated by the bill's managers.

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- * **Rutherfordton, NC surrounding area**
Earth Perks, Rich & Debra Davis 828-287-7730
- * **Boone NC / surrounding area & Mountain City, TN**
Tamara McNaughton - 423-727-2791
- * **Augusta, GA Garden City Organics**
Kate Lee & Brian Gandy - 706-364-0169

* **Asheville NC and surrounding areas. Loads are being organized to that area 4 times a year. Call Seven Springs Farm for details.**

this process, and Senate staff are now calling us to ask for feedback on new proposals. Calls and letters from you have made the difference. Thank you for taking the time to make your voice heard.

But, we must keep up the pressure. At press time, the bill appears to be coming up for a vote in early June, after Congress' Memorial Day recess. We continue to monitor the situation and organize to maintain pressure on the Senate. **Make sure you are signed up for our Action Alert list to get the latest updates and timely requests for grassroots action.** Contact Cheryl Rettie, Member Services Director, at: cheryl@carolinafarmstewards.org to receive the e-mail action alerts. 

Welcome New Communications Coordinator

CFSA is thrilled to welcome Amy Armbruster as our new Communications Coordinator. Amy has studied sustainable agriculture in Costa Rica. Her last job before joining us was as Marketing Coordinator at

Save the Dates!

Upstate Farm Tour

June 5 & 6, 2010

Field to Bread Workshop

June 17, 2010

Eastern Triangle Farm Tour

September 18 & 19, 2010

25th Annual Sustainable Agriculture Conference

December 3-5, 2010 in Winston-Salem, NC





Amy Armbruster, CFSA's new Communications Coordinator

Triangle Transit, where she ran successful campaigns to get commuters to cut their carbon footprints by biking, carpooling, and telecommuting to work. Amy is an expert in social media and marketing, which will be key for our success in growing CFSA's membership.

Amy would love your help spreading the word about CFSA! You can reach her at amy@carolinafarmstewards.org or by phone at (919) 542-2402. Please let her know if you can help write an article for the next edition or if you have great ideas to promote CFSA on your website, Facebook, or Twitter! 



Mac Baldwin of Baldwin Family Farms shows off his grass-fed steers on the Piedmont Farm Tour.

America's Largest Farm Tour Inspires Families to Eat Better

Stormy weather could not deter the 3,000 visitors who took the 15th Annual Piedmont Farm Tour on April 24 and 25. Triangle families and locavores, along with aspiring farmers from across the nation, proved again why the North Carolina Piedmont is ground zero for the local organic food revolution.

The tour featured 40 farms and vineyards in Alamance, Chatham, Durham, Orange, and Person Counties that together hosted over 11,000 visitors, including people from as far afield as California, Connecticut, Maryland, Massachusetts, Minnesota and Texas. Families, gardeners, students, and children got to sample first-of-the-season strawberries, gather their own eggs, and learn how to grow safe organic vegetables with small scale intensive methods.

The Piedmont Farm Tour is the biggest consumer farm tour in the United States, and is co-sponsored by the Carolina Farm Stewardship Association and Weaver Street Market, a cooperative grocery store in Carrboro, N.C. Tour visitors saw how local organic agriculture has helped North Carolina rural communities transition away from tobacco and benefit from the growing interest in healthy, local food. More farms are turning to sustainable agriculture as a way to preserve their economic viability and better steward our natural resources, and more families are realizing that the best way to ensure a delicious, healthy food supply and a safe environment is to support those local farmers.

Thanks go to Weaver Street Market, which has been an essential partner in building the Piedmont Farm Tour into a Triangle institution. 

Sustainable Food NC Grows Strength, Membership

Sustainable Food NC has added new members to the Coalition: Farmer

Food Share of Chapel Hill, N.C.; and the N.C. Council of Churches. Twenty organizations are now participating in this advocacy coalition.

The coalition held its spring meeting on April 29, and took the following actions:

- Formed an organics subcommittee that will meet periodically with N.C. Dept. of Agriculture staff to advocate for organic agriculture issues.
- Supported funding in N.C. budget for the Agricultural Development and Farmland Preservation Trust Fund. This fund has provided support for dozens of sustainable farmers and projects over the last several years.

Sustainable Food NC is funded by the Z. Smith Reynolds Foundation to build a coalition of sustainable agriculture advocates in N.C. 

Saving Our Seed (SOS) Project Keeps Our Agricultural Heritage Alive

by Cricket Rakita, SOS Coordinator

In 2009, the Saving Our Seed project collected 54 accessions of traditional southeastern vegetables and grains. The one that I am most excited about is an heirloom oat, obtained by local farmer James Bing, which grows just as well in the region when planted in the winter or in the spring.

In 2010, I will continue to go to seed swaps, the Heritage Harvest Festival, and other places likely to meet 'seedy' folks. My goal is to again be able to acquire 50 accessions in 2010. I am in the process of clearing some of my land and getting it into shape to raise more seeds in 2011 when it will then be time to revitalize the seeds currently in our bank. I will also rely on the grower network to keep getting 'new' accessions.

The list of seed accessions to the Project will be published on the web later in 2010. 

S.C. Grant Proposal Passes First Hurdle

On May 12, the South Carolina Department of Agriculture (SCDA) preapproved CFSA to submit a full proposal under their Specialty Crops Block Grant program. The proposal would fund CFSA to work on expanding organic production in South Carolina by working with Natural Resources Conservation Service personnel to get more farmers to apply for federal conservation program funds dedicated to supporting organic farming. We look forward to this opportunity to enhance our working relationship with S.C. Dept. of Agriculture. 🌱

-Continued from Bread Project Story, pg 1-

Bake Sale! On Saturday July 3, from 8 a.m. to noon, in conjunction with the North Asheville Tailgate Market on UNCA's campus, eight bakeries will join together in a bake sale to raise money for the project.

Beer and BBQ - What Could Be Better?:

Also, on July 17, the Asheville Slow Food convivium will hold a beer and BBQ fundraiser for the Bread Flour Project.

For details: <http://www.slowfoodasheville.org/>.

For project updates: <http://ncobfp.blogspot.com/>.

To Support The Project:

And of course, if you would like to contribute, tax-deductible donations are welcome. Please write checks out to CFSA and indicate NCOBFP on the check. 🌱

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Jennifer Lapidus inspects the new mill.

Editor's Note: We are excited to have a new Communications Coordinator on-board, but because we were short staffed for over a month, this newsletter is a bit shorter and a bit later than usual. The Summer issue will return to its usual size. 🌱

DONATE TO CFSA NOW!



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