

### **What are people saying about Appalachian RC&D?**

"Local is certainly what gives life to RC&D. From Local volunteers to the Local businesses who are integral to our big events— like Linda at Tennessee Quilts; Pat and Johnny at Farmhouse Gallery & Gardens; Jamie & Elise at Main Street Pizza Company; and, our new all-local grocer, Boone Street Market, that catered monthly workshop meals. Local chefs put on over a dozen events to promote farmers' markets and local produce. We were awarded new grants from Local foundations Washington County Community Foundation and the Greene County Fund. And Local friends gave financially too. We are so grateful and thankful for all of your Local care and support. Keep on with us on the journey!" *Emily Bidgood, Executive Director*

"I learned a lot about farming practices and how to better plan my crops," said Bashor. "Everyone at the ARC&D has such a great passion for farms and programs to educate and better our careers." *Katie Bashor, 2016 Field School attendee and Farm Manager at River Creek Farms*

"As a small farm/business owner, dedicating the time it takes to learn what grant reviewers expect, as well as write/format a grant application would not have been possible on our own. Emily's grant writing expertise and professional execution were invaluable in creating an impressive product for USDA Rural Development. Emily's contacts with University of Tennessee connected us with a feasibility consultant at a fraction of the cost. Emily allowed our business to reach a level previously unattainable. Thank you!" *Ethan Gouge, Local farmer*

On the Quilt Trail: "The National Gathering was a very special event which served to unite community minded people from across the country. I was enlightened, invigorated and inspired. The event was flawless and professionally organized." *Linnie Greene, Greeneville volunteer and quilt block artist*

On the Sowing Seeds program: "There are indeed immense food disconnections that exist amongst this generation. When asked where cheese comes from, one child answered: from a cheetah. Another answered: from Cheetos. When asked where the meat on a hamburger comes from, some children answered that they did not know. One answered: pig. Another answered: camel. This is, to me, one of the most important reasons that we have created this program in addition to expanding access to fresh, organic foods— to reconnect children in relationship with their foods, in hopes that this will have a positive rippling effect in their health, well-being, sense of community, and their lives overall." *Shae Keane, Sowing Seeds teacher*