

Local Farmers & Local Food Economy

Southwest Virginia is home to an exciting, rapidly growing local food system! Local restaurants, farmers markets, food and health stores, grower cooperatives and home gardeners are all important parts of this system, but the real drivers are the creative, hard-working **farmers** who work to make all of the food available.

This farm tour series will highlight some of the growers who have paved the way and are leading the way to a more secure, healthy and delicious food future for our area.



This farm tour series is sponsored by:



Living Better. Locally.

Appalachian Sustainable Development is a 501 (c) (3) non-profit organization working to create, promote and expand economically viable, environmentally sound and socially responsible opportunities to help improve the lives and the health of our local communities and ecosystems.



Appalachian Farmers Market Association, a program of ASD, operates to support and sustain a viable network of community Farmers Markets throughout the Appalachian region of eastern Tennessee and western Virginia. We are a volunteer organization comprised of representatives from each of our participating farmers markets.

Visit the website at <http://www.appfma.org>

Appalachian Sustainable Development
P.O. Box 791
Abingdon, VA 24212
(276) 623-1121
asd@asdevelop.org
<http://asdevelop.org>



2014 Farm Tours & Suppers

Spring Ridge Farms

Monday, July 21st
5:00–8:00 p.m.

Roffey Cattle Co.

Monday, July 28th
5:00–8:00 p.m.

Double Y Livestock

Monday, September 22nd
5:00-7:00 p.m.

Porter Valley Grass Farm

Monday, September 29th
5:00-8:00 p.m.

Farm Food will be preparing meals for some of these tours.

See details inside.



Please RSVP at:
asd@asdevelop.org
(276) 623-1121

Save the Date!

7th annual

**AFMA Winter Conference
and Seed Swap**

November 15, 2014
9:00 a.m. - 4:15 p.m.

Johnson County High School
Mountain City, TN

This year, Appalachian Farmers Market Association has joined the annual Seed Swap event and the Winter Conference into one great event! Save the date and join us for a full day of informative workshops geared toward crop production, food preparation, and specialty crops.

You also won't want to miss the tour of Johnson County High School's state of the art facility which is equipped with aquaculture and hydroponic growing systems.

Workshops tentatively include such topics as:

- Fermentation
- Juicing/Smoothies
- Container Gardening
- Mushroom Production
- Making Lotions and Soaps
- Beekeeping
- Community Supported Agriculture
- Seed Saving
- Hazelnut and Chestnut Production

At the end of the day there will be a seed swap. This is a time to swap, share, and sell seeds you have saved. Swapping seeds is a great way to preserve strains that are adapted to our climate and pass along the stories of how these seeds have been kept over the years.

Spring Ridge Farms

Monday, July 21st
5:00 - 8:00 p.m.



Spring Ridge Farms is a 2nd year diversified small farming operation and is the joint effort of two young gentlemen to grow produce in an environmentally sound and sustainable manner without use of synthetic pesticides or fertilizers.

This farm tour will be on one of the two plots they are growing for the 2014 season. Highlights of the tour will include a diversified market garden and a plot of certified organic winter squash in production for wholesale markets. The tour will also showcase planned implementations of a solar water irrigation system, garden beekeeping and egg laying hens.

Supper will be served on this tour by Farm Food for a cost of \$10 per person.

Reservations are required.

Directions:

Take Exit 19 off I-81
Turn toward Damascus
Drive 5 miles
Turn Left onto Blue Spring Rd.

Address:

30296 Blue Spring Rd.
Meadowview, VA 24361

Roffey Cattle Co.

Monday, July 28th
5:00 - 8:00 p.m.



Roffey Cattle Company raises Red Devon cows, a rare heritage breed that finishes very well on grass. They also raise various breeds of poultry and are well known at the Abingdon Farmers Market where they sell many different cuts of beef, chicken and turkey as well as fresh whole chickens and turkeys and eggs. They grow organically raised produce and their products are raised naturally with no antibiotics, hormones or unnatural living conditions.

On this tour, you will get to see and hear about the various aspects of this multi-species livestock operation and farm.

Supper will be served on this tour by Farm Food for a cost of \$10 per person.

Reservations are required.

Directions:

Take Route 19N out of Abingdon
Turn right onto 80S
Continue to 3261 Hayters Gap Rd.

Address:

3261 Hayters Gap Rd.
Elk Garden, VA 24260

Double Y Livestock

Monday, September 22nd
5:00 - 7:00 p.m.

Double Y Livestock is a father/son operation that has been passed down through a number of generations at this same location. This is a traditional calf/cow/stocker operation. Double Y Livestock grows corn and hay on the farm to supplement the grass their livestock eat. In the past, Double Y Livestock has also run a saw mill, grown tobacco, operated a milk dairy, and grown other products to support this farm that is a living history. On this tour you will learn the history of how farms have run for many generations and will continue to run for generations to come.

Reservations are suggested.



Directions from Abingdon:

Take Exit 22 off of I-81
Turn toward Hwy. 11/Hillman Hwy.
Turn Right onto Hillman Hwy.
Turn Left onto Northridge Rd.
Turn Right onto Old Saltworks Rd.
Turn Left onto Maiden Creek Rd.
Turn Right onto Shortsville Rd.

Address:

26455 Shortsville Rd.
Abingdon, VA 24211

Porter Valley Grass Farm

Monday, September 29th
5:00 - 8:00 p.m.

The goal at Porter Valley Grass Farm is to produce superb pastured meats for your table and their own. They raise Red Poll and Belted Galloway cattle, Katadin hair sheep, and heritage American Guinea Hogs on 55 acres of pasture and woodland. Their mission is to create quality meats offered directly to clients while providing a high quality, valued life for the animals and for themselves as farmers. The use of synthetic fertilizers, pesticides, and herbicides is avoided. Antibiotics are used only when the health of the animal is truly jeopardized, but growth hormones or sub-therapeutic antibiotics are never used. All of the meat offered from this farm has been born and raised on the farm to its harvest stage with the best ecological practices in mind.

The primary focus for this tour will be to discuss why grass is truly the only proper diet for ruminant animals, and how other animals such as pork and poultry benefit from free pasture grazing as well. Informal "stand-up" light dining will feature samples produced on our farm, with vegetarian options obtained from local and in season sources for a cost of \$5 per person. **Reservations are required.** Please note that they do not currently reside on the farm. Running water and sanitary facilities will be provided but primitive. Think "camping".

Directions from Abingdon:

Take Exit 39 off of I-81
Turn Left onto Hwy. 11
Continue onto Fox Valley Rd.
Slight left onto Porter Valley Rd.

Address:

740 Porter Valley Rd.
Marion, VA 24354