

What do Diggin' in the Dirt, Compost Lazagna and Bluegrass & BBQ have in common?

They're all ways to get involved with Appalachian Sustainable Development (ASD)

By Sylvia Crum, Communications and Development Director, ASD

With summer in full swing, one local non-profit is busy preparing activities for young and old alike, all with the intention of creating, promoting and expanding economically viable, environmentally sound and socially responsible opportunities to help improve lives and health of local communities.

Since 1995, Appalachian Sustainable Development has been serving southwest Virginia and northeast Tennessee by working with local farmers, landowners, and partners to keep farmers on their land, connect forest land owners with green markets, donate fresh, local produce to food banks and educate people about where their food comes from. ASD currently operates 10 impactful programs in 3 sectors: sustainable agriculture/food system development, sustainable forestry/wood products and food access.



Diggin' in the Dirt, @Bristol Rhythm & Roots, Children's Day: Downtown Bristol TN/VA, Saturday Sept 20th, 10am – 2pm, Underwritten by Berry Home Centers, Inc.

Back by popular demand, you and your children can be a part of ASD's most popular community outreach event. Featuring ASD's Learning Landscapes program, this free to the public event provides the opportunity for children of all ages to "dig in the dirt". Since its inception in 2012, this event has touched the lives of over 800 children. See the smiling faces of future gardeners while they learn where their food comes from and get a "hands-on" experience not to be missed.

Compost Lazagna, @Bristol Rhythm & Roots: Downtown Bristol TN/VA, Friday Sept 19th – Sunday Sept 21st, various times and locations, Made possible by Meade Tractor and Home Depot

Look for the ASD compost cube at various locations and times throughout this year's festival. The clear, plexiglass cube will feature compost lasagna; layers of ingredients that any household produces that can be used to make beneficial compost. You won't believe what things like lint, coffee grounds, grass clippings, leaves, shredded newspaper, vegetable skins, egg shells, etc... turn into that can benefit your garden and the region around us. Learn the how's and why's of composting and why it's important.



Bluegrass & BBQ, @ Heartwood: Southwest Virginia's Artisan Gateway, Abingdon, VA, Saturday, Sept 6, 6:30 pm, Partially underwritten by Meade Tractor

Relax with Appalachian Sustainable Development's funders, partners, stakeholder and volunteers for an evening of good cheer and recognition. As always, no guest's palate will be disappointed. Enjoy a picnic meal prepared by Chef Caleb Arwood using scrumptious local meats and other ingredients procured locally. Compliment this tasty menu with local beers and wines, live bluegrass by 'The Boys' and much more. Bluegrass & BBQ is a wonderful way to review ASD's accomplishments and look forward to 2015, ASD's 20th birthday! To purchase tickets go to: <http://asdevelop.org>. \$50 for individuals, \$85 for couples, \$280 for blocks of 8.

For information about Appalachian Sustainable Development, or its programs visit www.asdevelop.org or like ASD on Facebook.

Bluegrass & BBQ Fundraiser to benefit ASD



Saturday, September 6th
6:30 p.m. to 9:00 p.m.
Heartwood - SWVA's Artisan Gateway

Tickets: \$50 for individuals
\$75 for couples
\$280 for 8 (best value)

MUSIC BY THE BOYS RAFFLE VOLUNTEER RECOGNITION BBQ & FIXINS LIBATIONS

Seating is limited, tickets must be purchased in advance.

To purchase tickets, visit <http://asdevelop.org>.

For more information contact ASD:
276-623-1121 or asd@asdevelop.org.



The Boys have been playing as a band for only about two years now but have played together in different arrangements for over ten years. Chris "Tugboat" Frazier hails from Bristol and picks the guitar and sings lead. The rest of The Boys sing back-up. Ben Casteel, also from Bristol, plays the mandolin. Nathaniel Tayloe and Brian Allgood are from Abingdon and play the bass and octave mandolin respectively. Come join us for a fun and relaxing fundraiser with a great meal and wonderful music...all for a good cause!

APPALACHIAN sustainable DEVELOPMENT

Created in 1995, Appalachian Sustainable Development's mission is to create, promote and expand economically viable, environmentally sound and socially responsible opportunities to help improve lives and health of local communities. With deep roots in agriculture and food production in southwest Virginia and northeast Tennessee, ASD works with local farmers, landowners, children and partners to keep farmers on their land, connect forest land owners with green markets, donate fresh, local produce to food banks and educate children and adults about where their food comes from.



Rooted in Appalachia (RiA) coming soon, to a restaurant near you! ASD's RiA is moving into Johnson City and Kingsport in 2014. Restaurants will now be able to order fresh, locally grown produce from RiA each week creating connections with local farmers and supporting a strong local food culture.

Visit www.rootedinappalachia.com
to learn more.