



PRESS RELEASE

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NOFA-VT's Summer Workshops offer Tools for Growing Local Food

Richmond – With wind in the sails of Vermont's local and organic food movement, Vermonters are cultivating and canning and cooking and celebrating foods and farms: engaging the whole state and leading the nation in the re-development of local food systems. NOFA-VT's Summer Workshop Series provide the tools for farmers, gardeners, cooks, homesteaders, localvores, and eaters to continue to grow Vermont's food future. All are invited to attend these workshops whether geared for the commercial dairy farmer or the backyard gardener.

The 2008 Summer Workshop Series features workshops from *The Family Cow*, *Making Home Dairy Products* to *Cooking with the 10 Best Herbs* to *Hands-On Stone Wall Building*.

For those wanting to cut their food bills and become more self-reliant, NOFA-VT offers the Grow Your Own Organic Garden series, offering the back-yard gardener an introduction to basics of growing vegetables.

The schedule of workshops is below. For descriptions and directions, please visit the NOFA-VT website, www.nofavt.org. All workshops are held rain or shine. Workshops are \$10 for NOFA members, \$15 for non-members unless otherwise indicated. Pre-registration is required for workshops marked by an *. To pre-register call the NOFA-VT office at 802-434-4122 or email info@nofavt.org.

NOFA-VT 2008 Summer Workshop Series

Localvore, Gardener and Homesteader Workshops

***June 28**, Grow Your Own Organic Garden, Camp Merrishko, East Randolph, VT. \$20 for NOFA members, \$30 for non-members

***July 13**, Grow Your Own Organic Garden, Sterling College Gardens, Craftsbury, VT. \$20 for NOFA members, \$30 for non-members

***July 19**, Organic Apples, Shelburne Orchards, Shelburne, VT. \$20 for NOFA members, \$30 for non-members

July 20, Getting Started with Poultry, Singing Cedars Farmstead, Orwell, VT.

- ***August 2**, Grow Your Own Organic Garden, Community Teaching Gardens, Ethan Allen Homestead, Burlington, VT. \$20 for NOFA members, \$30 for non-members
- August 9**, The Family Cow and Making Home Dairy Products, Turkey Hill Farm, Randolph Center, VT
- ***August 16**, Grow Your Own Organic Garden, Maplewood Natural Organics, Highgate, VT. \$20 for NOFA members, \$30 for non-members
- August 17**, Cooking With the 10 Best Herbs, Manchester Village, VT.
- ***August 23**, Grow Your Own Organic Garden, Bromley Farm, Peru. \$20 for NOFA members, \$30 for non-members
- ***August 24**, Earthen Ovens – How to Build and Use Your Own Oven, Wellspring Farm, Marshfield, VT. \$20 for NOFA members, \$30 for non-members
- August 30**, Pollination Gardens to Attract Bees, Honey-Garden Apiaries, Ferrisburgh, VT.
- Sept 6**, Growing Herbs – Making Medicines, Lotus Moon Medicinals, South Londonderry, VT. \$20 for NOFA members, \$30 for non-members
- ***Sept 13**, Hands on Stone Wall Building, Holy Goat Farm, Williston, VT. \$20 for NOFA members, \$30 for non-members.
- ***Sept 14**, Store the Harvest, Meadowland Farm, Hinesburg, VT.
- Sept 17**, Seed Saving Basics, High Mowing Seeds Trial Gardens, Wolcott, VT

Commercial Vegetable and Fruit Workshops

- ***July 9**, On-Farm Composting 101, Highfields Institute Compost Demonstration Site, Hardwick, VT. For more information and to register call 802-472-5138.
- July 29**, Developing Seeding and Transplant Schedules for a Continuous CSA Harvest, Intervale Community Farm, Burlington, VT.
- July 31**, Vegetable and Berry Integrated Pest Management for Commercial Growers, Littlewood Farm, Plainfield, VT.
- Sept 10**, Cover Crop Trials For Soil Improvement, Brattleboro Extension Office, Brattleboro, VT.
- Sept 22**, Soil Fertility and Organic Fertilizers for Commercial Growers, Luna Bleu Farm, South Royalton, VT.
- ***October 3-5**, Small Scale Equipment: Tractors & Their Implements, Jubilee Farm, Huntington Ctr, VT. \$20 for NOFA members per day or \$30 for non-members per day.
- October 9**, Organic Sugarbush Management, Brown Hill Sugarhouse, Starksboro, VT.
- October 15**, Pete's Greens' Experience Building an On-Farm Kitchen, Pete's Greens, Craftsbury, VT

Commercial Dairy and Livestock Workshops

These workshops are free to organic and transitioning farmers, \$10 for NOFA members, \$15 for non-members.

- ***June 25**, The Grazing School, Jericho Settler's Farm, Jericho, VT.
- July 23**, A Plan for Pastured Pork, Brown Boar Farm, East Wells, VT.
- July 24**, Organic Dairy Grazing for Commercial Farmers, Cross Roads Dairy, Newport Center, VT.
- August 2**, Field Day, Beidler Family Farm, Randolph Center, VT.

August 12, Balancing High Dairy Production with Creative Forage Crops, Howacres Farm, Tunbridge, VT

August 27, Holistic Planned Grazing in Action for Commercial Farmers, Maplewood Natural Organics, Highgate, VT

Sept 10, Commercial Organic Dairy Grazing and Animal Health Management, Taconic End Farm, Leicester, VT.

Sept 11, Organic Dairy Grazing for Commercial Farmers, Maple Lane Farm, Cabot, VT

Oct 7, Pasture Season Extension-Fall Annuals and Perennial Stockpiling, Maple Wind Farm, Richmond, VT.