

# CSU Extension Local Food Systems



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Happy Holidays to all! Welcome to the 45th edition of the CSU Extension Local Food Systems newsletter. This newsletter is designed to give you up-to-date news and information from around the state and our own CSU Extension organization. Feel free to send in any events and news from your organization and from partners so that we may share them with our readers through this newsletter!

Please forward this newsletter to anyone with an interest in local food systems and CSU's programs in this area, and tell them they are welcome to contact us so we can add them to our mailing list. The Food Systems work team for CSU Extension is committed to building a stronger network of those who work on systems-based issues. The distribution of this newsletter is one way to build that network.

To assist our readers in finding information, events and programs we may have presented in the past, you can find old issues at: <http://www.ext.colostate.edu/cis/localfood.html>.

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## SHOP COLORADO'S WINTER FARMERS MARKETS

There are a few winter markets around the state to keep you stocked with fresh produce and other goodies. Check out:

1. **Woodland Park Farmers Market** offers autumn and winter harvest items such as:

- Fruits and Vegetables • Jams • Eggs • Cheese • Mustard • Meats
- Organic-Fed Turkeys, Chickens, Game Birds • Hot Soup • Breads &
- Pastries • Cheesecakes • Pasta • Natural Meats • Dried Beans • Salsa
- Wreaths • Alpaca Yarn & Knits • Soaps • BBQ • Tinctures • Skin Care
- Hot Food and Drink • Wood Products & More!

Each second Saturday of the month, October 2013 – May 2014, 9 am to 1 pm. Inside the Ute Pass Cultural Center, 210 E. Midland Avenue. For more information call 719-689-3133 or 719-648-7286 or email [WPFarmersMarket.com](mailto:WPFarmersMarket.com).

2. **Greeley Annual Winter Market**, now in its 3<sup>rd</sup> year, features products such as:

- Locally grown and produced meats,
- Honey,
- Baked goods,
- Winter and greenhouse produce and plants,
- A variety of items from local artists and hand-crafters.

Open two Saturdays each month, November 2013 through April 2014, from 9:00 to noon, held indoors Union Pacific Depot, 902 7th Avenue. For more information contact Karen Scopel at [karen.scopel@greeleygov.com](mailto:karen.scopel@greeleygov.com) or at 970-350-9783 or visit the web page at [www.greeleygov.com/fm](http://www.greeleygov.com/fm).

3. **Be Local Winter Farmer's Market** in the Opera Galleria in downtown Fort Collins, offering:

- Fresh produce • Beef, poultry, pork, salmon • Prepared foods
- Eggs, cheese, yogurt & more • Baked goods, confections & pastries • Mushrooms
- Wine & cider • Handcrafted products • Hand-made gifts
- Live music at each market

Saturdays, 10am-2pm 14 Markets for 2013-2014: Nov 9, 16 & 23; Dec 14 & 21; Jan 11, 18, & 25; Feb 8, 15, & 22; Mar 8 & 22; Apr 5, at the Opera Galleria, 123 North College Ave in Fort Collins. For information, contact [outreach@fcfood.coop](mailto:outreach@fcfood.coop) or call 970-682-4026.

## SUPPORT LOCAL PRODUCERS THIS HOLIDAY SEASON

Finding the perfect tree, hunting for special menu ingredients, and searching for ideal gifts can be stressful. The Colorado Department of Agriculture has a variety of online resources to help consumers through this special time of year. The *Colorado Food and Agriculture Gift Guide* and the *Colorado Christmas Tree List* help shoppers connect with local producers.

The Colorado Food and Agriculture Gift Guide lists companies that sell items ranging from gourmet baskets filled with sweets and snacks to mouth-watering meats and fresh produce. The Christmas Tree List identifies locations where individuals can find the perfect tree for their families. The directory includes u-cut operations and information on cutting trees in national forests.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) to find both the Colorado Food and Agriculture Gift Guide and the Colorado Christmas Tree List. Find Colorado products year-round at [www.comarketmaker.com](http://www.comarketmaker.com).

## FROM FARMS TO FOOD BANKS ACROSS THE STATE

## **From Farms to Food Banks Across the State: Colorado Growers Make a Difference in all 64 Counties**

The Five Colorado Food Banks, known as [Feeding Colorado](#), would like to recognize the generosity of Colorado growers for helping make a difference in the lives of Coloradans in need this growing season.

Local growers large and small generously stepped up to donate and/or make available at a discounted rate **more than 1.5 million pounds** of fresh, local, nutritious vegetables and fruits in the 2013 growing season. Crops included potatoes, cabbage, carrots, lettuce, tomatoes, squash, sweet corn, melons, peppers, onions and more.

Colorado Food Banks worked together to distribute fresh, local produce to more than **782,000 food insecure people in all 64 counties of the state**. Nearly 270,000 of those are children. Food Banks have committed to making a positive difference in the lives of those in need by focusing on procuring and distributing healthy food. In order to do that, innovative partnerships with local farms, ranches, gardeners and food businesses are vital. **Feeding Colorado would like to recognize and thank the following Colorado growers for their ongoing support:**

Carl Musso Farms	Hungenberg Produce	Native Hill Farm
Di Santi Farms	Huron Produce	Petrocco Farms
Dionisio Produce & Farms	Jodar Farms	Quatrix Aquaponics
DiTomaso Farms	Mauro Farms	Rusler Produce
Domenico Farms	Metz Potato Company	Sakata Farms
Full Circle Farm	Milberger Farms	Spring Kite Farm
Gary Shane Farms	Miller Farms	Talbot Mountain Gold Farms
Hirakata Farms	Munson Farms	Vic Mauro Produce

### **What is Feeding Colorado?**

The 5 Feeding Colorado Food Banks distribute food to more than 1,500 nonprofit agencies state-wide that provide meals and services to people in need. To learn more about **Feeding Colorado** or to partner with your local Food Bank, visit [www.feedingcolorado.org](http://www.feedingcolorado.org).

## **WESTERN COLORADO FARM AND FOOD FORUM**

The Western Colorado Food and Farm Forum will take place Saturday, January 11, 2014 at the Montrose Pavilion. The Conference features speakers from throughout Colorado discussing Crop Production, Livestock Production, Ag Marketing and Management, and Ag Specialty Areas. With this year's theme, **Making Every Drop Count**, we will highlight the critical role water plays in the future of agriculture and in day to day operational decision making. Organized by Colorado State University Extension, Rocky Mountain Farmers Union, the Shavano Conservation District and the Valley Foods Partnership, please join this group in working to improve the sustainable production, marketing and consumption of local food.

This conference is for anyone with an interest in the future of agriculture, including: ranchers, farmers, gardeners, students, restauranteurs. Whether you're looking to improve or innovate on your existing practices, hoping to incorporate high tunnels and compost tea, or have an interest in Colorado water law, the conference has myriad resources and networking opportunities. [Click here to register online](#); [click here to download a mail-in registration form](#).

# Announcing New Tourism Profile!

**Agritourism**

**Fishing Charter**

**Hunting**

In an effort to be more consistent with other profiles and to simplify tourism efforts, MarketMaker has added a new Tourism profile. Agritourism, Fishing Charter, and Hunting subcategories make it easier than ever to add your tourism business!

**Agritourism** features over 30 attractions and allows users to select their specific type of facility, shopping, accommodations, and admission information.

**Fishing Charter** businesses may add the type of attraction offered, bait, charter type, fishing location, and type of fish in addition to admission, and hours.

**Hunting** profiles include the method of hunting, permits, type of big game, fowl, or small game, and accommodations, hours, and admissions information.

***If tourism is part of your business, be sure to log into your account and add it to your business profile!***

## REPORT: THE HEALTHY FARMLAND DIET

A new report by the [Union of Concerned Scientists](#) (UCS) called "[The Healthy Farmland Diet: How Growing Less Corn Would Improve Our Health and Help America's Heartland](#)" is a first-of-its-kind report that uses economic modeling to estimate the impacts of dietary shifts on farm production. The report found that if farm policies helped Americans choose healthier foods, U.S. farmers would grow them, bringing a host of benefits to farm country.

The new report uses an economic model developed by Purdue University's Global Trade Analysis Project to predict how U.S. farmers would respond to various shifts in eating habits. It finds that if Americans ate fruits and vegetables at USDA-recommended levels—increasing consumption by 173 percent over current levels—U.S. farmers would grow 88 percent more of these foods. This, in turn, would drive changes in farming practices that would build healthier soil, improve air and water quality, and increase access to fresh, affordable, healthy foods in farm communities. It would also be good for farmers, as recent studies have shown that more diverse, local food systems create jobs and increase farm profits.

## REPORT: INNOVATIONS IN LOCAL FOOD ENTERPRISE

[Innovations in Local Food Enterprise: Fresh Ideas for a Just and Profitable Food System](#) addresses one of the most complex issues facing food access and regional food system development allies today: how can consumer price and producer cost meet in ways that transition healthy, local food from a privilege to a right? Innovations in Local Food Enterprise analyzes and aggregates a

collection of innovative solutions to overcoming difficult food access and food equity issues with a focus on market-based consumer-driven solutions for low-income underserved communities.

The [report](#) is based on knowledge from the Healthy Urban Food Enterprise Development (HUFED) Center and from the work of others who are creating and implementing market-based and non-market-based food access solutions in a very hands-on, practical way.

Key findings include:

- Food access solutions need to reach beyond physical access to healthy food (e.g., distance to store or food pantry) to address social, environmental, cultural, and other factors.
- The role of business or market-based solutions needs to be maximized. These market-based solutions appear to be more sustainable and offer more opportunity to low-income communities by supporting them in both entrepreneurial thinking and healthy eating.
- There are four main areas of innovation that support a market-based approach: 1) innovations in affordability and profitability; 2) innovations in infrastructure and logistics; 3) innovations in community engagement; and 4) innovations in marketing. Each innovations section in the report includes a synthesis of trends and introduces two outstanding enterprises through directed case studies.
- Enterprises working in this field integrate innovations from two, three, or all four of the main areas of innovation, in an effort to make healthy food affordable, attractive and accessible.

You can read the report and [download a copy here](#).

## REPORT: FOOD ACCESS SCAN OF COLORADO CHILD CARE CENTERS

A new report published by the Colorado Department of Public Health shares results of 28 in-person interviews with child care providers around the state, 28 surveys of Colorado food systems stakeholders, and a statewide asset scan conducted by WPM Consulting. [Food Access Scan of Child Care Centers: Identifying Challenges and Opportunities for Improving Healthy Food Access in Colorado](#) shares the experiences of child care providers as they work to meet higher nutrition standards for their children and assesses the current and potential connections between regional food systems and early childhood in Colorado. The report sheds light on the key challenges and opportunities for improving healthy food access in Colorado child care centers. To view the report, follow the link above and click on the Community Resources tab.

[Opportunities to Connect Regional Food Systems to Early Childhood](#) are five regional briefs that supplement the food access scan. They provide an assessment of current farm to preschool efforts in Colorado based on interview and survey data and present opportunities for advancing the movement throughout the state. All five briefs can be found under the Community Resources tab in the link above.

## WEBINAR: WINTER SERIES FROM FARM COMMONS

The nonprofit organization, Farm Commons, is hosting eight different free webinars this winter on a variety of legal issues faced by farmers who sell directly to consumers. Registration is now open for all webinars at ([www.farmcommons.org/webinars](http://www.farmcommons.org/webinars)). Webinars are offered through a platform that does not require any additional software or downloads. Those without an internet connection will be able to listen to the presentation over the phone.

### *Community Supported Agriculture Legal Issues*

CSA farms are developing a truly innovative business model that promises to change the way consumers think about food. However, this innovation comes with some interesting legal issues. The webinar discusses the complex employment law,

insurance, zoning, and volunteer worker legal issues encountered through CSA. Farmers will learn how to move forward in addressing these concerns.

December 17, 2013, 6pm CST

#### *Hosting On-farm Events*

On-farm events are a great way to build support in the community, and a lot of fun. Make sure your farm isn't left with the short end of the stick after a good-intentioned event goes bad. From zoning compliance to guest injuries and serving prepared food, this webinar will work through a checklist of things a farm should address before hosting an event.

January 13, 2014, 6pm CST

#### *Workers and Employees*

Farming is a lot of work, and help is often needed. Should a farm work with volunteers, trade labor for food, or hire employees? This webinar will explore the options and guide farmers through the legal considerations. Checklists, flowcharts, and model documents will help attendees move forward after they've decided on the best approach for their farm.

January 28, 2014, 6pm CST

#### *Selling Products to Larger Buyers*

Now that hospitals, food service operations, and grocery stores have caught on to the merits of local food, farmers are learning how to work with these operations. A good relationship between buyer and seller is key to making these sales worthwhile. Learn how the right sales agreement can help keep everyone happy. Also, learn how to protect the farm business if the relationship goes south.

February 10, 2014, 6pm CST

#### *Starting a Farm*

A beginning farmer has to find financing, lease or buy land, coordinate equipment, establish a website, and so much more, all while growing crops or raising livestock. The legal issues abound, but this webinar will help beginning farmers understand the fundamental issues that should demand attention while the farm gets started.

February 25, 2014, 6pm CST

#### *Adding Value to Farm Products*

Although starting a processing operation, improving packaging, and developing new products are great ways to make the farm more profitable, these activities have a huge legal impact. Employment laws, liability potential, state/federal regulations, and tax factors all change when a farm begins to process product. This webinar will also address cottage food laws.

March 10, 2014, 6pm CDT

## **WEBINAR: FOOD BANKS AS REGIONAL “GOOD FOOD” PARTNERS**

Food banks have tremendous infrastructure, and a commitment to feeding people nutritious food. Several food banks across the country are leveraging their resources to support local/regional food systems in innovative ways. Join this webinar for some holiday-time inspiration. This Webinar will include presentations from FoodLinkNY and the Sacramento Food Bank.

When: Thu, Dec 12, 2013 1:30 PM - 2:45 PM MST. [Click here to register.](#)

## **WEBINAR: KEEPING LOCAL FOOD AFFORDABLE**

A 1-hour archived webinar recording is now available providing an optional, open source farmers market lesson for SNAP-eligible populations. The lesson may assist in effectively implementing SNAP in your community, and provides some good examples of how one region is addressing the issue.

Visit the [Appalachian Foodshed Project](#) for more information and to view the Webinar.

## WEBINAR: ADVANCING COLORADO'S FOOD SYSTEM

Advancing Colorado's Food System: Issue Briefs from the Colorado Food Systems Advisory Council--Join members of the [Colorado Food Systems Advisory Council](#) (COFSAC) on Thursday, December 12, 1:00—2:00 pm, as they present their issue briefs: Enhancing Direct Market Technical Assistance and Increasing SNAP Participation at Farmers Markets. These briefs have been informed by COFSAC's extensive outreach and listening sessions around the state over the past two years. They are intended to advise state decision-makers on opportunities to increase healthy food access while growing the state's agriculture economy.

In addition to sharing these briefs, COFSAC members will also discuss how individuals and groups around the state can continue to inform the work of the council. [Register here](#) for this upcoming webinar!

## COFSAC SEEKS STATE ISSUE SUBMISSIONS

The [Colorado Food Systems Advisory Council](#) (COFSAC) continues to explore ways to capture feedback, information, needs and opportunities related to its charge ""to advance recommendations that strengthen healthy food access for all Coloradans through Colorado agriculture and local food systems and economies".

The COFSAC has developed a form for groups to capture key food systems issues related to its charge, and to inform future issue briefs. They encourage you to read and share your region's ideas with the COFSAC. Please visit their [website for the form](#).

## SAVE THE DATE: 2ND ANNUAL LOCAL FOOD SUMMIT

Join your Colorado-based peers on Monday, March 3rd for the [2nd annual Local Food Summit](#) – Denver's largest gathering of local food producers, manufacturers, growers, retailers, and restaurateurs. This conference-style event will provide industry-specific opportunities for engagement, community-building, education, and problem-solving. Event will be held in the McNichols Building, 144 W Colfax Ave., in Denver.

## COLORADO GOOD FOOD AWARD WINNERS

For a long time, certifications for responsible food production and awards for superior taste have remained distinct—one honors social and environmental responsibility, while the other celebrates flavor. The [Good Food Awards](#) recognize that truly good food—the kind that brings people together and builds strong, healthy communities—contains all of these ingredients. We take a comprehensive view, honoring people who make food that is delicious, respectful of the environment, and connected to communities and cultural traditions.

The Good Food Awards were created through a collaboration of food producers, farmers, food journalists and independent grocers organized by [Seedling Projects](#). Congratulations to our Colorado winners:

- [Pagosa Brewing Company](#), Chili Verde, Colorado
- [Avalanche Cheese Company](#), Goat Cheddar, Colorado
- [Ritual Chocolate](#), Costa Rica & Madagascar, Colorado
- [Serendipity Confections](#), Fleur de Sel Butter Caramels, Colorado ([MarketMaker](#))
- [Dancing Pines Distillery](#), Bourbon Whiskey & Rum, Colorado ([MarketMaker](#))
- [Leopold Bros.](#), Leopold's Navy Strength Gin, Colorado
- [Syntax Spirits](#), Powder White Rum, Colorado ([MarketMaker](#))

## USDA FARM TO SCHOOL COLORADO GRANT AWARDEES

The Healthy Hunger-Free Kids Act of 2010 authorized and funded USDA to establish a Farm to School Program in order to assist eligible entities, through grants and technical assistance, in implementing farm to school programs that improve access to local foods in eligible schools. USDA is pleased announce fiscal year 2014 grantees.

### Boulder Valley School District Boulder, CO

**Grant Type:** Implementation; \$96,477

Boulder Valley School District will undertake an intensive marketing and education program aimed at a 20% increase in consumption of locally-sourced natural foods, particularly fruits and vegetables, in our school meals. Partners include local farms, dairies and ranches, grocery stores, farmer's markets, restaurants, school gardens, a local foundation, the Colorado State University Extension, and district curriculum departments.

### Colorado Foundation for Public Health and the Environment Denver, CO

**Grant Type:** Support Service; \$98,880

This project proposes to expand the dissemination of an existing farm to school evaluation toolkit and training, already developed, piloted, and refined by the Colorado Farm to School Task Force. To accomplish this goal, the toolkit will be disseminated through webinars and in-person trainings at existing national or regional events. Additional technical assistance will be provided to up to 25 school districts to use the toolkit.

### Durango School District 9-R Durango, CO

**Grant Type:** Implementation; \$99,998

This project will take an existing space within the Durango School District and repurpose it into an aggregation center that will service the Durango School District and four surrounding districts. It will allow access to more nutritious, locally grown foods in meals, allow for larger purchases of local foods, and allow for greater control in inventory, food safety, and trackback. Most importantly, this project will provide the infrastructure necessary to continue to expand the farm to school programming in the southwest.

## “WHAT WORKS” CONFERENCE SERIES CALL FOR ABSTRACTS

The Northeast Regional Center for Rural Development's What Works Conference Series will be hosting a joint regional conference with the National Value Added Agriculture Conference on "Enhancing Food Security and Rural Viability through Innovative Food System Practices and Opportunities" May 13-15, 2014 in Baltimore, Maryland.

They seek high quality research, teaching and outreach presentations that will stimulate, inspire, motivate and advance knowledge of and practices related to food security and rural viability, through the development of food systems.

#### Call for Abstracts:

- Research Papers, Work-in-Progress and Proposal Ideas
- Extension Programs (Education and Training)
- Educational Curriculum and Teaching Pedagogy
- Policy Design and Proposals
- Case Studies and Student Projects

#### Who Should Attend:

Researchers, Extension educators, teachers, students, Small Business Development and Farm Bureau service providers, producers, producer/consumer associations, non-profit organizations, local, state and federal policy makers, food industry professionals from universities, tribal and community colleges and K-12 schools.

## **Submission Deadline December 15, 2013**

Submission and Registration Information will be made available in the near future. For more information visit the [Northeast Regional Center for Rural Development](#).

## **STRENGTHENING NEW MARKET OPPORTUNITIES IN LOCAL AND REGIONAL FOOD SYSTEMS**

The U.S. Department of Agriculture is focused on expanding opportunity for new and beginning producers across the nation, and on creating new opportunities for existing farmers and ranchers. Secretary Vilsack has identified these new opportunities as one priority to help revitalize the rural economy and create jobs.

- Local food sales provide a rapidly growing market opportunity for American agriculture—especially for farmers and ranchers who are just getting into agriculture. The opportunity to produce and market products locally has a particularly positive impact for small and limited-resource producers. Local food is a multibillion-dollar market and growing.
- Local markets also have benefits for Americans who live off the farm. In areas of high poverty, low food security or limited access to healthy foods, farmers markets provide an expanded opportunity for low-income families to purchase fresh, local products.

USDA created the [Know Your Farmer, Know Your Food initiative](#) in 2009 to help connect producers with new opportunities in local and regional marketing—and to better inform Americans about the business of agriculture and opportunities to connect with farmers and ranchers. Since 2009, USDA has supported over 2,600 projects nationwide to build new market opportunities in local and regional foods, mainly through programs authorized in the Farm Bill. Visit [the site](#) to get more information.

## **VALUE-ADDED PRODUCER GRANTS AVAILABLE**

The [Value-Added Producer Grant](#) program from USDA is available to help agricultural producers create new products, expand marketing opportunities, support further processing of existing products or goods, or to develop specialty and niche products. They may be used for working capital and planning activities. The maximum working capital grant is \$200,000; the maximum planning grant is \$75,000.

Eligible applicants include independent producers, farmer and rancher cooperatives, and agricultural producer groups. Funding priority is given to socially disadvantaged and beginning farmers or ranchers, and to small- to medium-size family farms, or farmer/rancher cooperatives.

The Value-Added Producer Grant program is one of many USDA programs that support the development of strong local and regional food systems as part of the *Know Your Farmer, Know Your Food* initiative. Launched in 2009, the initiative strengthens ties between agricultural producers and their local communities, helping meet growing consumer demand and creating opportunities for small business development.

Grant applications are due by February 24, 2014. More information about how to apply is available on page 70260 of the [November 25 Federal Register](#), or by contacting any USDA Rural Development state office. Colorado State University is willing to provide technical assistance for planning grants, and will help with grant-writing if it can be a partner in the project.

## **SPECIALTY CROPS GROWER RESEARCH EDUCATION GRANTS**

The [Specialty Crops Program at Colorado State University](#) is accepting applications for Grower Research Education Grants for the 2014 production season. The request for proposals is intended for research, demonstration, and/or education projects addressing specialty crops production, processing, and marketing issue faced by one of the following in Colorado:

1. Small farmers
2. Beginning farmers
3. Socially disadvantaged farmers

Applications are due January 10, 2014. For questions and for more information contact:

Sara Kammlade  
Specialty Crops Program  
Grower Research and Education Grant Coordinator  
Telephone: [970-491-7745](tel:970-491-7745)  
Email: [Sara.Kammlade@Colostate.edu](mailto:Sara.Kammlade@Colostate.edu)

## RESOURCES AND ADDITIONAL INFORMATION

Don't forget! Colorado State University Extension Food Systems and Agricultural Policy Resources:

- [Consumer Resources](#)
- [Producer Resources](#)
- [Linking Producers to Restaurants, Workplaces and Other Institutions](#)
- [Linking Producers to Schools - Networks, Directories and Guides](#)
- [Community Assessments and Toolkits](#)
- [Calculators and Databases](#)
- [Policy Articles, Resources and Case Studies](#)
- [Research and Other Resources](#)

To add your ideas and news, contact [Ashley Colpaart](#).

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