

CSU Extension Local Food Systems

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FIFTY-THIRD EDITION

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Welcome to the 53rd edition of the Colorado State University 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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COLORADO MARKETMAKER FOR LOCAL PRODUCTS

Colorado MarketMaker is a database of food industry marketing and business data. It is also a place to help promote agritourism!

Recent Colorado Profiles and Listings--

[Riley's Brand All Natural Raw Honey](#)- by the jar or by the barrel.

[Busy Bee Farm Raw Colorado Wildflower Honey](#)- available in various sizes.

[Colorado's Best Beef Company All Natural Charolais Beef](#)- with no feed antibiotics, no growth hormones, no steroids, and dry aged 14-21 days. Retail, wholesale, fresh and frozen individual cuts of beef, any amount.

[Grand County Free Agritourism Promotions](#)- to help promote agriculture in the region.

DENVER ORDINANCE TO GROW AND SELL FOOD FROM HOME

The Denver City Council approved a measure to allow the sale of home-grown fresh produce and some homemade foods that Denver residents produce themselves. Interested Denver residents must secure a "home occupation" zoning permit for any produce or cottage food sales, and go through a food safety course prior to selling cottage foods. Once qualified, sales by residents are allowed from 8 a.m. to dusk.

For more information on how to participate, go to: <http://bit.ly/1rvPmke>.

In support of this policy, the Colorado State University Denver Extension office provides resources on soil testing and classes on urban farming, cottage foods, and food safety.

For more information, go to: <http://bit.ly/1zX8cTM>.

USDA: GRANTS TO HELP VETERANS & MINORITY FARMERS

USDA announced the availability of over \$9 million in outreach and technical assistance for minority farmers and ranchers and military veterans that are new to farming and ranching. The funding, provided through the Outreach and Assistance for Socially Disadvantaged Farmers and Ranchers and Veteran Farmers and Ranchers Program, also known as the 2501 Program, will enable community-based organizations and other partners to work directly with these groups to successfully acquire, own and operate farms and ranches, and equitably participate in all USDA programs.

More information about the 2501 Program is available at:

<http://www.outreach.usda.gov/grants/index.htm>.

CSU does not currently have technical assistance uniquely in support of veterans, but potential partners should contact Extension personnel in their area.

REDUCING FOOD WASTE: WHAT SCHOOLS CAN DO

There are many ways to reduce, recycle, and recover food waste in school cafeterias. By implementing these ideas, schools play a vital role in scaling back the amount of food taking up precious landfill space. More importantly, if a school uses food waste as a learning opportunity, it instills better habits in our young people and produces more civic-minded and community-conscious adults.

To promote and support this initiative, check out this great [infographic](#) from USDA and [visit here](#) for creative solutions to end school food waste.

FARM TO SCHOOL EVALUATION TOOL

The National Farm to School Network (NFSN) launched a new resource—Evaluation for Transformation: A Cross Sectoral Evaluation Framework for Farm to School—that is packaged to support pioneering efforts to evaluate outcomes from programs.

Evaluation for Transformation is the first comprehensive resource that defines the outcomes farm to school can achieve across multiple sectors, and offers common language, guidelines and metrics to help users understand and articulate those outcomes.

The framework was developed collaboratively with input from more than 300 practitioners and sector experts to ensure that it was relevant across sectors and across program sites. Colorado State University and several of our Colorado partners provided input in the development of this resource and hope to use it extensively.

For each of the four sectors highlighted in the document (public health, community economic development, education and environmental quality), the framework provides:

- a compilation of existing peer-reviewed research literature;
- stories from on-the-ground activities demonstrating outcomes in that sector;
- priority outcomes, indicators and measures vetted by contributors;
- examples of existing evaluation and implementation tools and resources; and
- a flavor of cross-sectoral connection feasible through farm to school activities.

Evaluation for Transformation will help unite the farm to school/ preschool movement around a common understanding and vision grounded in knowledge from local sites, research data and policy agendas, so all communities can grow stronger together.

Learn more and download the resource and shorter fact sheets about how to evaluate your program: <http://www.farmentoschool.org/resources-main/evaluation-framework>

COLORADO CARES: HUNGER AWARENESS MONTH

Take a stand against hunger this September! Hunger Free Colorado and the [Food Resource Collaborative](#) encourage Coloradans to learn about the issue of hunger and take action during Hunger Awareness Month.

There is a calendar of activities, where you can:

- take the [Food Stamp Challenge](#), [volunteer](#) your time,
- [donate](#) money or needed items,
- participate in the [#EndHungerCO Thunderclap](#),
- host a [film screening](#),
- attend the [Hunger Free Colorado Summit](#),
- host a [healthy food drive](#),
- [educate others](#),
- join the [Hunger P.O.D. Squad](#) and more.

If you do all activities, we applaud you, but even only taking action for one day or week, can make a difference in fueling better, healthier lives in your community and across the state.

You also can use Colorado-themed social media graphics, including profile badges and posts (provided at the site), to bring more attention to the issue and solutions surrounding hunger in our state.

VACANCY: COLORADO FOOD SYSTEMS ADVISORY COUNCIL

The anti-hunger and food assistance seat on the Colorado Food Systems Advisory Council (COFSAC) is currently vacant. We encourage you to apply or nominate someone you feel would strengthen this important, state-level team.

The COFSAC was created through legislation that was signed by Governor Ritter in 2010, and continued through a sunset provision authorized in 2013. The charge of the COFSAC is to advance recommendations that strengthen healthy food access for all Coloradans through Colorado agriculture and local food systems and economies.

The COFSAC as a whole meets at least quarterly, typically for 3-4 hours in an afternoon in the Denver metro area. The next meeting, which is open to any interested guest with an RSVP, is Sept 3rd, 1:30-4:30pm. Members are also expected to participate in conversations and activities between meetings, and may choose to participate in workgroups, task forces or subcommittees as appropriate.

For more information about the COFSAC, please visit www.cofoodsystemscouncil.org and visit the State's Boards & Commissions website for application instructions and forms: <http://www.colorado.gov/cs/Satellite/GovHickenlooper/CBON/1249674847715>.

Questions about the COFSAC and application process may be directed to wendy@wpmconsulting.net.

LIVING SOIL INVESTMENTS: SMALL FARMER LOANS

Living Soil Investments, LLC, is a small community-based microloan fund aimed at strengthening our local food economy and enhancing soil fertility by making small loans to farms, ranches and the food

businesses that help them thrive. Valuing the importance of local agriculture that is resilient, regenerative and reconnecting, a group of community members each contributed to a common fund - now at \$50K - so that they can offer microloans with patient terms at fair interest rates.

They seek to support businesses that:

- Source their inputs primarily from regional farms and ranches or otherwise promote the economic viability and job development of Colorado;
- Advance farmland and watershed health;
- Promote culturally and socially sustainable practices; and
- Seek to innovate.

In addition to farmers and other food producers, they are interested in supporting:

- Strategic infrastructure and foodshed needs;
- Food processors making unique and healthy products;
- Businesses directly addressing food waste and soil health; and
- Businesses addressing the larger social issues of food security, hunger and public health

For more information visit:

<http://LivingSoilInvestments.wordpress.com/> or email LivingSoilInvestments@gmail.com.

EXTENSION COMMUNITY OF PRACTICE: REGIONAL FOOD SYSTEMS

The eXtension Community of Practice on Community, Local & Regional Food Systems has officially launched the [Community, Local & Regional Food Systems \(CLRFS\) eCoP!](#) Please consider joining the team....it is supported by Extension, but welcomes non-Land Grant partners as well.

In its entirety, this resource is designed to provide information and networking opportunities for educators, community-based practitioners, policymakers, farmers/growers, families, and those individuals involved in building equitable, health-promoting, resilient, and economically-balanced food systems.

As a community of practice, the multi-state team will:

- 1) create new content;
- 2) compile and summarize information published by their member organizations; and
- 3) make it their goal to offer a unique, online meeting place for diverse groups and interests to share information and learn from one another.

CLRFS resources our readership can use and contribute to include:

- Feature and Resource articles on a number of relevant topics pertaining to local, regional, and community food systems;
- Links highlighting issues pertaining to local, regional, and community food systems;
- CLRFS frequently asked questions through eXtension's "Ask the Expert;"
- CLFRS webinar series;

- Meet the CLRFS members through eXtension's "Expert Bios;" and
- Social media, including Facebook and an eCoP listserv (local-foods@lists.extension.org).

FOURTH ANNUAL FOOD DAY

Justice throughout the food chain—from farm workers to child consumers—will be a special focus for the fourth annual [Food Day](#), as will increasing Americans' access to healthful food. Culminating on October 24, Food Day is an event that organizers hope will inspire many Americans to improve their own diets and work toward solving food-related problems at the local, state, and national level. Started by the nonprofit [Center for Science in the Public Interest](#) and other food leaders in 2011, Food Day quickly grew to 5,000 events from coast to coast last year alone.

[The Food Chain Workers Alliance](#), a national coalition of 23 organizations that represent over 280,000 workers that farm, produce, pack, transport, cook, serve, and sell food will be using Food Day to bring awareness to consumers about food justice. The Alliance will join Food Day and CSPI in Washington, D.C., on October 24 for a panel focused on justice and equity for farm and food workers as well as farmers. At the event, the Alliance will also announce the winner of its competition for the most creative message to explain why raising the minimum wage is important to food workers. Alliance member organizations around the country will also hold events and actions on Food Day to build awareness about injustices done to workers in the food chain.

CONFERENCE: LIVING AND WORKING ON THE LAND

Registration is now open for Living and Working on the Land: The Building Blocks of Success: an event to connect farmers and ranchers with sustainable and profitable practices. The conference will take place at the Holiday Inn in Sheridan, Wyoming on September 3 and 4, 2014.

The conference will also feature presentations from keynote speakers:

- Fred Kirschenmann (Distinguished Fellow at the Leopold Center for Sustainable Ag) on what the future of agriculture can be, and
- Ken Meter on why local food systems may be the best path for promoting community economic development.

The conference topics are wide-ranging, including: backyard poultry, horse health, beekeeping, women on the ranch, growing small fruits, starting a horse boarding enterprise, small-scale dairy production, alternative energy, and more. The conference schedule also includes:

- Educational sessions for professional and hobby farmers and ranchers, small acreage owners, backyard gardeners and local food enthusiasts;
- Tours of operations where conference principles are put into action including: Brad Holliday's diversified direct sales and CSA; beekeeping; and Mountain Meadow Wool Mill;
- Food from local producers;
- Workshop on food preservation; and
- Youth activities.

Conference cost is \$50 for agriculture producers, but registration and room scholarships are available. Agency professionals and others are \$100.

For more information about the conference, visit the conference website at www.blocksofsuccess.org. To register for the event, contact Kacy Atkinson at kacy.atkinson@wyo.gov or [307-777-6319](tel:307-777-6319).

HOSPITALS AND HEALTHY FOOD FACT SHEET

The Union of Concerned Scientists released a new fact sheet, [Hospitals and Healthy Food](#), written in collaboration with Johns Hopkins University's Center for a Livable Future. The fact sheet maps out how policy in the Farm Bill (Food Insecurity Nutrition Incentives, "FINI") and the Affordable Care Act ("Community Benefit" requirements) can bring hospitals, insurers and community groups into partnerships for disease prevention through access to healthy foods.

The team who wrote this brief believes the combination of these two policies can produce results—lower costs, less chronic disease, greater food justice—that policymakers across the spectrum can embrace. Share the analysis with community organizations, policy makers and health care professionals with whom you work.

LIVEWELL COLORADO 2013 ANNUAL REPORT

LiveWell Colorado has released their annual report, and several of their successful outcomes include key community members among our readership and Extension partners. They are excited to share these successes and look forward to the next 12 months of programs and projects to increase healthy eating and active living opportunities for all Coloradans.

Please [click here](#) to read their annual report, and look for exciting things to come in the months ahead.

COURSE: PRINCIPLES OF BUSINESS PLANNING AND MANAGEMENT: FRONT RANGE PROGRAMS

New, Intermediate and Experienced farmers interesting in refining their understanding of business planning and management are encouraged to apply **for fall 2014** "Principles of Business Planning and Management", part of the CSU Extension Building Farmers Program, a beginning farmer development program (0-10 years of experience).

This course has both a core curriculum and a locally programmed flavor developed by advisory committees in each community where it is offered through CSU Extension. Many sessions of the 8-week course are taught by local farmers. Fall courses are offered in Fort Collins and Longmont, by application only.

For program details and applications see: <http://buildingfarmers.colostate.edu>.

For those in other parts of Colorado and at different stages of their plans to begin farming, look for exploring your Farm Dreams, 2nd year programs, and business planning programs in other regions in the coming months.

RURAL ENTREPRENEURSHIP CHALLENGE: SHOWCASE COLORADO!

The first national business competition focused exclusively on rural entrepreneurs, the [Farm Bureau Rural Entrepreneurship Challenge](#) is the marquee event of the Rural Entrepreneurship Initiative. Booming interest in entrepreneurship has led many people to think that entrepreneurship is synonymous with Silicon Valley. This Challenge instead highlights entrepreneurship and innovation from the heartland of Rural America.

The Challenge provides an opportunity for rural entrepreneurs to:

- Develop entrepreneurial **ideas** for a new business;
- **Pitch** your ideas to a team of judges who will provide feedback;
- **Win \$15,000** in prizes that will allow you to initiate your business;
- Compete for an additional **\$15,000 Entrepreneur of the Year** Grand Prize; and
- Generate **buzz** and publicity about your businesses and your community.

Rural communities around the United States are chock-full of interesting men and women inventing new products and technologies, delivering services in a new way, or filling a market niche. The Challenge is an opportunity to highlight and reward these rural entrepreneurs and a chance to **WIN \$15,000**. If CSU Extension can be of help in formulating your proposal, please tell us!!

CAFÉ: COMMUNITY, ART, FOOD, EDUCATION

Each year, Slow Food Denver, Chipotle, and Grow Local Colorado select six finalists from numerous applicants to receive micro-grants of up to \$3,000, furthering the work of food-focused organizations in the Denver Metro area.

The first three finalists for this year will present their work on **Monday, September 8th** at Harman's Eat & Drink, where **you** will decide which organization receives \$3,000, which receives \$1,500, and who takes home \$500 (everyone wins here!)

The evening will feature [Jennifer Olson Photography](#) and the three presenting finalists are:

- [Sunshine Food Project](#)
- [GreenLeaf](#)
- [Sprout City Farms](#)

Tickets are \$65 per person, which includes cocktail reception, three courses with wine pairings, tax, gratuity, and a \$40 tax-deductible contribution to the C.A.F.E. micro-grant program which helps to provide continued support to creative sustainable food organizations in Denver.

Where: Harman's Eat & Drink, 2900 E. 2nd Ave.

When: Monday, September 8th, 6-9:30 pm

Cost: \$65 per person

Tickets can be purchased here:

<http://sfdcafeharmans.eventbrite.com>

COLORADO PROUD SCHOOL MEAL DAY

The Colorado Departments of Agriculture and Education would like to invite Colorado schools to participate in the annual [Colorado Proud School Meal Day](#) on **Wednesday, September 10, 2014**. This is a day to celebrate Colorado agriculture and to educate schoolchildren about healthy eating.

In order to encourage eating habits that will promote a lifetime of optimal health, it is essential to teach children about the importance of eating foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products. Proper nutrition is critical if our educational programs and our students are going to continue to excel.

Colorado farmers and ranchers produce food items that provide the nutrients children and adults need to thrive. Agribusinesses contribute more than \$40 billion to the state economy annually and provide more than 170,000 jobs. With more than 37,000 farms and ranches encompassing 31 million acres, it is easy to understand the value this industry adds to Colorado.

Thank you for participating in this year's Colorado Proud School Meal Day. The organizers look forward to making this an exciting annual event. If you have any questions or if you need additional supplies, please contact [Shaina Knight](#) at (303) 869-9176.

CLASSES: FORAGING FOR NATIVE PLANTS & SEASON EXTENSION

Foraging for Native Plants: Fruits and Seeds

What: Learn about native fruits and seeds of Colorado and how to eat them!

When: Wednesday, Sept. 17th, 4-6 pm

Season Extension

What: We will be discussing how to extend the growing season and what proper steps to take to ensure a wonderful fall harvest.

When: Saturday, September 20th, 12:30 pm

Where: The Growing Project Educational Garden at Shire CSA, 713 E. Prospect. DO NOT ENTER ON PROSPECT. Go south on Stover, east on Parker.

How much: Please purchase your \$5 tickets the Growing Project's [website](#) or a volunteer trade will get you in. Email info@thegrowingproject.org to set up a volunteer trade. You must RSVP.

LOCAL FOOD WEEK

When: September 18th - 20th

Where: Colorado College's Armstrong Theater, Colorado Springs

September 18th Thursday - Day

"Food Talk" Presentations / Panelists

- Woody Tasch - Slow Money Founder, (slowmoney.com/)
- Judy Wicks - White Dog Cafe (www.whitedog.com/), Balle Founder (bealocalist.org/)

- Michael Brownlee - Local Food Shift (localfoodshift.com)
- Larry Stebbins - Pikes Peak Urban Gardens (www.ppugardens.org)
- Mike Callicrate - Ranch Foods Direct (www.ranchfoodsdirect.com)
- Craig McHugh - A Joyful Noise Farm (ajoyfulnoisefarm.com)
- Jill Gaebler - Colorado Springs District 5 Council Member (springsgov.com)
- Dave Anderson - Colorado Springs Public Market (cspublicmarket.com)

September 18th Thursday - Evening

Hannah Ranch Movie (www.hannaranchmovie.com)

6:00 – Movie Start Time

7:15 – Panelists

September 19th Friday - Organization for Competitive Markets (OCM) Annual Conference

"Food Talk" Presentations / Panelists

- Joe Maxwell - HSUS VP Outreach (www.humanesociety.org/)
- Wayne Pacelle - HSUS CEO (www.humanesociety.org/)
- Diana Moss - Antitrust Institute (www.antitrustinstitute.org/)
- Dave Murphy - (FoodDemocracyNow.org)
- Wenonah Hauter - Food & Water Watch, (www.foodandwaterwatch.org/)
- Fred Stokes - Organization for Competitive Markets, (competitivemarkets.com)
- Barry C Lynn - New America Foundation (www.newamerica.org/)
- Chris Leonard - New America Foundation / The Meat Racket (www.newamerica.org/)
- Mike Callicrate - Ranch Foods Direct (www.ranchfoodsdirect.com)

September 19th Friday - Evening OCM Banquet

Lodging & Transportation

Clarion Hotel & Conference Center - http://www.clarionhotel.com/hotel-colorado_springs-colorado-CO025

NOTE: All panels and talks will be live broadcast via the web and recorded for future outreach efforts.

2014 SLOW FOOD DENVER FARM TOURS

As part of Slow Food Denver's mission to help connect links in the chain of the food system, the Farm Tour Series allows people to meet the farmers and ranchers who produce our food and learn more of the story behind our meals.

Each farm tour includes a tour of the operation where you will get a behind-the-scenes look at what it takes to grow the food you love, along with a meal prepared with product straight the field.

This year's series includes one last event:
 (follow the link to purchase tickets, and see start time)
 September 13: [Farm Tour and Lunch at 63rd Street Farm](#)

SAVE THE DATE: CONSUMER ISSUES CONFERENCE

When: **October 8-10, 2014**

Where: University of Wyoming Student Union, Laramie, Wyoming

This year's conference is focused on food issues, and will cover:

- Local Foods
- Hunger Issues, including Food Waste & Recovery
- School Nutrition
- Food Advertising and Marketing
- Global Food Issues

Keynote speakers include:

- Michael Jacobson, Center for Science in the Public Interest
- Nicole Civita, University of Arkansas Law School
- Michael Hansen, Consumers Union
- Audrey Rowe, Food & Nutrition Service, U.S. Department of Agriculture
- Nicholas Nelson, United Nations Food and Agriculture Organization

Documentary: *A Place at the Table*, Wednesday, October 8th at 7:00 PM; exhibits and a poster session also featured. CLE Wyoming/Colorado and other professional credits available.

[Register Today!!!](#)

SAVE THE DATE: LOCAL FOOD BUYERS EXCHANGE

If you are a commercial scale food buyer OR seller sourcing or providing sustainably produced local food, then you will want to join us at our inaugural Local Food Buyers Exchange on **November 6, 2014** at the Hyatt Regency - O'Hare in Chicago!

Representatives of sectors including institutional food service, restaurant, hotel, grocery and food distribution will join commercial-scale local food sellers in this day-long conference dedicated to the further development of a viable, sustainable and profitable local food market in the upper Midwest.

Participants will roll up their sleeves at this new kind of business meeting—an interactive gathering featuring educational sessions for buyers, a structured forum for sharing best practices and challenges in local food procurement, and even a structured "speed networking" reception to cap off our day. Expect a day of education, networking and discussions with decision makers in food service, food distribution, grocery, hotel and restaurant management, as well as local food producers and sellers. More information and registration will be available soon at www.localfoodassociation.org/Events. This meeting will be the most important local food business event you attend all year.

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](#).

To subscribe and unsubscribe to this newsletter, contact [Martha Sullins](#).