

Carteret Local Food Network update #16, February 15, 2010

even though there is snow still on the ground, there's hope that spring will be coming soon, right?

keep up with schedule of upcoming workshops, etc. on

www.carteretlocalfood.org and we'll get through this winter just fine.

1. Community Gardening efforts are started at three sites:

a - Grace Presbyterian CG, 2101 Highway 70, Beaufort, started in 2009, fresh produce donated to Loaves and Fishes Food Bank for benefit of citizens in Beaufort and Downeast, expanding to allow families to have their own plots, contact LaVera Parato 728-7057.

b - All Saint's Anglican Church CG, 292 McCabe Road, Newport, started in 2009, welcoming new and old gardeners to join their two acre site, they don't insist on organic methods. They will host an 'open garden' to encourage interested gardeners, so visit their garden on Friday, Feb 19 at 4:30 pm, contact John Yurko 240-1889.

c - Toad Road CG, 2440 Highway 101, Beaufort, new starting in 2010 using organic principles, 'open garden' on Saturday, Feb 27 (12-2) and Sunday, Feb 28 (2-4), call Lisa Rose or Judi Smith 241-2692.

new event: CLFN monthly meeting of community gardeners, all are invited and welcome! We will meet in the CMAST lobby on the last Wednesday of each month at 2:00 pm. Bring questions/ suggestions/ successes, and seek answers/ ideas/ advice, then stay for the Cooperative Extension's monthly gardening class afterward at either 3:30 pm or 5:45 pm at CMAST (free class, but reservations requested, 222-6352).

2. don't forget to check in on the Demonstration Garden near the Culinary College tended by Master Gardeners, still producing winter greens. and the newest batch of student chefs (cooking with these fresh crops) invite you to lunch with them on Wednesdays, reservations required 222-6036.

3. thinking of summer? want to volunteer for the school gardens and give the teachers a break? to keep the kids engaged, they would like to have gardens full of plants and vegetables instead of weeds when they return to elementary/ middle/ high school campuses in August; we said 'we'll try to find you those volunteers to look after your gardens in the summer'. call 729-6513 to sign up for a few hours a week.

4. the Curb Market invites growers to sell their produce every summer Saturday, so make plans now to grow what everyone else wants to buy! call 222-6352 for information about becoming a vendor of fresh, wholesome produce. I'm dreaming of watermelons now...

5. seed exchange again! many local growers swapped seeds at the showing of "FRESH, the movie" last week and asked for a second or third event. let's use the time set aside for Community Gardening committee (last Wednesdays at 2:00 in CMAST lobby) to share seeds again.

6. we're fast approaching the end of dormancy for many woody plants and trees; hurry to get blueberries, apples and other fruiting trees in the ground before the soil really warms up.

7. This Friday, February 19 at 6:30pm, we invite all teachers and school gardeners to Carteret Community College for a light supper and discussion of all the great things happening on your campus (see attached invitation). please come share what your classroom is up to, how you inspire students and parents to participate, discuss ways to improve your garden, learn about the grants available to schools for these projects. do you have any photos to put on our website? bring those too!

please share this invitation with others in our county's schools, or contact Tanya Scott for more information 342-3447.

as always, if you know of something we should be covering or if there's a job you'd like to volunteer for (see website for descriptions), step up! we'll be happy to meet you!

CLFN update #15, 1-19-10

Happy New Year to all! Kind of feels old and regular by now though, doesn't it? Comfortable, poised to improve on 2009...

News from CLFN - the seed catalogs are showing up and the promise of a new growing season is blossoming. Several new gardening adventures are starting soon, we wanted to tell you about these and ask you to inform us when there's something happening we don't know about yet!

1. Community Gardening - several gardens are starting and invite you to consider joining them. If they don't quite suit your needs, call us and we'll help you determine if you're ready to start your own community garden.

- Grace Presbyterian Church, 2101 Hwy 70, Beaufort; contact is pastor LaVera Parato (728-7057), all food grown is donated to Loaves and Fishes, a food bank mission in Beaufort and Downeast.

- All Saint's Anglican Church, 292 McCabe Rd, Newport; contact is member John Yurko (240-1889), all food is for the benefit of the growers.

- Toad Road CG, 2440 Hwy 101, Beaufort; contact is owner Lisa Rose and her mom, Judi Smith, (241-2692), brand new garden, looking for a community!

There are several other spots in Carteret County in various planning stages. This google map shows pins where CGs are being considered. Add your own pin if you know of another site or call 729-6513.

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&ll=34.720663,-76.661546&spn=0.013034,0.024526&t=h&z=16&msid=109573998099786229627.000473b31cda47524c6f5>

This map also shows the location of the demonstration garden at the Culinary College.

2. Also please visit the website (alias google-group site) and look under heading for Pages; the Calendar of Events has been updated often and has some great events in our area or information about webinars of note.

Carteretlocalfood.org

3. We encourage many more home gardeners to consider selling their produce at the Curb Market. Start your garden planning now, get some crops growing and start selling from the Curb Market in May, probably May 29, and make money from those of us who like to eat this fresh! CLFN wants very much to have the Curb Market, and all farmers' markets (Friendly Market and roadside stands too) be successful and vibrant, so we need more growers! Then we'll need more shoppers! If you grow uniquely (sustainably or organically), you'll probably have a great clientele, advertise this special technique or crop. We'll add you to our list to help draw shoppers to your stand. Call the Cooperative Extension office (222-6352) for information or to reserve a table. Great experience for fundraising by girl scouts and boy scouts, stay-at-home families. Don't have a good growing space at home? Join one of the community gardens!

4. FRESH, the movie, is being shown **free** February 2 at the Carteret Community College's student center at 7:00 pm, preceded by a 6:00 pm seed exchange and worm demonstration and sale. This provocative movie is being co-sponsored by CLFN and Carteret Community College's Sustainability Committee (<http://web.carteret.edu/Sustainability/>), and we invite you to stay for a discussion after the show led by Tes Thraves from CEFS (Center for Environmental Farming Systems) in Goldsboro.

5. Did you hear that Piccata's Restaurant on Arendell now has a commercial kitchen available for rental. Create your gustatorial masterpieces in a fully licensed space!

<http://www.piccatas.com/909kitchenhome.htm>

6. We need your photos! We need to make our website beautiful and attractive, so that means your home photos. Send via email to carteretlocalfood@gmail.com. Tell us who is growing what in the picture and when you took it.

Keep in touch, we have volunteer opportunities for everyone to get involved and stay involved! Enjoy the rest of winter while it lasts.

CLFN Update #14, 10-25-09

Thanks for your support and turn-out at our recent annual meeting. We met many new interested citizens and heard from local entrepreneurs and activists who are living out the mission supported by CLFN.

1. We got some more great press for CLFN; Wednesday's paper ran this article by Cheryl Burke,

<http://www.carteretnewstimes.com/articles/2009/10/21/news-times/news/doc4adf1dd68e43d824021818.txt>

This reminds everyone about the upcoming Come To The Table workshops encouraging faith-led communities to join together to start community gardens (Oct 27 & Oct 31). See our website for information found in Calendar of Upcoming Events. www.carteretlocalfood.org

2. Communities in Schools is a 501c3 helping kids at risk after school and two schools are into gardening in a big way - Harkers Island Elementary and Smyrna Elementary. They are helping kids build the raised beds, planting vegetables and heritage plants and continuing their learning in a tangible, healthy way. They want to be able to show their pride and sell their products, but they must receive all of their materials from donations to avoid using any of their federal grant money to use on a project that brings income to the program. Can you help? They seek either in-kind donations or volunteer hours to assist the kids (contact Michael or Joyce Sasser 728-7580) or cash donations (contact Dawn Simpson 240-9009). Website has complete details. Encourage other schools to list their needs for gardening too.

3. Our google-group site is recently updated and full of timely articles and information about our group. Find a job for yourself on the Volunteer Opportunity page or check out the calendar of events to join in, and especially use the map to find local farmers (found on the internet at <http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=109573998099786229627.00046d95ce773bf2f05b7&t=h&z=11> or look in the Files section for a map to print and hand out to friends.

4. Also, friends of CLFN have asked for a weekly meeting time, so we'll share some time together in Beaufort either at Taylor's Big Mug on Front St or the Cru's Coffee Shop on Turner St. Meet there at 10:00 am Fridays. Either look on the website for the location or look for the CLFN sign planted in front of the appropriate coffee shop.

5. Reminder and carpool sign-up to hear Will Allen on Monday, Nov 9; we will be leaving someplace Beaufort/ MHC about 8:30 am and returning by 3:00 pm to drive to Goldsboro, call 729-6513 to carpool with us.

Press Release from Nancy Creamer at CEFS:

The Center for Environmental Farming Systems (CEFS) and Burt's Bees are pleased to present Will Allen as the 2009 Sustainable Agriculture Lecturer. Allen is the founder and CEO of Growing Power, Inc., and is the recipient of a 2008 MacArthur Fellowship, commonly known as a "Genius Grant." He also was recently featured in an appearance in the movie Fresh.

In the world of urban "food deserts" - areas with limited access to fresh, affordable foods - convenience stores, fast-food chains and liquor stores reign supreme. The two-acre Growing Power farm in downtown Milwaukee is truly an oasis. In the early 1990s, Allen envisioned a farm using low-input, sustainable practices and staffed by area teens who needed a place to work. Through the years, this community partnership has grown to include the young, the elderly, farmers, producers and other professionals ranging from USDA personnel to urban planners. Today, Growing Power raises 159 varieties of food, including fruits, vegetables, animal forages, goats, ducks, bees, turkeys and - in an aquaponic system designed and built by Allen - tilapia and Great Lakes perch.

In 2008, the John D. and Catherine T. MacArthur Foundation recognized Allen for his work, naming him a 2008 MacArthur Fellow (<http://tiny.cc/vWoeO>) and describing him as an urban farmer "transforming the cultivation, production, and delivery of healthy foods to underserved urban populations through a novel synthesis of low-cost farming technologies" ("Meet the 2008 Fellows," <http://tiny.cc/jRjDn>). The MacArthur Fellowships are often referred to as "Genius Grants." Allen was featured in a July 2009 New York Times Magazine article, "Street Farmer" (<http://tiny.cc/uV3ca>) and in a February 2009 YES! Magazine article, "Growing Power in an Urban Food Desert" (<http://tiny.cc/7Gz6W>).

Don't miss these two unique conversations. Visit our Friends of CEFS Membership Benefits Web page at <http://www.cefs.ncsu.edu/friendsbenefits.htm> or call (919) 513-3924 for information on reserved lecture seating or attending a "meet the speaker" reception prior to the evening lecture.

Schedule of Events for Monday, November 9, 2009

Urban Community Lecture

"Big Change in Small Spaces: Growing Food Security, Food Justice and Future Leaders"

10:45 a.m. to 12:00 noon

Wayne School of Engineering at Goldsboro High School (auditorium),
700 N. Herman St., Goldsboro, NC 27530

Sustainable Agriculture Reception

5:30 to 6:45 p.m.

E. Carroll Joyner Visitor Center, NCSU, 1210 Varsity Drive, Raleigh, NC 27695

As an expression of our gratitude, Friends of CEFS members who have joined at the Guardian Level and higher will receive an invitation (for the member plus one guest) to attend a special reception honoring Will Allen.

The Sustainable Agriculture Lecture will be held immediately following the reception (see below for lecture details). The reception will be catered by Zely & Ritz. CEFS is very appreciative of our Reception Sponsor: NC A&T

State University Cooperative Extension Service.

Sustainable Agriculture Lecture
"Steps to Successful Urban Farming"

7:00 p.m. to 8:30 p.m.

McKimmon Center, NCSU, 1101 Gorman St., Raleigh, NC 27695

This event is free and open to the public, but open seating will be limited. Reserved seating is available to all Friends of CEFS members.

To

learn how to become a Friends of CEFS please visit the Friends of CEFS Web page at <http://www.cefs.ncsu.edu/friends.htm>.

Sponsorship opportunities are still available for these events. Please contact Nancy Creamer at nancy_creamer@ncsu.edu or (919) 515-9447.

Growing Power is a national nonprofit organization and land trust supporting people from diverse backgrounds, and the environments in which they live, by helping to provide equal access to healthy, high-quality,

safe and affordable food for people in all communities. Growing Power implements this mission by providing hands-on training, on-the-ground demonstration, outreach, and technical assistance through the development of Community Food Systems that help people grow, process, market and distribute food in a sustainable manner.

<http://www.growingpower.org>

The Center for Environmental Farming Systems (CEFS) was established in

1994 by North Carolina State University and North Carolina A&T State University with the North Carolina Department of Agriculture & Consumer

Services. These partners work closely with state and federal agencies, non-governmental organizations, farmers and citizens to provide agricultural research, extension, and education for North Carolina and beyond. The development of CEFS is a national model for partnership, innovation, and interdisciplinary cooperation. <http://www.cefs.ncsu.edu>

CEFS would like to thank Burt's Bees, our Lead Sponsor for the Will Allen events.

CLFN Update #11A/ 13, 4-4-09

hello all, hope your summer growing and eating was successful and

delicious!

the board members of Carteret Local Food Network achieved our goals as well - we have mapped out our strategic goals to help guide us forward so this is a successful non-profit.

Our mission still remains to assist a stronger local economy through matching local farmers and growers with local buyers and consumers. There are so many good reasons for working towards this goal, it's a great group to work with too.

Several items for this update, events 1 through 4 have a flier attached.

1. our first Annual Meeting will be held Tuesday, October 13 starting at 6:30 at Duke Marine Lab's Auditorium. We'll host several speakers who have work underway that highlights local food initiatives :

- Penny Hooper & Josh Stoll, Community Supported Fisheries,

http://www.dukenews.duke.edu/2009/08/walking_fish.html

- Anne Edwards, NC Ag Ext Service, culinary school demonstration garden & on-going monthly gardening class,

<http://carteret.ces.ncsu.edu>

- Joyce Sasser, Community in Schools, gardening at local elementary schools,

- Catherine Elkins & Susan Schmidt, community gardening projects and gardening at local churches.

2. Green Waves hosts a series of speakers on local sustainability issues, held Thursday evenings 5:30 pm at Duke Marine Lab, free.

3. CLFN will sponsor a workshop on starting more faith-based community gardens (2 are active already), Tuesday Oct 27 or Saturday, Oct 31, 9:00 to 11:30 am. Let me know how to contact your church to send this invitation for printing in bulletin.

4. Duke Marine students and NC Sea Grant invite the community to showings of their project "Change in Coastal Communities: Perspectives from Down East" on Sept 28, Oct 1 or Oct 6.

5. Carteret County Crossroads has a lively discussion group with many topics of interest to our local food group as well.

<http://groups.google.com/group/CarteretCrossroads>

6. We've had several questions about gleaning this fall, so here is the link to St Andrews to help you get connected through their site:

http://www.endhunger.org/nc_glean.htm

7. We have a new map showing local farmers and stands, show your support! Buy their products and keep them in business!

<http://maps.google.com/maps/ms?>

ie=UTF8&hl=en&msa=0&msid=109573998099786229627.00046d95ce773bf2f05b7&ll=34.716923,-76.658564&spn=0.032594,0.056391&z=15

8. local supplier of mulch, Coastal Environmental Partnership, is hosting their annual hazardous household waste pick-up tomorrow, Saturday, Sept 26 at Environmental Health Dept, MHC from 8-1, <http://www.coastalenvironmentalpartnership.com/hazardous-waste.html>

CLFN update #12, 5-2-09
news from Carteret Local Food Network:

1. do the strawberries taste sweeter this year? YES! but most likely that is because we are all anticipating a great season of fresh and local, and strawberries are just the beginning! Berries are on the shelves of many local farmstands and in the markets, make sure you ask for the LOCAL berries (most farmstands do grow their own). Other new produce is being picked and served and sold - lettuces and other tender greens, peas should be here soon. Farmers with greenhouse tomatoes are almost ready to pick. Get out there and support these important farmers in our county!

2. The Curb Market (13th and Evans, MHC) had its opening day this past Saturday, familiar faces paired with new energy, a winning combination. Delicious fresh produce (more is sure to come in a week or two) and fabulous pastry creations and handicrafts make North Carolina's oldest farmer's market a popular destination every Saturday morning (7:30-11:30). Sell your extra produce at Curb Market, contact ag ext office for information, 222-6352. Also Friendly Market (corner of Friendly and Bridges, MHC) is open and Garner's and Quinn's produce stands are selling Wednesday and Friday afternoons as well as Saturdays. Davis Shore Provisions is still seeking growers to sell fresh produce from their store's porch downeast, contact them for details, 729-0011.

3. No monthly meeting in May! join us in June for our monthly meeting at CMAST, speaker and details to follow.

Share this message with friends and family - buying local food and seafood (and local everything else!) help support and strengthen our local economy.

Buy all the produce you can afford, save for winter's suppers, and ask

for produce you don't see!
Ask your wait staff to identify the local fare on their menu.
Your voice and your dollars are powerful!

CLFN Update #11, 4-4-09

standing meeting time is first Tuesday evening of the month,
so Tuesday, April 7 at 6:30 at CMAST, Rm 306.
discussion and agenda, come see how we're growing.

Detailed discussions on these topics available at our google site -
<http://groups.google.com/group/carteret-local-food-network>
(no need to change your email just to view site. SOON! this will be on
our new website!):

1. 'Curb Market'- energized organizers, good for growers, very good for buyers
2. By-Laws approved by protem Board of Directors
3. April events you may attend or volunteer -
4-7: meeting at CMAST, 6:30pm
4-18: Native Plant Sale, visit us at our booth, NC Coastal Federation
4-25: Earth Day Fair, visit us at our booth, Aquarium at Pine Knoll Shores
4. statement you may wish to read and support -
<http://fooddeclaration.org/>

GO TAR HEELS !!!

CLFN update #10, 2-25-09

until our website is designed, don't forget to join our google group,
<http://groups.google.com/group/carteret-local-food-network>
you don't need a google email address, use your existing email
address and just make a free google account.

1. Our next meeting will be held Tuesday, March 3 at 6:30 at CMAST, room 306. Come help to plan our strategy to achieve our future goals for this group.
2. In our effort to honor our promise that we would not share your contact information with another organization, we ask you to do this personally. Our parent partner organization, Carteret Crossroads, is

our county's oldest environmental activist group and they act wonderfully on behalf of all our citizens. Please consider joining them directly and supporting their good works, and also please make plans to attend their annual meeting on Thursday, March 5. Stephanie Miscovich is CC's newest board member and sends this message to all CLFN supporters:

Carteret Local Food Network members are cordially invited to attend the 29th Annual Meeting of Carteret Crossroads, our parent organization, for their 29th Annual Meeting on Thursday, March 5th, at 6:30 p.m. in Joslyn Hall, Carteret Community College.

This year's theme is A Sense of Place: Unique Environmental Features of Carteret County. Three speakers will highlight different aspects of the unique sea grass beds that lie beneath the estuarine waters of Carteret County. Jud Kenworthy, from the local NOAA lab, will describe the workings of the grass community itself. Steve Fegley, from UNC's Institute of Marine Sciences, will speak of the important animal interactions associated with grass beds. And Dan Speiser of Duke University will take a very close look at one of the keystone species of our grass beds, the Bay Scallop, as he speaks on the visual capabilities of those beautiful blue eyes.

Please join the members of Carteret Crossroads for an informative and entertaining evening and help celebrate Carteret Local Food Network's partnership with this outstanding environmental organization. Festivities will include conversation, coffee, cookies, and a silent auction of local arts and crafts beginning at 6:30 p.m., followed by the guest speakers at 7 p.m. Crossroads is striving to build a broad base of support for sound environmental policy in the county. Bring a friend and come share with us a coastal connection: new ideas, a new appreciation of our place, and the shared bond of our common interest in preserving and celebrating our local environment.

3. In mid-February, the Coastal Environmental Partnership, the folks who handle Carteret County's trash, asked for public comments in the Carteret New-Times to update their plan as required every three years. Their deadline this year is June 30, so if you wish to comment or send suggestions, do it now! Their on-line survey is easy and available on their website, www.coastalenvironmentalpartnership.com, under the menu heading 'CEP News'. Also see what they offer for compost at this website, or better yet, stop in for a personal tour by Bobbi Waters.

4. don't forget that Green Waves at Duke University Marine Lab hosts two events on Thursday, February 26:
a- movie night - 'Eco-Cine 2009' kicks off on February 26th (and following Thursday evenings) with the premier of "Views of Environmental Change: Voices from Down East," a showing of the

documentaries produced by Duke Marine Lab students. Please join us in the Ocean Conservation Center for an entertaining and informative film series.

b- immediately following, join us for Green Drinks at the Cru Wine Bar on Turner Street in Beaufort.

CLFN update #9, 2-7-09

1. Logo contest announced for CLFN! Prize is a mini-share from Merrells' Farm CSA (1/4 share = \$100), thanks Joe! We need a logo that we can use for letterheads, business cards, menus, business advertisements, newspapers, t-shirts, caps, etc. Send entries to email or 297 Sleepy Point Road, Gloucester, 28528-9332. Contest deadline is the first day of spring, so get busy!
2. Seed-sharing/ planning/ ordering party - Thursday, February 19 at Taylor's Big Mug in Beaufort at 3:00 pm. Bring your catalogs and your garden's design, swap exotic orders with neighbors, get psyched for spring!
3. Organic Consumers Association/ oca@mail.democracyinaction.org
This group puts out one of the best newsletters on the web! I support them and subscribe to them, suggest you try them too. Sign on to receive their weekly informative emails and thank me later!
4. The Sibley family in Newport is preparing to host the county's first Community Garden, though several other sites are also working hard on this. Check the google site to contact the Sibley's or assist one of the other gardens.
5. Check out CLFN calendar on Google group site, there are many interesting workshops and events listed there. Need volunteers to promote CLFN at the Bird House & Garden Show at Habitat for Humanity in Newport on February 28 and at NC Coastal Federation Native Plant sale on April 18.

Update #8, 1-27-09

NEXT OPEN MEETING = Tuesday, February 3rd at 6:30 pm, CMAST, Room 306
(committee reports, plan for food assessment survey, progress on community gardens, CLFN logo contest)

attached please find: minutes from last meeting (1-6-09), volunteer needs for operations, or join a committee!

news:

- CLFN's non-profit status obtained by partnering with Carteret Crossroads, our county's premier environmental action organization. Check out their website and join their google-group through www.carteretcrossroads.org.

- several opportunities for community gardens and more gardeners selling their produce are coming forward, check the google site.

- Coastal Community Market in Beaufort is now selling organic produce from ECO in central NC, check them out!

CLFN update #7, 12-31-08

last newsletter update of the year

Next open meeting = Tuesday, January 6 at 6:30 pm at Coastal Community Market, Beaufort, all are invited and welcome, draft agenda is attached.

<http://groups.google.com/group/carteret-local-food-network>

NEWS:

1. ORGANIZATIONAL NEWS

A- Mission Statement is prepared: "The mission of CLFN is to protect and promote a food culture that builds community, sustains a local economy, nurtures a healthy environment, and produces delicious food!"

sweet, concise, well crafted, we like it, approval will be requested at our Jan 6 open meeting, suggestions/ revisions requested in writing/ email format.

B- Strategic Plans are under review (see attachment for our work to date)

C- both mission statement and draft of strategic plans will be presented to the board of Carteret Crossroads on Jan 8 along with our request to be absorbed under their wing and guidance as a partner to operate as a non-profit entity, apply for grants, request donations for our operations.

2. COMMUNITY NEWS

A - Joe Merrell is still accepting members to his family farm's CSA, agreement is downloadable from our website or from farmjoe@ec.rr.com.

B - Penny Hooper will be leading a six-week session "Menu for the Future", a wonderful program from Northwest Earth Institute (www.nwei.org) on Fridays starting January 9 from 12:00 to 1:30 pm at Carteret Community College, bring a bag lunch, contact Penny to

register - pjh@carteret.edu.

C - consider joining Carteret Crossroad's new listserve

-<http://groups.google.com/group/CarteretCrossroads>

D - applications to join Coastal Organic Cooperative are welcomed at www.coastalorganic.org or by calling Barb Lentz at 728-7683. This monthly coop is volunteer-driven, delivering to the steps of the Coastal Community Market once every four Tuesday mornings, ordering is easy from a catalog or on-line, many organic foods offered, friendly folks to work with!

CLFN update #6, 12-5-08

welcome back after one holiday, hope you all ate lots of local foods!

next meeting of the whole CLFN group will take place on Tuesday, January 6 at 6:30 pm at Coastal Community Market. Please plan to join us and help us reach more Carteret County citizens.

also please see attached 'Membership Agreement' and 'Calendar of Crops' from Joe Merrell of Merrell's Farm in Beaufort. He has crafted a stellar agreement that is now open to the public. He has offered it first to our group of dedicated local foodies, so do not delay in signing up!

Let's show our support and prove this concept in Carteret County. Call him with any questions, he is very helpful, 728-5343 or 241-5278.

next open meeting time for discussing mission statement and crafting our strategic plan is Sunday, December 7 at 12:30pm at Claire Doyle's home in Morehead City, rsvp to 729-6513 or check the CLFN google group site for directions.

important national conference on CAFO (confined animal feeding operations) sponsored by scheduled for New Bern on January 12-14 (www.waterkeeper.org); Robert Kennedy Jr is headline speaker for Monday evening (free), who wants to register and carpool from our area?

another interesting conference sponsored by the NC Council of Churches will held at several locations in February addressing the question 'how to work together as people of faith to create a food system that that feeds our communities, supports farmers and farmworkers, and fosters a connection to the land', check out <http://www.cometothetablenc.org/>

many of you have signed up for our CLFN google group site, still working the kinks out, thanks for making this project work!

here's your direct link for signing up -

<http://groups.google.com/>

then search for 'carteret local food'

you'll find us! no need to change an email address, customize how you want to receive messages.

Catherine et al

CLFN update #5, 11-19-08

We are shifting to a list-serve system for our communications. This will allow us to all keep newsletters, favorite links, articles, calendars, etc on one site.

To join this group,

<http://groups.google.com/group/carteret-local-food-network?lnk=srg&hl=en>

then, on the right side of the page, click on "Join this Group".

To send an email to the group, use carteret-local-food-network@googlegroups.com

(it says this on the page too).

note - you do NOT need a gmail email address to join, any email address will do.

or you may still send an individual email to us at carteretlocalfood@gmail.com."

you may forward this information to others you think should join our list.

NOW AVAILABLE ! - Joe Merrell of Merrell's Farm in Beaufort has launched Carteret County's first CSA, taking orders now for 2009. Contact him directly at farmjoe@ec.rr.com to receive more information and a membership agreement. Our CLFN group is the first group to hear this great news, orders are being taken now, he'll open it to the general public soon. Support our local farmers!

SUMMARY OF OUR FIRST OPEN ORGANIZATIONAL MEETING, 11-12-08. 25% of you were there last Wednesday evening, what a good turnout!

NEXT MEETING SCHEDULED - JANUARY 6, 2009 (location - Coastal Community Market, Beaufort)

We had a great meeting and met most all of our targets - we reviewed our work to date, introduced our plans for near and long-term future and signed on volunteers to help with these plans. There's room for more! Please find a project you'd like to help with and sign up!

Most importantly, we have a dedicated team working on a mission statement for CLFN. Posted that night, but not perfect at all, was this draft statement:

To address our local families' needs for fresh and affordable food and to help a coastal community build food security and strengthen its

local economies, the Carteret Local Food Network (CLFN) seeks to educate and advocate, to assist and promote the growing, selling and buying of local, and eventually sustainable, agricultural products. A successful mission statement is important to represent our vision to ourselves and our community. We are also hopeful to be included under the umbrella of Carteret Crossroads (www.carteretcrossroads.org) as a non-profit entity so we can use their expertise and existing 501-c-3 status. Their next board meeting at which we hope to present our mission statement and appeal to be included under their wing is January 8, 2009. Please join Joyce, Claire, Tia and Catherine if you wish to help us craft this important statement.

Another committee was charged with continuing the search for community garden sites. We agreed that several garden sites was our goal and we think we have good opportunities in Marshallberg and in Beaufort on Rt 101; we need more sites! A sunny lot of a quarter acre or more, a water supply, available for several years at least is our plan - churches, schools, businesses, investors are all fair game. One model may be to allow families to have a 20' x 20' plot, another is to have a manager and volunteers who share the produce amongst themselves and with a local food bank. Anyone willing to research other models and draft potential agreements? we also need to spread further throughout the county - Catherine will continue search further downeast, Doug Halliday will search in western Carteret communities, Ann Saylor and Priscilla Murphy will search for more sites in Beaufort, more volunteers are always welcome or send us a good idea and we'll follow up, contact Catherine to help.

Another committee agreed to work on communication and writing. Jeff Moore will continue his work on Carteret Crossroads website and look at ways to include our information on the web, and has already developed a list-serve for us. Patti Frank and Janil Miller will help us with writing projects. Something you like to do too? join them!

Another committee is needed to work on a food assessment survey, a project strongly recommended by those who have charted these waters before us - Janil and at least three others have expressed an interest in working on this.

other jobs we need to work on soon -

Tia Douglass will contact Coastal Land Trust to see if we can link with them regarding community garden sites.

Penny Hooper will see if there's a possibility of a community garden at Community College

Jean Sarnacki is interested in getting a pumpkin patch started behind Coastal Community Market, and she is offering her composting bins to

some one/ some group to make them more productive behind the store.

Ann Saylor is going to contact grocery stores to find out about future composting ideas.

Catherine will reach Keith Walker to find out about the community garden idea through eccdi.

please join the new list-serve (directions above) and check there often. that's where we'll start posting calendars, links, committees, past CLFN updates, etc.

Congratulations to everyone for a successful launch of a new adventure, glad you have joined us!

Catherine, et al.

Carteret Local Food Network e-Newsletter, update #4, Nov 2, 2008
lots to share this month!

upcoming - Wednesday, November 12th at 7:00 (Coastal Community Market, Beaufort), this is the biggest news.

we will meet for our first mega-open gathering, time to stand up and sign up! we have committee work to assign, and some exciting opportunities for the group to share. A second potential site has been located for a community garden in Beaufort in addition to the site in Marshallberg, need a leader. need a webmeister, need a secretary, need a farmer for the planned organic CSA in Marshallberg, need a team to assemble to the paperwork required for a legitimate non-profit business.

now available - Merrell's Farm in Beaufort is ready to offer its first CSA, information and agreement available from Joe Merrell at farmjoe@ec.rr.com or at the meeting on November 12.

Congratulations to the Merrell family, let's all support a local farmer's new business plan.

past workshops - Nancy Creamer of CEFS in Goldsboro has pulled a huge contingent of food promoters together for "Building a Sustainable Local Food Economy in North Carolina: From Farm-to-Fork", a statewide initiative to identify and address some of our local food production issues. Meetings have been held in Raleigh, Burgaw and Charlotte, upcoming in Asheville and Greenville and Triad, sign on at local-foods-action-plan@lists.ncsu.edu.

Green Waves classroom at DUML sponsored a visit from Connie

Brownstein, director of sustainable seafood at Whole Foods in New York City, presentation from her years of traveling the world to obtain sustainable fish product for their stores in US and UK.

County Ag Extension service sponsored a bus tour of agri-business sites in Carteret County, including Open Grounds Farm, Core Sound Waterfowl Museum, Rosie's aquaculture business from her porch on Harker's Island.

check out our attachment to this email identifying a long list of local farmers and how to contact them, support their farms!

CLFN - websites we use and love:
Carolina Farm Stewardship Association
www.carolinainlocalfood.org
www.carolinafarmstewards.org

NC Project Food Land and People
www.enr.state.nc.us/DSWC/pages/foodland.html

NC Agriculture in the Classroom
www.ncagintheclassroom.com/

Rhonda Sherman at NCSU/ waste and vermiculture queen
<http://www.bae.ncsu.edu/people/faculty/sherman/>

possible grant opportunity from initiative to promote greater health in NC communities:
<http://www.fitcommunitync.com>
probably lots more out there like this too,

big dreamers, winner of a MacArthur genius grant
<http://abcnews.go.com/GMA/story?id=5949986&page=1>

Michael Pollan's interview on Terry Gross:
<http://www.npr.org/templates/story/story.php?storyId=95896389>

CLFN UPDATE #3, AUGUST 30, 2008

notes from three meetings, 8-28-08 and 8-29-08

Thursday evening potluck

- focus on Beaufort and Downeast geographically ('start where you are!' and Beaufort/ Downeast is where most of the energy seems to be at the moment) while keeping our eye on the whole county; for those of you who don't live Beaufort/ Downeast - how can we help keep you involved? (especially when you see results of Friday's meetings below)
- we ought to include aquaculture/ mariculture as clam farming (or

crab ranching)

- therefore we should include Carteret Catch, try to contact William Small, manager
- community gardening is always a very popular topic, Susan's descriptions of European, long-lived community havens of meeting with folks you know, not just see on the street, Stephanie's descriptions of RI gardens near a park, a cooperative
- Carteret county parks and recs is investigating who will receive our question 'any place for a community garden in one of your parks?'
- from NC State & Carteret Community College: Jerry Pittman is the horticulture head, and Skip Kemp is the aquaculture head
- Barbabra Pearl used to have a farmer's market in Ann St church parking lot, or was she originator of Coastal Community Market? (I obviously don't know)
- use term 'sustainable' instead of organic, more protective term for environment, less frightening term relative to costs of being recognized as organic
- eight produce vendors in Carteret County are Quinn, Winberry, Garners, Simpsons, Merrells, Guthrie, Willis, Vincent
- Zack's FFA students are currently growing in a greenhouse on campus, Zack also encourages interviews with local farmers
- need to conduct 'Food Assessment Surveys', Catherine will order the two books promoted at CEFS's 'Community-Based Food Systems Workshop, need to organize interviewing teams
- Michael Taylor sells his produce at Simpson's
- Donny Lewis sells sweet potatoes
- Jerry Gillikin, Otway sells okra
- Cecil, Otway sells eggs

reports from Friday's meetings:

1. Catherine met with Joe and Johnny Merrell at their farm stand on Rt 101 to see Joe's draft proposal for his new CSA; he proposes selling up to 50 shares worth \$400 each in January for the return of purchasing \$440 worth of produce from March through December. he wants to offer shares to our 'Network' first, marketing will be important, one concern is the S in CSA and the information that Joe's farm is not organic/ sustainable to the environment - is this promotion of non-organic, non-sustainable C'S'A likely to confuse the public/ consumers when we do find truly sustainable farmers? opinions welcome. I'll send out Joe's draft when/ if I get his permission.
2. Ken Fager, research director of CEFS, visited downeast Friday afternoon to investigate a property that may host an organic, sustainable farm, established as a non-profit, educational center offering CSA shares in a few years. If he could be our farmer and designer, it would be up to us volunteers to develop the marketing/ educational/ distribution to Beaufort & Morehead & Pine Knoll Shores/

grant-writing/ administration of this farming enterprise. who's game for this new venture? very exciting.

as always, please forward this message to others you know who want to hear of this news
keep in touch! - Catherine, et al.

clfn update #2

Local (in this case, the Triangle is the 'local') Affordable Foods Links - community gardens, school gardens, etc

SEEDS: is a non-profit community garden whose goal is to teach people to care for the earth, themselves and each other through a variety of garden-based programs. <http://www.seedsnc.org/index.htm>

Durham Farmer's Market: www.durhamfarmersmarket.com

Durham County Cooperative Extension Office: information on gardening, community development, Durham, NC events and resources. www.ces.ncsu.edu

NC State Department of Horticultural Science: includes local home gardening information. www.cals.ncsu.edu/hort_sci

The Local Foods Gazette: on-line newsletter from the NC Cooperative Extension dedicated to promoting the growth of the local food system in the Triangle and surrounding counties.

<http://www4.ncsu.edu/~jmlanier/lfg/index.htm>

Carolina Garden Co-Op: maintains an organic garden behind Kenan Dorm on Battle Road on the UNC campus ~ 3 blocks from the Forrest Theater.

As an official UNC student group, it conducts outreach activities, educates the campus about gardening and food, and hopes to engage the greater Chapel Hill community in its gardening. In season, they make an effort to gather to work together on the garden at 1:00 p.m. on Sundays.

<http://sustainability.unc.edu/Academics/StudentGroups/tabid/71/Default.aspx>

City Farmer News: For the past 30 years, City Farmer has encouraged urban dwellers to pull up a patch of lawn and plant some vegetables, kitchen herbs and fruit. Their message is the same today as it was in 1978 and will be relevant far into the future. Their website is a collection of stories about their work at City Farmer in Vancouver, Canada, and about urban farmers from around the world. City Farmer's main web site Urban Agriculture Notes has hundreds of pages of information about city farming. Published since 1994, it was the first web site on the Internet to promote urban farming.

<http://www.cityfarmer.info/about/>

Community Food Security Coalition (CFSC): is an organization dedicated to building sustainable local food systems that ensure access to food for all people. They seek to develop self-reliance among communities and to create a system of growing, processing, and selling food that is grounded in the principles of justice, democracy, and sustainability. www.foodsecurity.org

American Community Gardening Association (ACGA): find other community gardens and take advantage of the great links on this site! www.communitygarden.org

Edible Landscaping: a favorite source for fruit trees and shrubs, and their customer service can't be beat. www.eat-it.com

Abundant Life Seed Foundation: this organization is dedicated to sustainable agriculture, genetic diversity and saving open-pollinated, rare and endangered seed. www.abundantlifeseed.org

Garden Gate: a well-organized and non-commercial collection of links to substantive horticulture sites around the world. garden-gate.prairienet.org/

LifeLab: garden-based learning curriculum for schools. www.lifelab.org

Center for Ecoliteracy: an organization that helps foster an understanding of the natural world grounded in direct experience. www.ecoliteracy.org

Green Guerillas: works with hundreds of grassroots groups throughout New York City to strengthen underserved neighborhoods through community gardening. www.greenguerillas.org From Grist:: Steve Frillmann, community-garden guru and executive director of Green Guerillas, answers readers' questions.

<http://www.grist.org/comments/interactivist/2006/02/13/frillmann/index1.html>

You Grow Girl: gardening journals and weekly tips and updates from beginners and experts from around the world. www.yougrowgirl.com

Journey to Forever: a wonderful, extensive website with tons of great information on urban agriculture, organics, composting, sustainable practices, the latest agriculture news stories. journeytoforever.org

Relocalization Network: relocalization is a strategy to build societies based on the local production of food, energy and goods, and the local development of currency, governance and culture.

<http://relocalize.net/about/relocalization>

Urban Harvest: works, globally and regionally, to contribute to the food security of poor urban families, and to increase the value of agricultural production in urban and peri-urban areas, whilst ensuring the sustainable management of the urban environment.

<http://www.uharvest.org>

The UC Davis Children's Garden Program: offers training for parents and educators to support school garden programs.

<http://childrensgarden.ucdavis.edu/school-gardens>

Lord Roberts Elementary School Garden: the school's food garden is an

incongruous oasis of greenery. In the midst of the high-rise apartment blocks, it is in one of the most populous neighborhoods in Vancouver's densely populated West End.

<http://www.cityfarmer.org/Lordrob19.html#LordRoberts>

School Gardens: In some schools, gardens are being integrated into the educational curriculum to teach children not only about plants, nature, and the outdoors, but other subjects as well. Gardens can teach children about history, economics, poetry, and math, but are still primarily used for science studies.

<http://aggiehorticulture.tamu.edu/kindergarden/child/school/scgard1.htm>

Kitchen Gardener's International: seeks to empower individuals, families, and communities to achieve greater levels of food self-reliance through the promotion of kitchen gardening, home-cooking, and sustainable local food systems. http://www.kitchengardeners.org/2005/10/what_is_kgi.html

Talk About It... the Power of School Gardens: from Kitchen Gardener's International. <http://kitchengardening.com/profiles/blog/show>

I am so sorry! But I can't find the first newsletter anymore!