



Locally Grown News

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Winter Guild Gathering Offers Workshops for Everyone

Whether you are a small farmer or a garden dreamer, the workshops at the Local Growers Guild's Winter Guild Gathering will cover some of your most common questions. Don't miss this annual opportunity to learn from experts, meet new people, and share in a growing community focused on improving our quality of life and the environment that sustains us.

Saturday, January 9th, 2010 at Harmony School (909 E. 2nd Street, Bloomington, IN) 9am to 5pm

This year the Winter Guild Gathering will offer an expo of farms, supporting business and organizations. Visit these booths throughout the day. Talk with professionals in the local foods community. Learn about products and programs to enhance your farm and garden.

To host an Expo booth, visit www.localgrowers.org, print the registration form and return to LGG. For an alternative method, contact us at 812-333-8287. Exhibitors need only pay \$5 extra to have a booth in addition to attending all of the workshops & events. What a deal!

REGISTRATION

Members: Event \$25, Expo Booth \$20, Both \$30

Non-members: Event \$35, Expo Booth \$25, Both \$45

Price includes lunch.

\$5 off above price if you register before January 1st!

TOPIC DESCRIPTIONS

Soil Testing for Better Crops with Jeff Evard of LIFE Certified Organic Farm. A fertility management program can save resources and increase crop production and quality. Soil tests are the essential first step. Learn where and how to get tests, how to

read the results and how to choose the right organic soil amendments to create ideal conditions. Jeff brings over 10 years of experience with organic farming & an agronomy degree from Purdue.

Fruit Trees and Berry Bushes with Kieth Uridel and Andy Hamilton. Learn how to choose the right trees for your location, source strong starts, prepare the soil, & about their long term care. Andy Hamilton, Musgrave Orchard owner, has been nurturing the land with sustainable practices and transitioning to organic apple production since 2003. Kieth Uridel of Certified Organic Hazelbrake Farm grows a variety of fruits & operates a nursery specializing in organically grown berry plants.

Direct Marketing and Distribution Techniques: Blaine Hitzfield from Seven Sons Farms will discuss distribution logistics as well as how he uses the internet to find new customers & increase on-farm sales. Learn what makes a good website, how to establish an effective internet marketing presence, & increase your overall marketing efficiency.

SCHEDULE

9:00 Expo starts- Coffee and bagels

9:30 Soil Testing for Better Crops

10:30 Fruit Trees and Berry Bushes

11:30 Direct Marketing and Distribution Techniques*

11:30 Bringing More Local Foods into your Kitchen*

12:30 Lunch

2:00 Grants and Funding Sources for Small Farms

3:00 Apprenticeships – Are they right for you?

4:00 Regenerative Agriculture with Trees & Perennials

~ After the last workshop, join us at Upland as we gather to continue conversations

*NOTE: there are TWO workshop options at 11:30am

Bringing More Local Foods into your Kitchen: Katie Zukof, Assistant Director of the Local Growers Guild & year-round locavore, will discuss ways in which to bring more local foods into your kitchen. Strategies include making yogurt and bread, dehydrating, canning, cooking with seasonal ingredients, and using cold frames to grow winter greens. Recipes & instruction will be provided.

Grants and Funding Sources for Small Farms with Debbie Trocha and Jerry Hay. Learn about grants and other resources available to small Indiana farms. Debbie is the Executive Director of the Indiana Cooperative Development Center. Jerry Hay leads rural development effort in the Midwest for the USDA.

Apprenticeships – Are they right for you? Tiga Wertz will present ideas for an apprenticeship program coordinated through the LGG. Learn about benefits of apprentice programs, examples of intern arrangements, & assess feasibility of hosting an intern on your farm. Tiga, LGG board member, has researched and visited apprenticing farms, worked at Stranger's Hill Organics, and coordinated volunteers for several non-profit agencies.

Regenerative Agriculture with Trees & Perennials: Rhonda Baird explains a systemic approach to regenerative agriculture/culture, focusing on the importance of trees and perennial crops. Permaculture designer, teacher & originator of the Bloomington Permaculture Guild, Rhonda is also the Director of the Indiana Forest Alliance.

Growers & Vendors

PROMOTE YOUR FARM FORM & CSA UPDATE INFO

Thank you for continuing to support the Local Growers Guild through your membership. Continuing your membership in the LGG is the best way to promote your business, learn more about growing, marketing or eating locally and connect directly with leaders in the local foods movement.

We are currently working on updating the CSA page on our website, as well as collecting information for the 2010 Local Growers Guide, which is due out in March. In addition, We are pleased to announce that we will be partnering with the Monroe County YMCA to promote local food (including the Bloomington Winter Farmers Market and CSA programs) during the City of Bloomington's Martin Luther King, Jr. celebration on Monday, January 18 as well as during the following 40 days of Peace.

Please fill out the CSA form at www.localgrowers.org by **December 31, 2009** to ensure that we have all the correct and updated information. You can also view last year's CSA chart by clicking on the CSA tab. For more information about Promote-Your-Farm and CSA forms, please don't hesitate to contact Katie Zukof at 812-333-8287 or katie@localgrowers.org if you have any questions.

BACKPACK BUDDIES PROGRAM A COMMUNITY KITCHEN PARTNERSHIP

Do you wish to see your products reach children and families in food-insecure households? Are you interested in expanding outside of your normal market? Would you like to support LGG in it's efforts to distribute local produce and products to elementary school children?

Participate in the Community Kitchen of Monroe County's Backpack Buddies Program!

We are looking for:

- * Fresh local produce (when in season), or
- * Local products (i.e. honey, maple syrup, beef jerky, season-appropriate seeds, etc.)
- * Products sold in bulk for 100 portions
- * Portions can be small and will be negotiated based on item
- * Grower/Producer must be able to deliver product to Bloomington at least 3 days prior to insertion in backpacks, preferably directly to Community Kitchen (delivery method is also negotiable)

LGG's pilot partnership with the Backpack Buddies program will continue throughout the 2010 calendar year. Sell one product just once, or several products throughout the year!

Inquiries and interests can be directed to LGG Director, Kim Kanney at localgrowers@localgrowers.org or 812-333-8287.

For more information about the partnership and grant funding, read the article on the front page of this newsletter. For more information about the Backpack Buddies Program, visit www.monroecommunitykitchen.com/programs.html

CALL-OUT FOR APPRENTICESHIP SURVEY PARTICIPANTS

Are you a farmer that has ever worried about the decreasing number of family farms in Indiana, a lack of experienced farm labor, juggling familial responsibilities, or coming up with creative ways to solve the negative cash flow problems on your farm? Then taking on a farm intern may be right for you. Tiga Wertz, the Local Growers Guild's newest board member will be presenting a workshop on this topic and will be soliciting ideas for an apprenticeship program sponsored by the Local Growers Guild at the January 9 Winter Guild Gathering.

Please help Tiga by taking a survey to identify the needs and concerns of local farmers in having apprentices or interns working on their land. If you are a grower, and you have either had interns on your land or would consider doing so, you qualify for the survey. The survey is available on our website, www.localgrowers.org and must be completed by December 18th. You can also email Tiga at gina.wertz@gmail.com to receive a copy of the survey or schedule a phone appointment. You can reach her by phone at (317) 364-9920.

IN NEED OF WINTER ASSISTANCE?

Let LGG help you find volunteers to help you with your winter projects on a one-time or multiple basis. Hoping to finish the green house? Want to ramp up your marketing design? Need to prepare new land for next year? Send your needs to localgrowers@localgrowers.org.

Go Paperless!

In an effort to reduce our environmental impact, the LGG offers a paperless newsletter option for our members.

If you would like to receive this newsletter as a pdf in the future, please contact us at localgrowersguildnews@localgrowers.org and put **paperless** in the subject line.

Upcoming Events

MOTHER HUBBARD'S CUPBOARD SOUP MAKING CLASS

Tues, January 5th
6:30-7:30pm
Bloomington Cooking School
115 N. College Ave.

Warm up with MHC and learn how to make healthy soups using seasonally appropriate and economical ingredients. Winter is the perfect time of year to eat healthy on a budget by making soup out of whatever is available in your kitchen. Learn how to use a variety of ingredients to create delicious steaming broths and chunky stews. This class is open to the public, with priority given to MHC patrons and volunteers. If there are additional spots 2 weeks before the class community members may sign up on a first come first serve basis. Donations suggested if possible. To register for this class contact Stephanie at stephanie@mhcfoodpantry.org or 355-6843.

INDIANA HORTICULTURAL CONGRESS

January 19-21, 2010
Wyndham Hotel, Indianapolis
www.inhortcongress.org

The Indiana Horticultural Congress is an educational meeting designed to meet the needs of fruit, vegetable, wine, organics and specialty crop growers and marketers in Indiana and surrounding states. All interested individuals are invited to attend. To Register register at www.inhortcongress.org. For more information, contact Tammy Goodale at 765-494-0391.

BLOOMINGTON KITCHEN INCUBATOR OPEN HOUSE

Thurs, January 21st
7:00-8:30pm
Caldwell Eco-Center (323 S. Walnut Street, B'ton)

This is a great opportunity to learn about the incubator and to apply to become a member. We will discuss services, fees, and expectations as well as promoting the SEED Corp business planning class scheduled to begin in mid-February. Please RSVP to Bobbi Boos at admin@bloomingtonkitchenincubator.org.

SPEAKERS: GARY NABHAN & JOEL SALATIN

Fri & Sat, January 22 & 23
6-7pm Woodburn Hall,
Indiana University

Both talks are FREE and open to the public!

Friday: "Renewing America's Food Traditions" Nabhan, a native Hoosier who teaches at the University of Arizona, is a conservationist and ethnobotanist who has written more than a dozen books, including "Coming Home to Eat" and "Renewing America's Food Traditions".

Saturday: "Holy Cows and Hog Heaven" Salatin, who along with his Polyface Farms was made famous by Michael Pollan's best selling "The Omnivore's Dilemma", is an irreverent but passionate voice in the conversation about how we raise our food.

B'TON WINTER FARMERS MARKET

Saturdays, January 23 through March 27
Harmony School Gym
909 E. 2nd St., Bloomington

Don't miss the first winter market of the season! This cozy indoor market features local products, live music, chef demonstrations, and a wonderful community. Join us for breakfast and buy local produce, meats, baked goods, dairy, and more! Chef demonstrations from local restaurants will take place Jan 30, Feb 20 and

WOMEN IN AGRICULTURE CONFERENCE

Feb 24, 25

Hilton Indianapolis North Hotel, Indianapolis, IN Hosted by the Purdue Midwest Women in Agriculture team, this weekend-long workshop focuses on subjects specific to women's role in agriculture. The keynote speaker will be Bruce Vincent, who will focus on "a new vision of conservation and environmental stewardship." More information can be provided by the Local Growers Guild.

LGG Volunteer Opps

MAKING HEALTHY CHOICES EVENT

Mon, January 18 @ YMCA
10a-2p, 4p-7p

The Local Growers Guild is collaborating with the YMCA of Monroe County to engage and educate children, families and adults about making healthy lifestyle choices such as growing and eating fresh, local, and healthy foods and planning healthy exercises for the whole family.

Children attending the event will also be encouraged to illustrate how they eat healthfully and support their community by buying from farmers in the area. The illustrations will be displayed at all Bloomingfoods stores.

LGG is seeking volunteers to help at the event with disseminating information and engaging children at the drawing table.

Interest should be directed to Kim Kanney at localgrowers@localgrowers.org or at 812-333-8287.

LGG & WINTER MARKET PROMOTIONS

Sat, January 30
11am to 1pm

Help LGG disseminate winter market and membership information throughout the downtown Bloomington community. Despite the weather outside, this gracious service will warm your heart and your feet!

WINTER FARMERS' ASSISTANCE

Have an interest in helping farmers with their winter projects? From construction projects to marketing assistance, you can help farmers get their winter projects completed! One-time and multi-day assistance is welcomed. All inquiries can be directed to Kim at localgrowers@localgrowers.org or 333-8287. LGG will accumulate a list as the season progresses.



Improving Quality of Life through Quality of Food

Local Growers Guild

The Local Growers Guild, a cooperative of farms, retailers and community members dedicated to strengthening the local food economy in southern Indiana through education, direct support and market connections.



Local Growers Guild
P.O. Box 2553
Bloomington, IN 47402

Phone: 812.333.8287
www.localgrowers.org

Local Food Distribution Study Update

We appreciate your patience for the final report of the Distribution Feasibility Study that was completed at the end of July. The study surveyed small to medium farmers about various distribution, production, and expansion issues; surveyed retailers, wholesalers and institutions to examine their capacity and willingness to buy from local farmers; examined existing distribution systems that could be used as models; and identified current community resources that could support the expansion of local food production and distribution.

While growers are interested in expanding and there are interested buyers in all four market channels, there are definite gaps in the distribution infrastructure. In order to help growers work with retailers, institutions, and wholesalers, the Local Growers Guild needs to focus on helping growers improve their marketing skills, develop basic infrastructure on the farm, and work with retailers, institutions, and wholesalers to help them develop clear protocols and requirements.

You can now view the Executive Summary and the Full Report online at www.localgrowers.org/archives.html. For a printed copy, please contact us at 333-8387 or via email at localgrowers@localgrowers.org.

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