



THE ALABAMA  
SUSTAINABLE  
AGRICULTURE  
NETWORK

# ASAN UPDATE

Summer 2017

Published Quarterly

## NEW OFFICE, NEW STAFF!

ASAN has moved into a fantastic new office space, a two-room suite located in one of the buildings that comprise East Lake United Methodist Church (ELUMC) in northeast Birmingham.

ASAN is now part of Urban Collective East, a community of small organizations and startup business-

es who together rent space in the same wing (formerly a daycare) and share overhead expenses.

The Urban Collective (UC), founded by Yvette Chatman, whose day job is as the Literacy and Curriculum Coordinator at Birmingham Civil Rights Institute. She founded

(Continued on page 3)



Left: East Lake United Methodist Church (photo credit Alice Evans). Right: coffee shop at Urban Collective East (photo courtesy Urban Collective East).



## DON'T FORGET!

- **JUNE:** Complete enclosed survey in print or online and submit by June 30! **See page 5.**
- **JULY:** Join us for an Assembly! **See page 5.**
- **AUGUST:** Visit our new office for an open house! (details TBD)
- **SEPTEMBER:** Join us for Graze: Birmingham Sept 17! **See page 3.**
- **DECEMBER:** Be part of the statewide Food & Farm Forum Dec 8-9, in Nauvoo! **See page 5.**

## GOOD POST-HARVEST HANDLING METHODS HELP MAXIMIZE PROFIT, MINIMIZE WASTE AND RISK

By Karen Wynne and Lee McBride

It's time to get into harvest mode, if you aren't already. Summer crops are coming in full force! Harvesting, washing, packing, and handling your fruits and veggies properly can improve quality and shelf life, which can attract new customers and increased sales per customer.

Proper post-harvest handling starts with the harvest itself. Ideally, leave most of the soil in the field when you harvest. Many crops can be harvested cleanly, and practices like mulching and trellising keep crops from coming into contact with the soil. Use clean harvest containers and tools and avoid soiling the containers if possible. A



Packing blueberries into clamshells in a cooler with ice, while still in the field. Photo credit: Julie Hunter

wheelbarrow or cart loaded with harvest buckets can save a lot of washing and rinsing time later by keeping the containers off the

(Continued on page 9)

## ENJOYING HUMAN AND MICROBIAL COMMUNITY AT FERMENT FESTIVAL

By Mindy Santo

On April 1, I seized an opportunity to attend the first annual Lookout Mountain Ferment Festival in Mentone, AL. Pete Halupka and Lindsay Whiteaker of Harvest Roots Ferments organized the event. They had been contemplating a way to celebrate the unveiling of their new commercial kitchen space inside Little River Hardware (a

(Continued on page 6)



Photo credit Mindy Santo

## INSIDE THIS ISSUE:

Letter from ASAN Board President	2
Save the date for Graze: Birmingham!	3
Cultivate ASAN—Summer Assemblies, Survey, Food & Farm Forum	5
News from your Neighbors	10
Classifieds and Resources	10
Upcoming Events	11

## LETTER FROM THE ASAN BOARD PRESIDENT



Dear Friends of Sustainable Agriculture in Alabama,

Many things have happened in the last three months since our last written correspondence!

For ASAN, we welcome Christine (Chris) Meyer as our new Development Director. This position has been in the works for some time and we are excited to welcome Chris as the newest staff member at ASAN!

We have also been working out the details for *Graze: Birmingham*, our annual gathering where we can get a taste of Alabama food. If you have come before, you know that the atmosphere is chill, the food is great, and if you have family you can bring them along!

We are also getting things in place for this year's two-day, statewide Food & Farm Forum, December 8-9 at Camp McDowell in Nauvoo, AL. The past few years, ASAN's

*Regional Food and Farm Forums* have been great opportunities to meet folks, eat well, and learn about various topics at the roundtable discussions. This year's statewide Forum promises all the same, and more!

And, (in case you haven't yet heard!) ASAN invites you to join us for one of our five "Cultivate ASAN" assemblies this summer! From May 23 to July 27, we are hosting five statewide assemblies to imagine and envision the next few years. These assemblies are free and open to anyone who cares about local food, farms and thriving communities. We have strategically located each of these assemblies to be within a reasonable driving distance for

you.

We hope you get the most out of ASAN this year, so go ahead put some dates on your calendar. Be ready for these events as they come up in the next few months!

Sincerely,

Charles Walters  
Board President

We have a new mailing address! We are phasing out our PO box in Montgomery over the coming months. Please update your records—you can now reach us at:  
PO Box 2533  
Birmingham, AL 35202

## CONTRIBUTORS: SUMMER 2017

**Karen Wynne and Lee McBride** are the collective brains behind Crotoovina, an ag consulting firm that helps small farmers find their niches and build successful businesses. Karen lives in Huntsville (and farms in Hartselle), and Lee lives in Falkville.

**Mindy Santo** lives in Birmingham and works as an Empowerment Coach, supporting clients with kindness, care, and a gentle nudge. Mindy can help you "detox your life" as you move toward change, courage, and wellness. More at [www.mindysanto.com](http://www.mindysanto.com).

**Charles Walters** is ASAN's Board President and a farmer at River Oaks Farm in Millbrook. A native of Linden, he currently lives in Montgomery with his wife and daughter.

**Alice Evans** is the Executive Director of ASAN. She is a native of Huntsville, and now lives in Birmingham.

**Chris Meyer** is ASAN's Development Director. A native of Tampa and a longtime New Yorker, she recently took up residence in Clanton with her husband, dog and cat.

**Note:** so that our small staff and devoted all-volunteer board can fully commit to our strategic planning work this year, the next several issues of the ASAN newsletter will be shorter — 12 pages instead of 16. The newsletter will continue to feature news, resources, and perspectives FOR and FROM the full breadth of our wide, diverse network, and we will continue to distribute it in paper and electronically. We still — of course — gladly welcome your feedback, suggestions, story pitches, and other contributions!

## ABOUT ASAN:

The mission of the Alabama Sustainable Agriculture Network is to support conservation practices, families who grow and consume natural food and fiber, and the communities where they live. ASAN provides peer-to-peer education, training, and networking opportunities to our broad network of farmers, gardeners, food-based businesses, agricultural resource organizations, and community leaders. We are a membership-based organization that seeks to improve the lives of small farmers and rural and urban communities and make a positive impact on the state's environment and health.

We define sustainable agriculture as farming that supports families and communities while conserving natural resources. We embrace the breadth of overlapping ways — ecological, economic, social, historical, etc. — that together, we can build a more sustainable food system. Find out more at <http://asanonline.org>.

## 2017 BOARD OF DIRECTORS

**Majadi Baruti** — Dynamite Hill-Smithfield Community Land Trust, Birmingham

**Skye Borden** (Secretary) — Bozeman, Montana

**Gabriel Denton** — Jubilee Promise Farm, Vinegar Bend

**Alice Love** — Natural Resource Conservation Service (NRCS), Auburn

**Lindsey Lunsford** — TULIP Community Garden / Tuskegee Extension, Tuskegee

**Frewin Osteen** — Prichard Housing Authority, Prichard

**Graydon Rust** — Alabama Bicentennial Commission, Prattville

**Lori Sawyer** — Wind Creek Hospitality, Walnut Hill, FL

**Charles Walters** (President) — River Oaks Farm, Millbrook

**Karen Wynne** (Vice President/Treasurer) — Rosita's Farm / Crotoovina Consulting, Huntsville

**Suzanne Wright** — Gaucho Farms, Slocomb



## NEW OFFICE (CONTINUED)

(Continued from page 1)

the UC as a unique place for exchanging ideas and for small businesses to cross pollinate.

ELUMC Senior Pastor Sally Allocca liked the idea of local organizations benefiting from each other, and offered the UC office space in ELUMC's under-utilized building.

Historic ELUMC was founded 128 years ago, in 1887, and moved to locations in East Lake as the Church flourished and grew. The extraordinary sanctuary was built in 1948; other buildings housed a preschool, elementary school and boasted the



Clockwise from above left: East Lake Market tents, kids' garden; and Downstairs Diner (all courtesy East Lake United Methodist Church); and ASAN's new Development Director Chris Meyer (photo courtesy Chris Meyer)

largest Sunday School attendance east of the Mississippi!

As the neighborhood changed, the church adapted, too, and continues to meet great needs.

"Churches with changing congregations must be innovative to remain viable, and can make an impact by leveraging underutilized assets such as building space," says Amber Edgeworth, who coordinates the

partnership between Urban Collective East and the East Lake Market, which is held Saturdays 8am-12pm at ELUMC.

She also heads up the new on-site coffee shop, which is open Wednesday to Friday and Saturdays during market hours. The coffee shop is part of the Urban Collective and located conveniently just down the hall from ASAN's office (great for morning meetings!).

The Market is an initiative of a nonprofit called PEER, Inc., which is an outreach program formed in 2005 by the Church. PEER stands for Promoting Empowerment and Enrichment Resources. PEER acts as a food hub of sorts, supporting not only the Saturday farmers market but a mobile market, a low-income senior market delivery program, and critical food programs for children and the hungry – all part of their community health initiatives. With a motto that states "In the neighborhood for Good!", they really are.

ASAN is thrilled to join this vibrant community, and we are already exploring the exciting, creative collaborations that might grow out from this space-sharing arrangement: for instance, we are partnering with one of our Urban Collective neighbors, Real Life Poets, to hold an open mic night in conjunction with our upcoming food sovereignty convening this summer.

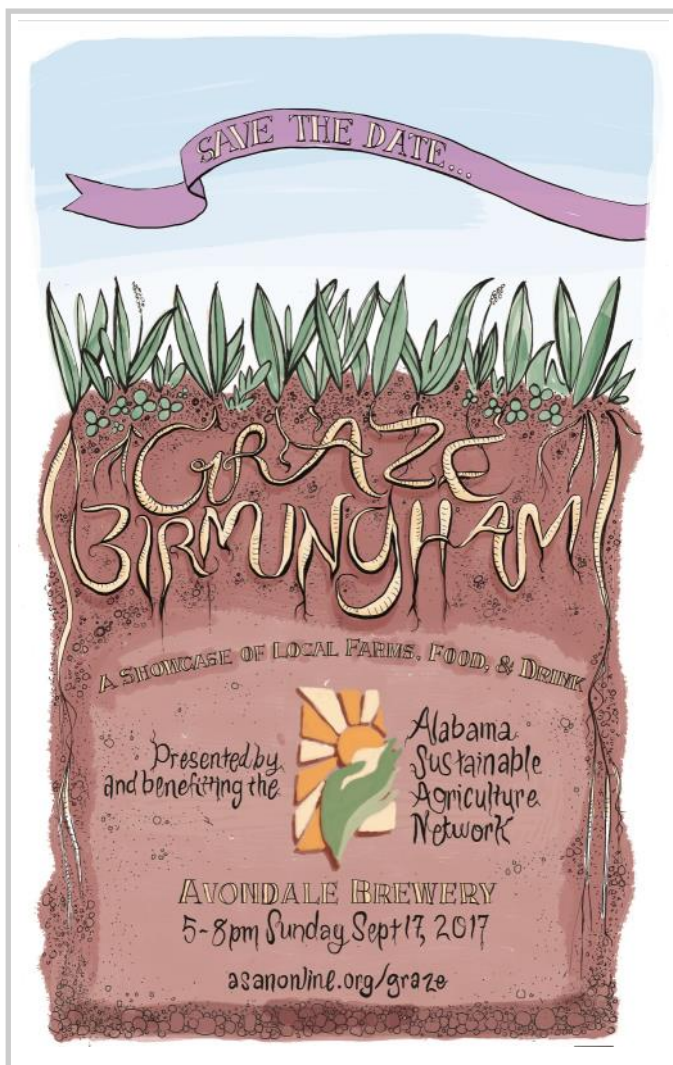
Our other unique neighbors include Woni's Bookshelf, African Haute Couture, the Downstairs Diner, Backdoor Bakery, and Downstairs Thrift store.

In addition to setting up shop in a bustling, welcoming communi-

ty, ASAN has also doubled its full-time staff with Chris Meyer joining on April 10th as Development Director. Chris comes to us having spent years raising awareness and funding in and around the New York metropolitan area to support programs for children, social services, and a 26-acre garden and cultural center in the Bronx. She's working with ASAN's Executive Director, Alice Evans, to write grants, organize *Graze: Birmingham*, grow membership, and help to spread the word about ASAN's work supporting farmers and sustainable farming methods.

Chris and her husband, Bill, moved to Clanton from Ossining, New York in February. A transition nearly a decade in the making, as they frequently visited their daughter and her family in Alabama, on Heron Hollow Farms, also now in Chilton County. Chris spent years cultivating a home garden in suburban NY ("Wisteria in Alabama is amazing, not invasive...", she thinks). With great appreciation for local farms and the knowledge and expertise of farmers and family, Bill and Chris agree, Alabama is a great place to be living.

We are certainly thrilled to have them here, and to have Chris on the ASAN staff!





# Sustainable Agriculture

Our **Sustainable Agriculture program** teaches you to grow food organically, traditionally and hydroponically year round in exciting new ways, to get the skills you need for feeding Alabama and the world.

**Eat Local!**

**Eat Organic!**

A 4-semester program designed to prepare students for various jobs in local agriculture, business, and industry.

Contact:  
Anthony Hilliard  
256.352.8035  
anthony.hilliard@wallacestate.edu



**BE ONE OF US.**

Get in a Wallace State of Mind.

[www.wallacestate.edu](http://www.wallacestate.edu)

P.O. Box 2000 • 801 Main Street NW, Hanceville, AL 35077 | 256.352.8000 or 1.866.350.WS@C

WHAT DOES *The* **FARM** MEAN TO YOU?



WHATEVER *The Farm* MEANS TO YOU, LET FIRST SOUTH FINANCE IT.

If you are a young, beginning, small, or non-traditional farmer, First South is the lender for you.



FIRSTSOUTHLAND.COM | 800-955-1722



**First South**  
*Farm Credit*



## SHARE YOUR VIEWS AND HELP “CULTIVATE ASAN” THIS YEAR!

Over the course of this year, ASAN is taking some time to look inward—to reflect on where we’ve been, assess where we are, and dream about what’s next. This is a time of cultivation; a moment to honestly assess how we are growing, and to put in work that will ensure that we continue to grow well in the future.

Our board began this work by thinking together about how to best get input from our whole network. Before we make a plan about what’s next, we wanted to hear from our people: What does this network mean to you? What obstacles prevent our state from being fertile ground for sustainable agriculture? What does a thriving food and farm system look like in Alabama?

### Assemblies

To get answers to these questions, we hosted a meeting of long time ASAN members in March, and we will hold Assemblies across the state this summer (see inset image).

At these gatherings, we create a shared history, we consider our priorities, and we look for the places where we have broad agreement on the work that is necessary. We want to hear from you!

### Survey

We have also created a survey to get your input — a paper version is enclosed in the printed newsletter, along with a return envelope. The survey is also available online at <http://bit.ly/asansurvey>.

Any time and thought you can put into this survey will be helpful to us, as we name and frame the work we will focus on as we move forward together. **Please complete and submit the survey by June 30!**

Thank you in advance for your thoughts and ideas!

### Food & Farm Forum

We will present our findings and conclusions back to you, our base, at our statewide Food & Farm Forum, December 8-9, 2017, at Camp McDowell in Nauvoo, AL.

The Forum will also feature roundtables, hands-on workshops, speakers, and more, plus lots of time to make connections and build community with your fellow food- and farm-lovers from around the state! You won’t want to miss it, so save the date now, and make plans to attend!

If you have an idea to share for a topic for discussion or training, or would like to contribute your own expertise to help make the Forum shine, please contact Alice ([alice@asanonline.org](mailto:alice@asanonline.org), 256-743-0742) and/or Gabriel ([flyinguba@gmail.com](mailto:flyinguba@gmail.com))!

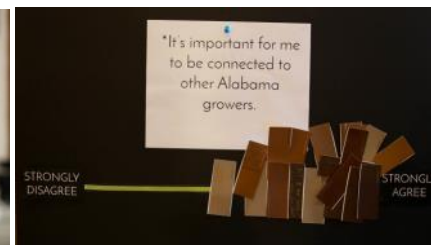


# Cultivate ASAN

Make plans to join us for one of our upcoming assemblies!

- Tues May 23**  
6:00-8:30pm  
Decatur
- Sat July 15**  
Visit our table at  
Pepper Place Market  
Birmingham
- Sat July 8**  
2:00-5:00pm  
Tuskegee
- Thurs July 27**  
11:00am-2:00pm  
Livingston
- Sun July 9**  
4:00-6:30pm  
Fairhope
- Save the Date!**  
**Dec 8-9, 2017**  
**Food & Farm Forum**  
Camp McDowell  
Nauvoo, AL

More info at  
<http://asanonline.org>



Left: Laura Ritch marks her place on the map, at the North Alabama Assembly on 5/23 in Decatur (photo credit: Alice Evans). Above: images from March gathering of past ASAN board and staff, and other longtime partners (all photos credit: Allison Kendrick).

## FERMENT FESTIVAL (CONTD)

(Continued from page 1) Mentone fixture), so they decided to create a two-fer!

The workshop-meets-festival promised to demonstrate fermentation techniques, and highlight food culture and local terroir. (*Terroir* is a French term borrowed from the wine industry, which refers to “the characteristic taste and flavor imparted to a crop or product by the environment in which it is produced.”) Since I live in Birmingham, I opted to drive to the quaint little town of Mentone located on the crest of Lookout Mountain.

Fermentation had never really been on my radar until a few years ago. Even though I’ve eaten my fair share of sauerkraut, I had no



Fermentation expert Sandor Katz, photo credit Mindy Santo

idea it was healthy. When I started learning how to take better care of my mind and body, fermentation popped up on my radar frequently. Each encounter led me to the same conclusions:

- ✓ Healthy digestive tract
- ✓ Clear skin
- ✓ Immunity building

And, since fermented foods contain beneficial probiotics (a word that means “for life”), how could I re-

sist?

Because I love the nitty-gritty, I set off on a mission to learn about it firsthand. Pete and Lindsay’s information popped up and we connected by phone. They were looking for workshop opportunities in the Birmingham area, I happened upon them at the right time. In fact, less than a year later, they launched a major Kickstarter campaign to grow and expand their busi-

ness, which was a huge success.

### What is fermentation? Why does it matter?

Fermentation is “The use of beneficial bacteria and yeast to preserve food and beverages. The bacteria and yeasts convert sugars and other carbohydrates to acids, gases or alcohol under anaerobic (oxygen-free) conditions.” As fermentation expert Sandor Katz explains in his “Wild Fermentation” zine:

*Fermentation happens. It is the path of least resistance. Yeast and bacteria are everywhere, in every breath we take and every bite we eat. Try as you might to eradicate them with antibacterial soaps and antibiotic drugs, there is no escaping them.*

*These microbial cultures populate our digestive tracts and play a critical role in breaking down the food we eat. They are ubiquitous agents of transformation, feasting upon decaying matter, constantly*

(Continued on page 7)



**Financing Your Rural Way of Life**—Guarantees are hard to come by. Thanks to Alabama Ag Credit and Alabama Farm Credit, a reliable source of capital is not. For one hundred years we’ve lived and worked in the same communities as the people we serve. Our cooperative structure ensures we never stop caring—and our financial support means your farm never stops growing.

AlabamaAgCredit.com  
(800) 579-5471

AlabamaFarmCredit.com  
(877) 681-6087





## FERMENT FESTIVAL (CONTINUED)

(Continued from page 6)

*shifting dynamic life forces from one miraculous and horrible creation to the next. We humans are in a symbiotic relationship with these microscopic living beings. Without them life could not be sustained.*

*Certain microbial organisms can be harnessed to manifest extraordinary culinary transformations.*

When I mention fermented foods to my clients some crinkle their nose. For others, it piques their interest, and they're willing to try. Most, like me, don't realize they've been eating fermented foods already, like miso, sauerkraut, sourdough bread, pickles, apple cider vinegar (ACV), and kefir. However, I learned there's a difference in potency between shelf-stable fermented foods and those that have to be refrigerated; because pasteurization can kill off healthy attributes of fermented foods, it's best to source "live" fermented foods in the refrigerated section.

Today, awareness and options are expanding greatly. I attribute that to the reach our local farmers have now to make healthier food more accessible to the public, the farm to table movement, and the wealth of knowledge about health at our fingertips. However, you'd also be surprised at the potential to reach a wider audience. The more we talk about fermentation, the better.

### Full day of ferments

First, on the agenda, was an intro from Harvest Roots Ferments founders, Pete and Lindsay. They shared what's been happening since the Kickstarter campaign ended, and talked about their growth. And, they proudly showed off their new and improved space revealing next steps. The love of their craft shines through—like fermentation, they're creating an uprising in the food world bubbling with excitement. It was especially apparent that day.

Next, was Sandor Katz, aka "Sandor Kraut", fermentation expert. He spoke about a recent trip to Asia sharing slides depicting the unique foods, interesting folks, and methods of fermentation he encountered along the way. Most were rooted in ancient techniques, however there were some examples with a colorful, modern twist—like unexpected, bright, food dyes.

The final speakers of the day were Nathan and Padgett Arnold, the team behind Sequatchie Cove Creamery Hand Crafted Raw Milk Cheese from Sequatchie, TN. They shared the story behind their raw milk cheeses, and the sense of community they've nurtured within their organization. I was impressed by their move to create a more sustainable model by feeding their herd the biggest waste

product, whey. We also got a peek into their beautiful farm during a slide show.

And of course we ate well! Most of our fermented foods at the workshop were prepared by Ann Keener, formerly of The Farmer's Daughter in Chattanooga, TN. Whether it was baked goods like sourdough, rolls, or pastries for breakfast, the dressing that topped our fresh, greens salad, or one of the several flavors of tasty, effervescent kombucha we drank with lunch—delicious fermented options were plentiful. After lunch we sampled award-winning, raw milk cheeses from Sequatchie Cove Creamery. It was some of the best cheese I had ever eaten. I won't lie, I couldn't help going back for seconds, for ALL of it!

### Building community

From the very beginning was a sense of camaraderie among

the attendees, there was a buzz in the air as new and old connections unfolded. There was also time to gather and mingle during lunch, and the "kraut share" at the end of the day; the sense of community was powerful.

About that "kraut share"! Pete and Lindsay encouraged participants to bring their own homemade, fermented items from home. Contributions quickly filled up the bin, they were amazed at the quantity and variety of offerings. My description of what was there will not do it justice. I wish I could have identified and eaten each of them. All I know is, I enjoyed every item I sampled. During the share, we got the opportunity to purchase items from the speakers. I brought home a slab of Gruetli cheese, seasonal kimchi, and a signed fermentation zine from Sandor. Success!

After an event like this is over, I feel a sense of satisfaction. I met wonderful people, ate and drank tasty goodies, and learned some new information about fermentation. If you're the least bit interested in this topic, I highly recommend you jump at the chance to attend an upcoming event, you'll be glad you did.

I'm curious, what has been your experience with fermented foods, do you like them? Have you considered the foods you may already be eating are fermented? Or, have you created your own? I was amazed at how simple and gratifying it was to make my own kraut! Feel free to send me an email about your experience, and anything you'd like to share about this article to: [mindy@mindysanto.com](mailto:mindy@mindysanto.com) or call 205.516.8545. Thanks for reading and Live Vibrantly! Mindy



Clockwise from top left: a warm welcome into Harvest Roots Ferments' new kitchen; the author's contribution to the "kraut share"; and an array of breakfast foods provided at the festival. Photo credits: Mindy Santo



FUN FOOD • BOAT DOCKAGE • LIVE MUSIC EVERY NIGHT

# Growin' for LuLu's

ORDONEZ PRODUCE

WE PROUDLY SERVE:



- 🌀 Fresh Local Produce when available
- 🌀 Fresh Gulf Red Snapper powered by Fish Trax
- 🌀 Alabama Wild Shrimp



FISH TRAX™



Allergies? No worries! Check out our ALLERGY MENU.  
Regardless of your diet or taste, everything at LuLu's is  
made with love, in-house & fresh to order.



Under the Bridge in Gulf Shores 🌀 North Side of Intracoastal Canal  
251-967-LULU (5858) 🌀 [www.lulubuffett.com](http://www.lulubuffett.com) 🌀 Open Daily at 11am



## POST-HARVEST HANDLING (CONTINUED)

(Continued from page 1)  
ground.

Move produce out of the sun as quickly as possible; using roofs or tarps over truck beds or wagons may work for you. Harvesting at night under lights can help, as evening temperatures often run 20 degrees below afternoon highs. If you have refrigeration and if that is appropriate for the product you're harvesting, then place the product in coolers as quickly as possible.

Harvest your crop at the right time of day and whenever possible under the right environmental conditions. For example, snap beans are best picked when the plant is dry to keep them from getting moldy, while greens are best harvested in the morning when it is cooler and the leaves are moist. Summer staple crops such as cucumbers, melons, summer squash, eggplant, peppers, and tomatoes are best when harvested dry. Tomatoes can be harvested well in advance of a market, but sweet corn is best sold as soon as possible after harvest.

Most loss in product shelf life and quality occurs with over-handling and swings of temperatures as you process your harvest for market. Review your harvest and produce handling work flow. Can you minimize



Photo credit: Julie Hunter

swings in temperature by sorting and prepping the product quickly but adequately before placing the product in storage? Learning to sort product in the field and only bring in saleable product can be a big timesaver and minimize the potential of cross contamination, like an over-ripe tomato leaking onto others.

Not all crops benefit from washing - you probably don't want to wet those tomatoes. If you do need to wash or rinse product, is your water potable or of drinking water quality? How do you know? If you are using a well, test your

water for E coli. If you use municipal water, test your water at your outlet to prove there are no leaks in the supply pipes from last winter's freeze which could allow contaminants into your water supply. Never use surface water for post harvest purposes.

You'll want to learn the recommended storage temperatures and humidity levels for the crops you grow. Do you need multiple temperature zones for your products? Used reefer trucks, modified storage sheds, and homemade coolers can help you maintain the correct temperature. StoreItCold.com has a low cost system that may help you solve some of your produce storage concerns. Also be sure that your storage area is managed to keep pests out of your product as much as possible.

Remember, there is potential for contamination on multiple fronts. Soil, people and other animals, and harvest and cleaning equipment can carry pathogens; water easily spreads those pathogens to other produce. Plastic and metal surfaces are easiest to keep clean, and cardboard boxes should be considered one time use items. Keep chemicals and glass away from handling areas where they could spill or break and turn good produce into something unsellable. Have your workers eat and drink in a separate area, make sure a clean bathroom is accessible, and always wash your hands with soap and water before any post-harvest activity or immediately after a probable contamination.

If you are raising organic produce, you'll want to make sure that any cleaning products are approved for use. Packing materials should be free of any prohibited materials. Any pest control methods also need to be managed and documented to avoid potential contamination. Organic crops should be clearly labeled and stored in designated areas on higher shelves, especially if there are also non-organic crops in the storage areas, to maintain the integrity of your organic product.

You'll want to learn the optimal conditions for harvest, packing, and storage for each crop that you grow. For more details about individual crops and handling, grab a copy of *Wholesale Success* from Family Farmed, or Knott's Book of Vegetables. The ACES publication at <http://www.aces.edu/pubs/docs/H/HE-0409/HE-0409.pdf> may be useful as well. The USDA AMS website lists the standards, appearance, size, and grades for produce.

**FOR SALE – 2 NEW Recirculating Batch Grain Dryers.** Stainless Steel interior. 200-bushel capacity. \$25,000 each (56% discount) or best offer. Will deliver. Email [info@healthyflour.com](mailto:info@healthyflour.com) or call Greg at (334) 584-7875 for spec sheet and details.

To Your Health Sprouted Flour Co., Fitzpatrick, AL



Now available  
thru BWI!

**MIGHTYGROW**  
**LIVING ORGANIC FERTILIZER**  
with Trace Minerals & Beneficial Microbes

MightyGrow.com 888-565-7378 Fruitdale, Alabama

## NEWS FROM YOUR NEIGHBORS

Welcome **Arlo and Scarlet Dinges**, who were born March 20 to **Victoria and Michael Dinges**! Big brother Eliot and dog brother Dexter are very excited to have their babies home! Victoria and Michael closed their business, **Relish Cafe**, located in Hoover, in order to enjoy their new family of five to the fullest.

Former ASAN board member **Deborah Thomas** retired in March after 16 years with **FOCAL** (the Federation of Child Care Centers of Alabama)! After 16 years living in Montgomery, she has also moved back home to the Birmingham area to help care for her mother and to enjoy her retirement. Congratulations Ms. Deborah!

Fond farewell and best wishes to **Ruthanne Atkinson**, who moved in May from Birmingham to St. Paul, Minnesota. Ruthanne had been the Market Administrator for the **Market at Pepper Place**; she will now be working for the Independent Natural Food Retailers Association, and enjoying being closer to family and old friends.

Congratulations to **Tema Flanagan** of **The Farm at Windy Hill** in Mentone, AL, on the recent publication of her cookbook, **Corn: A Savor the South Cookbook** (UNC Press)! The book, which focuses on the role of corn in southern cooking, is part of UNC Press' *Savor the South* series. It can be found online and at select regional booksellers.

Congratulations to the indomitable **Jean Mills**, who retired from her longtime role at **SSAWG (Southern Sustainable Agriculture Working Group)** at the end of May. Jean has been a leader and tireless champion of sustainable agriculture in Alabama and the Southeast. She organized 23 of the 26 annual conferences in SSAWG's history, and she and her partner **Carol** started Alabama's first CSA program in 1990. She is looking forward to traveling, spending more time with Carol, and staying far away from her desk. Thank you Jean!

These sections appear in every newsletter and feature updates both personal and professional, on ASAN members and friends: anything from a new farm, to a new baby.

They make existing resources known to others, and help spread the word for those looking to connect. Connecting people in this, the barest-bones of ways, we hope to provide a jumping-off point for folks to connect on their own in deeper ways.

Have something you want us to publish? Send it to [alice@asanonline.org](mailto:alice@asanonline.org) or (256) 743-0742.

## CLASSIFIEDS AND RESOURCES

Tyler Jones of the RailYard Restaurant is working on a **new indoor retail market in downtown Decatur** that will sell goods directly from farmers and producers. Construction just started on the store, which will be located one block east of the Morgan County Decatur Farmers Market, and Tyler hopes to be open by the end of the summer. If you are interested in becoming a vendor (or helping with the market in any way), contact Tyler at [therailyarddecatur@gmail.com](mailto:therailyarddecatur@gmail.com).

The **College Street Farmers Market** is a new farmers market in Florence, held Thursdays from 3-7pm, from May until November. If you are interested in becoming a vendor, volunteer, sponsor, or other supporter, you can contact the market via their Facebook page. You can also contact Brian at [jr@collegestreetmarket.org](mailto:jr@collegestreetmarket.org) or 731-215-5449. Also check out the market website at [www.collegestreetmarket.org](http://www.collegestreetmarket.org).

North Alabama's RC&D Councils have a **cost-share project for small poultry producers** in Jefferson, Blount, Walker, Shelby, Chilton, Lauderdale, Colbert, Franklin, Marion, Winston, Lawrence, Morgan, Limestone, Madison, Cullman, Jackson, Marshall and DeKalb Counties. This program provides killing stands, defeathering pluckers, and up to \$125 for a scalding (\$680 worth of equipment) for a cost of only \$340 to the farmer. Contact Mike Roden ([mike.roden@amrvrcd.com](mailto:mike.roden@amrvrcd.com) or 256-773-8495) for more information.

**ASAN** is seeking farmers, chefs/ restaurants, sponsors, and volunteers to participate in the 3rd annual **Graze: Birmingham** on September 17 (see page 3 for save-the-date)! *Graze* is our farm-to-fork picnic fundraiser held at Avondale Brewery in Birmingham each September. Please contact Chris ([chris@asanonline.org](mailto:chris@asanonline.org)) if you're interested!

**To Your Health Sprouted Flour** has two **grain dryers for sale** at more than 50% off! See page 9 for ad with more details. Email [info@healthyflour.com](mailto:info@healthyflour.com) or call Greg at (334) 584-7875 for spec sheet and details.

Don't forget to complete the enclosed survey and mail it to us by June 30! Or complete it online at <http://bit.ly/asansurvey!> We want to hear from YOU!

## Advertise in the ASAN Newsletter!

Print and electronic distribution to 3000+ across Alabama  
Diverse, informed readership of farmers, foodies, community leaders, and more  
Support ASAN's ongoing work to unify and amplify statewide efforts in sustainable agriculture and local food systems

Contact [alice@asanonline.org](mailto:alice@asanonline.org) for details



Help us build a better Alabama.

## Join ASAN or renew your membership today!

Name \_\_\_\_\_

Business \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please send me: \_\_\_\_\_ monthly e-updates

\_\_\_\_\_ quarterly

print newsletter

If you're interested in making a larger donation to ASAN, or have any other questions, contact [info@asanonline.org](mailto:info@asanonline.org) or (256) 743-0742.

### MEMBERSHIP LEVEL

Donations and annual dues are tax-deductible.

\_\_\_\_\_ Individual Supporter: \$25

\_\_\_\_\_ Farm or Household: \$50

\_\_\_\_\_ Business or Organization: \$200

\$\_\_\_\_\_ Additional donation

\$\_\_\_\_\_ **TOTAL enclosed**

\_\_\_\_\_ Date submitted

Not sure if you need to renew? Check your address label to see when your membership expires.

Please mail checks made out to ASAN to:  
PO Box 2533, Birmingham, AL 35202.

## UPCOMING EVENTS

DETAILS FOR THESE EVENTS AND MORE, AT [WWW.ASANONLINE.ORG/EVENTS](http://WWW.ASANONLINE.ORG/EVENTS)

June 2-3 – Hoover  
Made South Festival

June 3 – Jemison  
Black and Blueberry Walking  
Tour

June 6 – Spanish Fort  
Mobile Bay Sierra Club  
Meeting

June 8 – Birmingham  
Pollinators Landscaping

June 9 – Plantersville  
Silvopasture and Goat Herd  
Management Field Day

June 10 – Jemison  
Black and Blueberry Festival

June 19-23 – Tuskegee  
Small-Scale Postharvest Horti-  
cultural Training Workshop &  
Study Tour

June 28 – Tuskegee  
Youth in Agriculture Boot  
Camp

July 8 – Montgomery  
Defend Rivers Paddle

July 8 – Tuskegee  
"Cultivate ASAN" Assembly

July 9 – Fairhope  
"Cultivate ASAN" Assembly

July 15 – Birmingham  
"Cultivate ASAN" Market Tent  
at Pepper Place Market

July 22 – Jemison  
Fig Walking Tour

July 27 – Livingston  
"Cultivate ASAN" Assembly

August 17-19 – Birmingham /  
Epes  
Federation of Southern Coops  
Awards Dinner and Annual  
Meeting

September 17 – Birmingham  
3rd Annual Graze: Birmingham

September 25-26 – Winston-  
Salem, NC  
2017 Carolina Meat Confer-  
ence

December 8-9 – Nauvoo  
ASAN Food & Farm Forum

### Submit your event to our events calendar!

Email [alice@asanonline.org](mailto:alice@asanonline.org),  
and be sure to include:

- Name of event
- Host group and contact info
- Location (including full address)
- Date/time
- Price
- Link to event website, Facebook event page, and/or flyer, if there is one.
- Short (3-4 sentences) description of the event written in "third person" (i.e. "XYZ Club invites you to join them for their annual meeting" vs "join us for our annual meeting")
- Please send information in the body of the email, not simply a flyer or attachment. We can link to something already online but can't upload a PDF flyer.

## ASAN

PO Box 2533  
Birmingham, AL 35202

Coming to the wrong  
person? Email  
[alice@asanonline.org](mailto:alice@asanonline.org)  
to unsubscribe your  
address. Thanks!



What do YOU want to  
read about? Send us  
your ideas or suggestions  
for future features!

*healthy farms,  
healthy foods,  
healthy communities.*

### **DON'T FORGET!**

- **JUNE:** Complete enclosed survey in print or online and submit by June 30! **See page 5.**
- **JULY:** Join us for an Assembly! **See page 5.**
- **AUGUST:** Visit our new office for an open house! (details TBD)
- **SEPTEMBER:** Join us for *Graze: Birmingham* Sept 17! **See page 3.**
- **DECEMBER:** Be part of the statewide Food & Farm Forum Dec 8-9, in Nauvoo! **See page 5.**