

CSU Extension Food Systems Newsletter

Dawn Thilmany, Martha Sullins, Adrian Card, Ragan Adams & Marisa Bunning, Team Leads



Co-Editors: Dawn Thilmany, Martha Sullins and Jeremy Christensen, Dept. of Ag and Resource Economics

68TH EDITION

JANUARY 2016

Welcome to the **68th edition** of the Colorado State University Extension Local Food Systems newsletter. As a key resource connecting our CSU team with local and state partners about events, news and opportunities, we are thrilled to see the momentum and growth happening in food systems across the state. As always, the Food Systems work team for CSU Extension is committed to building a stronger network of those who work on systems-based issues.

The distribution of this newsletter is one way to build that network. You can help us be better connected in three ways:

1. **Forward** this newsletter to anyone with an interest in local food systems and CSU's programs in this area, and tell them they are welcome to contact us so we can add them to our mailing list.
2. **Send us** any events and news from your organization and other partners so that we may share them with our growing readership!
3. **Consider writing** a regional update so we can begin featuring updates from Colorado regions in each newsletter. Contact us if you want to be a regional lead!

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

CONTENTS

[Colorado MarketMaker](#)

[Greeley Farmers Market Pantry: Sell your Local Products](#)

[Meet Your Food Systems Leadership Team: Ragan Adams](#)

[Conference: Cottage Food Stakeholder Meeting](#)

[Workshop: Restoration Agriculture with Mark Shepard](#)

[Western Colorado Food and Farm Forum](#)

[Workshops: Farm to School](#)

[Meeting: Food-1-1 Coalition for Rescuing Food from Waste](#)

[Colorado Produce Day](#)

[Grain School](#)

[Conference: Governor's Forum on Colorado Agriculture](#)

[Conference: New Mexico Organic Farming](#)

[Webinars: Preserve @ Home](#)

[Webinars: Food Policy](#)

[Food Systems Survey](#)

[Resources and Additional Information](#)

COLORADO MARKETMAKER



January is the perfect time to update your profile on MarketMaker and make sure you are easy to find for those seeking Colorado agriculture and food businesses. Register or update your business at: <https://co.foodmarketmaker.com/registration>.

A screenshot of the Colorado MarketMaker website's login and registration interface. On the left, under the heading "Login", there is a "Members Area" section with the text "Log in to change your business information." Below this are input fields for "Username:" and "Password:", followed by an orange "Login" button and a "Forgot Password?" link. On the right, a green-bordered box contains the text: "Do you manage more than one business? Do you have multiple locations? Now you can add multiple businesses (beta) under your user account (max 10 businesses). Login Now to continue". Below this box is the heading "Register Your Business" and a paragraph: "To register, click 'Register Your Business' and complete the steps to the registration form. Please note a valid email address is required to receive important information regarding account access and service".

For more information [click here](#).

GREELEY FARMERS MARKET PANTRY: SELL YOUR LOCAL PRODUCTS

The Farmer's Pantry is a new grocery store in Greeley, CO selling locally produced agricultural products. They are currently looking for more local products to stock their shelves. If you, or someone you know, is interested in selling your products through the Farmer's Pantry contact: Todd Doleshall at (970) 396-2994.

For more information about the Farmer's Pantry visit: <https://www.facebook.com/farmerspantrystore/>.

MEET YOUR NEW FOOD SYSTEM LEADERSHIP TEAM: RAGAN ADAMS



Ragan Adams has worked in large animal private and referral veterinary practice in LA, FL and MD and conducted clinical research at CSU for a long time (34 years!). She is presently part of the CSU veterinary extension specialist team (since 2009). Her recent pet projects involve community disaster animal planning and championing the importance of best practices of animal stewardship to new livestock producers and animal owners.

Ragan sees the current strengths of the food systems team as, “the extensive network formed and deep understanding developed about “non-traditional” ag (i.e., short chain, direct sales, local, etc.) by a few campus- based specialists.”

What are Ragan’s goals for the CSU Food Systems team? First to encourage the pioneering work mentioned above to include the entourage of campus faculty/ grad students now interested in food systems and second to champion the importance of animal health and welfare issues in these food systems.

Do you have a question or ideas for Ragan? Contact her at:

Ragan Adams, MS, DVM
Department of Clinical Science, Veterinary Extension
Colorado State University
Fort Collins, Co
radams@colostate.edu
(970-217-2051)

CONFERENCE: COTTAGE FOOD STAKEHOLDER MEETING

The Division of Environmental Health and Sustainability is convening the third in a series of stakeholder meetings to discuss proposed revisions to the Rules and Regulations Governing Cottage Food Producers in the State of Colorado, 6 CCR 1010-15.

When: The meeting is scheduled for Tuesday, January 5, 2016, from 9:00 am to 1:45 pm

Where: Colorado Department of Public Health and Environment
4300 Cherry Creek Drive South
Denver, CO 80246

Conference Room C1C/C1D, Building C on Main Campus

For those wishing to attend via telephone, the conference call-in number is (712) 432-3100
Participation Code: 316666

There is a website where the documents being discussed can be reviewed live:
<https://cdphe.adobeconnect.com/cottagefoods/>.

For more information, the Department has created a Cottage Food Regulation Development webpage including results from stakeholder meetings, guidance documents, and general information:
<https://www.colorado.gov/pacific/cdphe/cottage-foods-regulation-development>

Questions: Contact Cary Ruble at (303) 692-2978 or at <mailto:cary.ruble@state.co.us>

WORKSHOP: RESTORATION AGRICULTURE WITH MARK SHEPARD

When: January 8 - 10, 2016

Friday, 5 pm to 9 pm, Saturday, 8:30 am to 6:30 pm, Sunday, 8:30 am to 7:00 pm

Where: Sylvan Dale Ranch, west of Loveland. Family owned and operated since 1946, Sylvan Dale is undergoing an evolution in its sustainable agriculture program, moving from production of hay and grass-fed/grass-finished beef to a biodynamic model including cattle, hogs, poultry and vegetables. The site planning and economic modeling required to make this evolution sustainable and profitable provide the perfect model for learning the ins and outs of Mark Shepard's Restoration Agriculture practices. With Sylvan Dale's efforts as a backdrop, you'll have the chance to learn from Mark about how to apply his techniques and strategies to your own projects.

Delicious meals included. Guest ranch lodging available.

What:

- Full immersion in the theory and practice of Restoration Agriculture
- Biome identification and ecology
- Keyline design, earthworks, and water management
- Perennial crop establishment, maintenance, and breeding
- Pruning, coppicing, and grafting
- Integrated multi-species grazing
- Renewable energy on the farm
- Restoration Agriculture economics
- Practical, tangible information for landowners, land managers, researchers, and students.

Workshop Cost:

\$550 (includes meals from Friday dinner to Sunday dinner)

\$20 off per person for groups of 2 or more

Register Today

Lodging at Sylvan Dale Guest Ranch - Fri. & Sat. night
Detailed Workshop Schedule

Questions? For questions about workshop content and project design, contact Michael Baute, Spring Kite Farm at michael@springkitefarm.com.



WESTERN COLORADO FOOD AND FARM FORUM

Saturday, January 23, 2016

**Western Colorado
Food and Farm Forum
8:30-4:30 - Montrose Pavilion**

Working to improve the sustainable production, marketing and consumption of local foods

[The conference](#) has a wide array of breakout sessions which convey vital, regionally specific agricultural information in areas including maximizing crop and livestock production, innovative agricultural marketing and management strategies, and specialty crops. Please join us in improving the sustainable production, marketing and consumption of local food.

The conference is for anyone with an interest in the future of agriculture, including: ranchers, farmers, gardeners, students, and ag professionals. Whether you're looking to improve or innovate on your existing practices, the forum has myriad resources and networking opportunities.

WORKSHOPS: FARM TO SCHOOL

The Colorado Farm to School Task Force (Task Force) and Real Food Colorado (RFCO) are in their final year of offering support to encourage Colorado Farm To School (FTS) programming, and three Intensive Technical Assistance (ITA) workshops will be held in three regions. The ITAs will offer critical FTS curriculum that supports local food access and procurement by institutional kitchens.

The three [2016 regional ITAs](#) include:

- Tri-River
- North Front Range
- South Front Range

The first workshop is scheduled for the Tri-River area on January 29, 2016 @ 8:00 am – 4:00 pm, at the Montrose Fairgrounds Friendship Hall, 1001 N 2nd St, Montrose, CO 81401.

These will be followed by workshops in Brighton and Pueblo February 5th and 12th. More registration information can be found at:

<http://coloradofarmtoschool.org/colorado-farm-to-school-task-force/ita-workshops/>.

This year's workshop curriculum will include:

- FTS Food Safety: an overview of processes, training and knowledge needed to successfully and safely build your FTS program.
- FTS Regional Grant Program: a competitive grants program to support regional producers' and food hubs' ability to meet food safety standards in order to sell to school districts. This program is made possible by funding from CoBank.
- FTS Marketplace: offering insight into school food procurement and FTS purchasing programs supporting access to and use of local food in school meals.
- FTS Marketplace Speed Networking: a forum for Producers and Food Buyers to meet and discuss potential purchasing programs.
- [FTS Mentor Program](#): a unique Producer peer-to-peer program that pairs producers new to the school food institutional marketplace with a seasoned FTS producer. This program's mission is to increase the number of Colorado's fruit and vegetable producers who are willing and able to sell to Colorado schools and bolster the FTS marketplace. This program is funded by a USDA FTS grant.

MEETING: FOOD-1-1 COALITION FOR RESCUING FOOD FROM WASTE

Food-1-1 is a newly forming coalition comprising community members from multiple sectors — government (tribal, federal, state, local), NGOs, non-profit, for-profit, private citizens and students — all coming together to set priorities to reduce food waste in Colorado and following up with coordinated actions.

If you are interested in getting involved, a January 11th 2pm conference call will be a good way to learn more and will include topics such as:

- What sectors contribute most to food waste?
- What are the current success stories in the area of food waste prevention?
- Who can you partner with to address challenges and barriers to addressing food waste?

This will be followed up with a February 10th in-person meeting at the EPA regional office in Denver.

If you want to get involved, learn more, or join the January call, contact Virginia Till for any questions or if you are interested in participating till.virginia@epa.gov. For more information about the EPA's Sustainable Management of Food visit their [website](#).

COLORADO PRODUCE DAY

Colorado Produce Day is Tuesday, January 26th 2016 from 9am-3pm in Greeley at the Colorado Farm show. Topics covered include:

- **What's New in Vegetable Crop Research for Colorado?**
- **Federal Policy Perspective for Fruit and Vegetable Growers**
- **Staying Fresh On the Farm-Farm Food Safety Tools**
- **Labor Compliance and Best Practices for Fruit & Vegetable Growers in Colorado**

- **Business Development Tools for Produce Growers**



The [Colorado Fruit and Vegetables Growers Association website](http://coloradoproduce.org/event/colo-farm-show-produce-day-hosted-by-cfvga/) has more information here:
<http://coloradoproduce.org/event/colo-farm-show-produce-day-hosted-by-cfvga/>.

GRAIN SCHOOL

Rocky Mountain Seed Alliance and University of Colorado–Colorado Springs invite you to join them for a three-day exploration into the world of heritage grains. You'll learn techniques for growing and harvesting grains—and of course, delicious ways to eat them!

Grain School – Colorado Springs, CO
January 15 – 17, 2016
UCCS Farmhouse and Field

General registration: \$380. Price includes parking, a healthy lunch, and snacks. Space is limited, so sign up early.

Register at: <https://www.regonline.com/Register/Checkin.aspx?EventID=1741704>.

This course is open to both the general public and UCCS students for college credit.

For more information, contact Nanna Meyer (nmeyer2@uccs.edu).

Don't miss the free Grain School Public Forum event on Saturday night! Featuring presentations from guest speakers as well as tasty samples of heritage grains, breads, and brews.

CONFERENCE: GOVERNOR'S FORUM ON COLORADO AGRICULTURE

25th Annual Governor's Forum on Colorado Agriculture
February 18, 2016 | Renaissance Hotel, Denver, Colorado



Governor John Hickenlooper and the Colorado Agricultural Leadership Program, in conjunction with the Colorado Department of Agriculture and Colorado State University are proud to present the 25th annual Governor's Forum on Colorado Agriculture. The [program](#) and [registration](#) are available for this conference focusing on issues influencing the future of agriculture in Colorado.

CONFERENCE: NEW MEXICO ORGANIC FARMING

**2016 New Mexico
Organic Farming Conference
February 19 & 20, 2016
Marriott Pyramid North, Albuquerque**

This is one of our region's premier organic production gatherings, and addresses many of the challenges of producing on the high plains.

For more information and the conference program visit:

<http://www.farmtotablenm.org/wp-content/uploads/2015/11/2016-Organic-Conference-proof-final2.pdf>.

WEBINARS: PRESERVE @ HOME ONLINE COURSE

- Do you want to learn how to safely can, dry or freeze your garden's bounty?
- Are you a Colorado Cottage Food producer making and selling preserved items?
- Do you not have time to drive to a 6 week training location site?

Colorado State University Extension and University of Idaho Extension invite you to enroll in Preserve@Home, an online food preservation series of 6 Lessons to teach individuals how to safely preserve a variety of food products. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety. Colorado participants do not need to drive anywhere or take time off from work in order to participate in this training.

The registration deadline is Monday, January 11, 2016. The first class of the 6-week course opens online on Thursday, January 14, 2016. Each lesson includes Online Lesson documents (that can be downloaded and printed), online Bulletin Board to facilitate participant discussion, and a real-time weekly Chats to interact with classmates and instructors. The weekly online Chat session for the first lesson will be on Thursday, January 21, 2016 from 1:00 to 1:45 p.m. MST.

Topics to be covered include: Foodborne Illness – causes and prevention, Spoilage and Canning Basics, Canning High Acid foods, Canning Specialty High Acid Foods – pickles, salsa, jams, jellies, etc., Canning Low Acid Foods, and Freezing and Drying. Supplemental materials will include materials on planting varieties for food preservation, cold storage and root cellaring.

The cost is \$70 plus the cost of required supplemental materials. Many of the supplemental materials are available free, online. Class size is limited. For more information, contact Anne Zander at 303-678-

6238 or azander@bouldercounty.org. You can register via Eventbrite online by going to: <http://csu-ext-food-preservation.eventbrite.com>.

WEBINARS: FOOD POLICY

We have already hosted two of the Food policy Webinars co-sponsored by LiveWell Colorado, Colorado State University, and the Colorado Food Systems Advisory Council which showcased:

- innovative efforts to increase the accessibility of fresh fruits and vegetables for low-income communities, and
- the reuse of natural resources for edible crop production.

The third webinar, "Preparing for Food Security in an Age of Limited Natural Resources: A Focus on Water," will take place on Thursday January 14th, 1:30pm-3:00pm. [Register here](#) to participate, or find the recording afterward at this link <http://livewellcolorado.org/livewells-commitment/research-and-publications/webinars>.

If you want to see previously recorded webinars, visit: <http://livewellcolorado.org/livewells-commitment/research-and-publications/webinars>.

FOOD SYSTEMS SURVEY: HELP US GET THE WORD OUT!

Growth in the number of food businesses is increasing the demand for commercial kitchen space. Ashley Colpaart, a doctoral candidate at Colorado State University (CSU) is conducting research on commercial kitchens and food businesses to identify challenges and opportunities around commercial kitchen use. Your participation in this survey will provide us with valuable feedback to identify future opportunities for increasing access to kitchens.

The two surveys are aimed at:

1. [Commercial kitchen owners/managers](#) that rent or are interested in renting space in the future.

These could be a:

- commissary (shared commercial rental)
- incubator or accelerator (provides business support)
- community (church, community center, food bank)
- co-packer
- institution (school, hospital, senior living)
- privately owned (restaurant, bakery)

2. [Food businesses](#) defined by self-identified occupation and could be a:

- baker
- caterers and personal chefs
- food truck or push-cart owner
- food artisan or value-added producer
- food or beverage manufacturer
- cottage foods producer (home)
- educator or cooking instructor

Each survey should take 5-10 minutes and your answers are anonymous. There are no known risks or benefits to participating in this survey. Participation is voluntary. Choosing to fill out the on-line survey implies consent. If you change your mind and decide not to participate, you may withdraw your consent at any time without consequence.

Should you have any questions about this survey, please contact Ashley Colpaart at Ashley@thefoodcorridor.com or Advisor Marisa Bunning at Marisa.Bunning@colostate.edu. If you have any questions about your rights as a volunteer in this research, contact the CSU IRB at RICRO_IRB@mail.colostate.edu; 970-491-1553.

RESOURCES AND ADDITIONAL INFORMATION

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

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

To add your ideas and news, contact [Jeremy Christensen](#).

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