

# CSU Extension Food Systems Newsletter

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



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

71<sup>ST</sup> EDITION

APRIL 2016

Welcome to the **71<sup>st</sup> edition** of the Colorado State University Extension Local Food Systems newsletter. 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. Help us spread the word!

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

- **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.
- **Send us** any events and news from your organization and other partners so that we may share them with our growing readership!
- **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

[Regional Update: Farm to Preschool in Southwest Colorado](#)

[Colorado MarketMaker: Business Profile](#)

[Grants: USDA Grant Opportunities](#)

[Grants: Colorado Department of Agriculture Specialty Crop Block Grant](#)

[Grants: Healthy Eating Research](#)

[News: National Incubator Farm Initiative](#)

[News: Harvesting Healthier Options](#)

[News: MyPlate for Older Adults](#)

[Webinar: Mobilizing for Policy Action](#)

[Annual Colorado Farmers Market Association Meeting](#)

[Workshop: Breakfast with the Pros](#)

[Rescheduled Workshop: SNAP/EBT Training For Farmers Markets](#)

[Workshop: Bookkeeping Basics for Farm and Food Businesses](#)

[Workshops: Backyard Food Production – Eat what you Grow!](#)

[Workshops: Tree Grafting](#)

[AgriSummit: Local Food + Agritourism in the Heart of the Rockies!](#)

[Save the Date: LoCo Foods Tradeshow](#)

[National Farm to School Conference](#)

[Resources and Additional Information](#)

## REGIONAL UPDATE: FARM TO PRESCHOOL IN SOUTHWEST COLORADO



As an extension of the familiar K-12 Farm to School programs, [Healthy Community Food Systems](#) has begun a Farm to Preschool Project across the 17 southwestern counties of Colorado. Healthy local food and garden/edible education is critical for our youngest children. Their [report](#), The Promise of Farm to Preschool in Southwest Colorado, released this winter, describes the need for such programs and how they can be best implemented.

## COLORADO MARKETMAKER: BUSINESS

### PROFILE



Roan Creek Ranch is the featured MarketMaker producer for April. Roan Creek Ranch specializes in locally raised grass fed beef and lamb along with naturally raised pork. They also have a market in the heart of downtown Fruita, CO for locally grown and produced food.

Roan Creek Ranch Premium Beef is USDA inspected and dry-aged. They raise beef that is only fed grass in the summer and hay in the winter. The hay is grown right on their ranches. Their herd has been carefully selected to naturally produce a tender, flavorful and well-marbled product from a grass diet. Their animals receive no growth hormones or antibiotics. The same meticulous natural nutrition and care is devoted to their lamb and pork as well.

For more information visit: [www.roancreekranch.com](http://www.roancreekranch.com).

Are you a producer in the state of Colorado? If so, join Roan Creek Ranch in promoting your business through Colorado Market Maker. Visit [Colorado MarketMaker](#) for more information.

## GRANTS: USDA GRANT OPPORTUNITIES

The USDA's Agricultural Marketing Service (AMS) is making over \$26 million in grant funding available to strengthen local and regional food systems through the Federal-State Marketing Improvement Program (FSMIP), Farmers Market and Local Food Promotion Program (FMPP and LFPP), and hosting a series of webinars to help farmers markets, producers groups, and other potential applicants with the grant process.

- The Federal-State Marketing Improvement Program (FSMIP) provides matching funds to state departments of ag, state colleges and universities, and other appropriate state agencies ([FSMIP grant info](#)).
- The Farmers Market Promotion Program (FMPP) grants support direct producer-to-consumer marketing projects such as farmers markets, community-supported agriculture programs, roadside stands, and agritourism ([FMPP grant info](#)).
- LFPP funding supports projects that develop, improve, and expand local and regional food business intermediary supply chain activities, including processing, distribution, aggregation, and storage of locally- or regionally-produced food products ([LFPP grant info](#)).

Grant applications must be submitted electronically through <http://www.grants.gov>. Applicants should start the Grants.gov registration process as soon as possible to ensure that they meet the deadline.

- Applications for FSMIP, FMPP and LFPP are **due by 11:59 p.m. (Eastern Time) on May 12, 2016**.

For more information about this grant program, including program background visit the FSMIP.

## GRANTS: COLORADO DEPARTMENT OF AGRICULTURE SPECIALTY CROP BLOCK GRANT

Colorado Department of Agriculture (CDA) anticipates that approximately \$550,000 will be available for this year's Specialty Crops grant program, with approved projects starting early in 2017. Producer groups, organizations, and associations, as well as state and local organizations, academia and other specialty crops stakeholders are eligible to apply either as single entities or in combined efforts. Grants must impact the specialty crop industry as a whole and cannot be used to solely enhance an individual farming operation or business.

Proposals must be received electronically by the **close of business (5:00PM) on April 15<sup>th</sup>, 2016**.

For program guidelines and an application, visit <http://www.colorado.gov/ag/specialtycropgrant> or call [\(303\) 869-9173](tel:3038699173).

## GRANTS: HEALTHY EATING RESEARCH

Healthy Eating Research is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among groups at highest risk for

obesity: black, Latino, American Indian, Asian/Pacific Islander children, and children who live in lower-income communities. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic, eliminate disparities, and help all children achieve a healthy weight.

This call for proposals (CFP) is for two types of awards aimed at providing advocates, decision-makers, and policymakers with evidence to reverse the childhood obesity epidemic. Approximately \$2.6 million will be awarded under this CFP for the two award types.

#### **Round 10 Grants**

- The Round 10 grants represent the majority of RWJF's investment in research through this program. Approximately one-third of the funds available under Round 10 will be earmarked for studies focused on any of the following underserved geographic locations or populations: 1) rural areas of the United States, including the Appalachian region; 2) Asian/Pacific Islanders; and 3) American Indians.
- Approximately \$2.4 million will be awarded through Round 10. Each grant will award up to \$190,000 for a maximum funding period of 18 months.
- There are two deadlines for receipt of concept papers: May 11, 2016 and August 3, 2016 (both by 3 p.m. ET).

#### **RWJF New Connections Grants Awarded Through Healthy Eating Research**

- These grants are to support policy-relevant research of early-career investigators from backgrounds that are underrepresented in research disciplines supported by RWJF or historically disadvantaged. Only new investigators, defined as those who received their doctorate or terminal degree within 10 years prior to the award date (after December 1, 2006) are eligible to apply.
- Up to two RWJF New Connections grants will be awarded through the Healthy Eating Research program in this round of funding. Awards will be for 12- to 18-month grants of up to \$100,000 each.
- Deadline for receipt of concept papers: June 1, 2016 (3 p.m. ET).

Click [here](#) for more details and how to apply.

### **NEWS: NATIONAL INCUBATOR FARM INITIATIVE**

Attention beginning farmers! Are you looking for networking opportunities and support services?

The National Incubator Farm Initiative (NIFTI)'s regional network extends to Colorado and the four corners area. Goals of the regional network include:

- Increased collaboration and awareness of local resources.
- Increased understanding of what makes Incubator Farm Projects successful and how they interact with local, state, and national food systems.
- Illustrating the collective impact of beginning farmer training projects through the use of shared metrics.

In exploring options for regional organization, [NIFTI](#) staff researched and culled best practices from existing models for regional network facilitation. Drawing heavily from conversations and materials exchanged with the National Farm to School Network, NIFTI will focus its work in 2016-2017 on solidifying regional partnerships with the assistance of five Regional Conveners. Conveners will oversee

and report on regional activities, and increase networking capacity and collaborations among projects operating under similar geographic, political and social conditions.

Beth LaShell is Colorado's regional convener based in Hesperus, CO. Find more information [here](#).

What you can expect from your regional network:

- Local Partnership Information
- Regional Listservs
- Quarterly Web Meetings beginning in March
- Quarterly Activity & Partnership Surveys beginning in March
- One Annual Networking or Professional Development Event
- Distribution of Shared Metrics for Evaluation in the fall of 2016

**This is a great networking opportunity!**

## **NEWS: HARVESTING HEALTHIER OPTIONS**

The National Conference of State Legislatures has recently released their executive summary of **Harvesting Healthier Options: State Legislative Trends in Local Foods**

The report focuses on state legislation in all 50 states enacted between 2012 and 2014 that aimed to strengthen various components of local food systems.

The policy areas overviewed in this report include:

- Local Foods System Approaches
- Farm-to School Programs
- Farmers' Markets
- Community Gardens and Urban Agriculture
- Healthy Grocery Retail
- Food Policy Councils

It is important to note that our state's own initiatives and efforts are highlighted throughout the report. So make sure to read the report and share with your community...and thank food system leaders that have helped move our state forward.

Read the complete executive summary [here](#).

## **NEWS: MYPLATE FOR OLDER ADULTS**

Tufts University, in partnership with the AARP Foundation, released an updated MyPlate for Older Adults. The updated icon emphasizes the nutritional needs of older adults in a framework of the *2015-2020 Dietary Guidelines for Americans* from the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. The icon and an accompanying website can be viewed at [hnrca.tufts.edu/myplate](http://hnrca.tufts.edu/myplate).

The new *MyPlate for Older Adults* icon depicts a colorful plate with images to encourage older Americans to follow a healthy eating pattern bolstered by physical activity. The new *MyPlate for Older Adults* icon also includes images of good sources of fluid, such as water, milk, tea, soup, and coffee;

heart-healthy fats such as vegetable oils and soft margarines; and herbs and spices to be used in place of salt to lower sodium intake.

The website that accompanies the updated *MyPlate for Older Americans* icon offers information about physical activity, using spices to reduce sodium, shopping tips, and recipes. Additionally, the *MyPlate for Older Adults* emphasizes all forms of food – fresh, frozen, dried and canned – to ensure the icon is relevant across personal preferences, availability, and cultural backgrounds. The website also offers helpful links to studies from researchers at the USDA HNRCA that are especially relevant for older adults. Both can be found online at [hnrca.tufts.edu/myplate](http://hnrca.tufts.edu/myplate).

## WEBINAR: MOBILIZING FOR POLICY ACTION

Food policy councils across the nation are digging in and turning their ideas into action. Although there is no magic formula to get policy passed, there are common elements that can help set up your food policy council for success. Learn to determine which policy interventions will have the most success; explore opportunities to build public support for your policy proposal; and discover how to garner the support of key decision makers. Participants will be invited to share in the stories of success of fellow food policy councils. This event is co-sponsored by the [Chesapeake Foodshed Network](#).

Featured speakers include:

- Mark Winne – Senior Advisor, John Hopkins Center for a Livable Future
- Kathy Green – Senior Director of Advocacy and Public Policy for Capital Area Food Banks of Texas and Chair of Austin Travis County Food Policy Board
- Pam Roy – Executive Director of Farm to Table, Director of New Mexico Food and Agriculture Policy Council

The webinar will take place Tuesday, March 29<sup>th</sup> from 2:00-3:30 pm ET. [Register today!](#)

Contact [Karen Banks](#) if you have any questions.

## ANNUAL COLORADO FARMERS MARKET ASSOCIATION MEETING

The Colorado Farmers Market Association (CFMA) is hosting its annual meeting at Western State Colorado University in Gunnison, CO on April 1-2.

Friday April 1<sup>st</sup> Afternoon Tours and Dinner:

- Tour the Western State Greenhouse and Gardens, followed by a visit to Mill Creek Ranch
- Dinner at local brewery with live bluegrass music and local ingredient pizza!
- Details [here](#).

Saturday April 2<sup>nd</sup> Meeting:

- **Cooking Matters** -- Mayra Ramirez, Program Associate, Share Our Strength's Cooking Matters Colorado;
- **FINI Grant & SNAP Updates** -- Wendy Moschetti, Director of Food Systems LiveWell Colorado;
- **SNAP/EBT Training** -- USDA Food and Nutrition Service (FNS) Two tracks (Getting Started: Accepting SNAP at your Market -- become authorized at this session; and Tools for Administering your SNAP Program);

- **AmeriCorps/VISTA Connections with Farmers Markets** -- Karen Fleming, AmeriCorps VISTA Volunteer, Program and Mentoring Coordinator, Broad Based Universal Gardening Support (BBUGS);
- **Insurance Q&A** -- Larry Spilker, Campbell Insurance;
- **Cottage Foods Act Update** -- Cary Ruble and Jeff Lawrence, CO Dept of Public Health and Environment;
- **Food Systems and Markets Legislative Update** -- Wendy Moschetti, LiveWell Colorado;
- **“Manage My Market” software** -- demo and user panel; and

\$40 for Registration and Saturday lunch and refreshments.

\$15 for family member/second person from the same market for lunch and refreshments.

Register [here](#). Want to join the CFMA? Click [here](#). Questions or comments? Contact [cofarmersmarketassociation@gmail.com](mailto:cofarmersmarketassociation@gmail.com) or call [\(970\) 493-4361](tel:9704934361).

## WORKSHOP: BREAKFAST WITH THE PROS

### Grow Your Food Business!

Join the Colorado Department of Agriculture on **Wednesday, April 6 from 7:30am -1pm** at the Colorado Department of Agriculture, 305 Interlocken Parkway in Broomfield.

Featured speakers include:

- investment banker from The Forbes M+A Group,
- commercial lender with Colorado Business (CoBiz) Bank,
- venture capitalist group,
- Colorado Enterprise Fund,
- Boulder Organic Ice Cream on investment,
- Shawn Irvine from Waypoint on local food brokers,
- Dr. Dawn Thilmany McFadden of CSU on consumer market trends and marketing tips, and
- Loren Martinez with Little Man Ice Cream on organizational culture.

Registration is \$30 per person before March 25, and \$40 after the deadline. Registration includes the program, workshop materials, and catered breakfast. Space is extremely limited and expected to fill fast. For more information or to register, visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) or contact [Shaina Knight](#) at [\(303\) 869-9176](tel:3038699176).

## RESCHEDULED WORKSHOP: SNAP/EBT TRAINING FOR FARMERS MARKETS

**Due to snow cancelation, rescheduled for April 18<sup>th</sup>!**

**Looking to implement SNAP at your Farmers' Market? Hoping to learn how other markets have worked with SNAP and Double Up Programs?**

Join us April 18, 10:00am-2pm. Lunch provided. Workshop sponsored by CSU Extension, Colorado Farmers Market Association, Boulder County Farmers Market Association and Boulder County Public Health. Agenda includes:

**Getting Started: Becoming an authorized SNAP market:** This portion of the training will provide information about eligibility requirements, applying to become a SNAP retailer, and getting assistance from Food and Nutrition Services. Bring your laptop (we will also have a few available) so we can walk you through the steps of applying for an EBT machine.

**Management 101: How to manage your SNAP program:** Learn how to train vendors, collect data, keep records, and operate your EBT machines.

**Successful Implementation:** Learn how other markets have successfully implemented and promoted SNAP and Double Up programs, and get ideas to create a plan for your market.

Where: Jefferson County Fairgrounds in Golden. Register here: <https://snapebttraining.eventbrite.com>.

Technical assistance provided by: Zora Cobb (USDA/Food and Nutrition Service), Lauren Bell (CO Dept Human Services), Erika Moats (Boulder County Farmers Market Association), Karen Scopel (Greeley Farmers Market), Jill Strange (Boulder County Public Health).

## WORKSHOP: BOOKKEEPING BASICS FOR FARM AND FOOD BUSINESSES

### Build your business skills!

Learn the fundamentals of bookkeeping including legal business registration, best business practices, accounting systems, and paperwork management! Taught by Molly Kanter, owner, Freelance Beancounter, LLC of Fort Collins.

**When:** April 21, from 5pm-8pm

**Where:** Larimer County Extension Office

**Cost:** \$25/person. Pay online when you sign up or bring payment to class.

Please bring your own snack or dinner if you'd like! A computer is not required for this course except to take notes. Note that this course is a prerequisite for upcoming QuickBooks training classes!

Signup [here](#).

Email [martha.sullins@colostate.edu](mailto:martha.sullins@colostate.edu) with any questions.

## WORKSHOPS: BACKYARD FOOD PRODUCTION – EAT WHAT YOU GROW!

Colorado State University Extension of Southwest Colorado is hosting a 12-week workshop series to help you take your garden to a whole new level! Local experts will teach the following topics:

- May 3: Garden Planning and Design
- May 10: Seeds and Variety Selection
- May 17: Crop Culture
- May 31: The Irrigation System
- June 7: Weed Management
- July 12: Soil Types and Amendments
- July 26: Small Fruits and Berries
- August 16: Tree Fruit Production and Pruning
- August 23: Season Extension
- August 30: Food Preservation
- September 13: Harvest and Post-harvest Storage

Classes will be held Tuesdays, from 6:00 to 8:00pm at the La Plata County Fairgrounds in Durango, CO. The cost is \$130 for all 12 sessions.

For more information and to register go to: [www.laplataextension.org](http://www.laplataextension.org); for questions call: (970) 382-6464.

## WORKSHOPS: TREE GRAFTING

### Southwest CO Grafting Workshops:

- April 9th from 12:30 am to 2:30 pm in the Mancos School Cafeteria during the [Growing Partner Conference](#): \$35 for MORP members and Growing Partner attendees; and \$45 all others
- April 16th from 2-4 pm in Cortez at [Cliffrose Garden Center](#) in their "back hooper": \$35 for MORP members and \$45 nonmembers; park in back and remember to shop at your local nursery before and/or after class!
- April 30th from 10 to noon at the [Old Fort Hesperus](#); \$35 MORP members and \$45 for all others; followed by an optional tour (free) of the Old Fort Heritage Orchard, planted in 1923

A minimum of 10 participants are required and a maximum of 20 allowed - so please [preregister](#) early to assure your place in the workshop (although you can register at event first come, first serve); let us know what workshop(s) you plan to attend by emailing MORP at [morp@montezumaorchard.org](mailto:morp@montezumaorchard.org); you can also preregister AND pre-pay at our [PayPal account](#) - just write a note in the comment line or send us an email as to which workshop(s) you paid for.

### Regional workshops:

An hour presentation on Heritage Apples of Colorado (no charge) followed by an hour grafting class (\$40) at Whole Foods Market (WFM) at the locations listed below. Cherry Creek and Pearl Street locations will also have a limited, rare selection of hand-grafted [heirloom apple trees](#) for sale.

- March 31st (Thursday) at [Cherry Creek WFM](#) from 6-8 pm

- April 1st (Friday) at [SouthGlenn WFM](#) from 10 am-noon
- April 2nd (Saturday) at [Pearl Street WFM](#) from 10 am-noon
- April 3rd (Sunday) at [Fort Collins WFM](#) from noon to 2 pm

*Preregistration for WFM events not required; 20 participants maximum; first come, first serve; for more information contact [David Redick](#) at Whole Foods Market.*

## **AGRISUMMIT: LOCAL FOOD + AGRITOURISM IN THE HEART OF THE ROCKIES!**

AgriSummit is a day-long event highlighting opportunities for networking, discussion and learning focused on local food production and agritourism in the Heart of the Rockies region.

Held at Salida's SteamPlant Theater and Event Center on Earth Day, Friday, April 22nd, AgriSummit 2016 will also include a catered luncheon featuring local foods and an early season farmers marketplace. The day's events will be followed by a one-time-only screening of Symphony of Soil, introduced by the film's director, special guest Deborah Koons Garcia.

For a complete description of the day's events, session offerings, and registration information, please visit the following link:

[AgriSummit: Local Food + Agritourism in the Heart of the Rockies](#)

For additional information or questions, please contact [andrea@guidestonecolorado.org](mailto:andrea@guidestonecolorado.org) or call 719-239-0955.

## **SAVE THE DATE: LOCO FOODS TRADESHOW**

The LoCo Foods Tradeshow is a really fun and engaging opportunity for farms, ranchers and food product Vendors to demo their product to, and connect with, current and potential LoCo Foods wholesale customers.

It's also a wonderful time for customers – chefs, grocers, coffee shop managers, and institutional buyers to meet the vendors in the LoCo Foods Catalog and try the amazing things they have to offer.

**The Tradeshow will take place on May 10<sup>th</sup> from 12:00-5:00pm at  
2027 West Lower Colfax Ave.  
Denver, CO 80204**

Register [here](#). For more information visit: <http://www.locofooddistribution.com/tradeshow>.

## **NATIONAL FARM TO SCHOOL CONFERENCE**

Register today for the every-other-year National Farm to Cafeteria Conference

**June 2-4 in Madison, WI!**

Early Bird Registration ends March 31st. The Conference, with [field trips](#), [short course](#) trainings, 48 skill-building [workshops](#), [lightning talks](#), inspiring [keynotes](#) and a showcase of Madison's vibrant local food culture, is the premier opportunity to learn, network and collaborate with likeminded farm to cafeteria leaders and food advocates from across the country. Register [here](#).

## 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](#).