

## SULLIVAN FRESH PROGRAM

The Farmers Market program is in full swing. In partnership with Garnet Health, we have launched a new Produce Prescription Program “Fresh Rx”. Attendees participate in a 1 hour class and then receive \$20 on a Healthy Ways Card to spend at the markets. This is a 3 year USDA GUSNIP grant. We anticipate expanding to other farmers markets in 2024. CCE Sullivan, in partnership with the Sullivan Catskills Food Coalition members, also hosted a food pantry gathering on August 28th. Food pantry’s gathered at our building to learn from staff from Action Towards Independence and the Regional food bank on how to write and access grants.



## TECHNICAL ASSISTANCE:

**Farm Visits: 9    Technical Assistance/Inquiries: 85    Soil Tests: 6**

Business and Marketing Plans, Sales Channels, Ag Districts, beginning farmer, soil tests, field crops, poultry production, plant pests, disease, and ID, vegetable production, whole farm planning, farmers markets, Farm to School, Grant and Funding sources, Mobile Markets, agricultural job posting, beginner farm/starting farm, cover crops, NRCS funding, mentorship, 2 inquiries on the County revolving loan fund.



### PAST WORKSHOPS

#### **Farmer Mixer at Bashakill Vineyards August 11th 3:30**

**PM – 7 PM:** 20 people attended –An opportunity for farmers in the Catskills/Mid-Hudson Region to convene in an informal setting to meet other farmers and develop relationships. For beginner, new, and aspiring farmers, the event was an opportunity to meet seasoned farmers and feel part of the farming community.

#### **Growing Healthy Soils with Cover Crops for Small Farms and Market Gardens at Bobolink Farm August**

**29th 5 PM – 7 PM:** 21 people attended – The workshop took place at Bobolink Farm, a diversified vegetable operation in Liberty, owned and operated by Brenda Miller. Brenda began the workshop with an explanation emphasizing the importance of soil health for a successful farm operation and some of the indicators to evaluate soil health. Following the explanation, Brenda led the group on a farm walk, explaining the different cover crops and the countless benefits for soil health. Brenda had example plots to show the participants how cover crop mixes work and showed the different growth stages.



### UPCOMING WORKSHOPS

#### **Beginner Farmer Program Events:**

- **Farmer Mixer at Majestic Farm (September 13th 5-7pm)**
- **The Nuts & Bolts of High Tunnels at Sprouting Dreams Farm (September 20th 5-7pm)**
- **Farmer Mixer at Sprouting Dreams Farm (October 11th 5-7pm)**
- **Hog Production at ALL Family Farm (October 28th 10:30am-12:30pm)**

**Cornell Small Farms: Writing a Business Plan Course-** this webinar course will be offered live for 6-weeks on Mondays from 6:00 - 8:00 PM from September 18 – October 23. This steady-paced course is designed to help you build your plan, including developing financial statements.

**Cornell Small Farms: Intro to Poultry Production Course-** this webinar course will be offered live for 6-weeks on Tuesdays from 6:00 – 7:30 PM from October 31 – December 5. This course will help you get started with all the basic information to build a successful poultry enterprise.

**Beef Quality Assurance Training- Thursday, October 5, 2023, 10:00am - 2:00pm at Sinsabaugh Rd, Pine Bush, NY.** \$15 for individuals or \$25 per farm. Beef Quality Assurance is a nationwide certification program to help ensure a safe, wholesome, and quality beef product for consumers. Topics covered include herd health management, nutrition, behavior and handling. Certification Information: Classroom and chuteside — good for Level 2 certification after providing a Veterinarian/Client/Patient Relationship (VCPR) form.