

The CFS Parent Staff Association Presents...

Food for Thought:

A CFS Community Read and Celebration of Local Food

Increasingly we hear about the benefits of “eating locally” for environmental sustainability and personal health. What does this really mean, and what is involved? What opportunities exist in our own community? Over the next 3 months, in the spirit of joy and community building, we will have the opportunity to explore these questions in the context of *Animal, Vegetable, Miracle*, a book by Barbara Kingsolver, Steven L. Hopp and Camille Kingsolver about their family’s year of eating locally.

“This is the story of a year in which we made every attempt to feed ourselves animals and vegetables whose provenance we really knew...and of how our family was changed by our first year of deliberately eating food produced from the same place where we worked, went to school, loved our neighbors, drank the water, and breathed the air.” From Chapter 1 of *Animal, Vegetable, Miracle*.

Starting the week of February 4, 2008 copies of the book will be available for loan or purchase (10 % off) in the Center Building on main campus. Books are also available anytime at a 10% “CFS book club” discount at the Regulator Bookshop in Durham.

If anyone has an already read copy of *Animal, Vegetable, Miracle* that they would like to lend to the CFS loaner pool for a few months, please contact Marybeth Dugan at mbdugan@earthlink.net

REMAINING EVENTS

Woodcrest Farm School Family Days

Saturday, April 5, 10:00 am-4:00 pm

Sunday, April 6, 1:00-4:00 pm (rain or shine)

Learn heritage farm skills in the beautiful setting of a turn-of-the-century working family farm. Farmers Christine and Allan Greene are committed to preserving and sharing the rural farming traditions of North Carolina and have planned this weekend exclusively for the CFS community. Activities include: cheese making, candle making, spinning and weaving, caning "Carolina Snowflakes," seed starting, hayrides and tours of the farm, herding dog demonstrations, farm chores, games, and more. Heritage farm animals (babies too!) include: Dexter cows, Boer goats, Katahdin sheep, Tamworth hogs, Halflinger horses, Dominique and Buckeye chickens. Local chicken, eggs, pork and beef along with a some crafts will be available for sale throughout the weekend. This is a family event: no unattended children, no pets, and please, appropriate footwear. Picnics encouraged!

Woodcrest Farm School is located 5604 Dairyland Road in Hillsborough, at the intersection of Orange Grove and Dairyland Roads.

Adult volunteers are needed for shifts throughout the weekend! Please contact Kristy Manning at 967-1553 or <kmanning@mindspring.com> if you are interested.

A schedule of the weekend events and map to the farm will be posted soon!

Food for Thought Main Event: An Evening Celebration of Local Food

Wednesday, April 16, CFS Quaker Dome and Gym, 5:30-8:30 pm

Join in a community potluck (5:30 - 7pm) in the Quaker Dome. We are encouraging people to bring a dish that features or uses local ingredients. (The local farmers markets will be in full swing by April). Please bring an ample dish since we are hosting guests—the students and staff visiting campus for the Friends Environmental Educators Conference which runs April 16-18.

Following dinner, we will head to the Gym for a panel discussion (7:00 - 8:30pm) with farmers and others deeply involved in the local food movement. Panel members include:

Ken Dawson, owner of Maple Spring Gardens,
Sheila Neal, former Manager of the Carrboro Farmer's Market,
Nancy Pekar, Carrboro resident and featured "locavore" for
The News and Observer series on eating locally, and
Fred Bahnsen, Manager of Anathoth Community Garden.

There will be plenty of time to join in the discussion as well as learning from the dedicated experience of our panel speakers.

Piedmont Farm Tour

April 19-20, 2008

Sponsored by Carolina Farm Stewardship Association. Join members of the CFS community as we travel together and tour various farms in the Piedmont. We will have sign up sheets available throughout the Woodcrest Farm School Family weekend and the Community Potluck for people interested in carpooling and sharing the experience of visiting local farms.

For more information contact: Kristy Manning <kmanning@mindspring.com>, Nancy Kelly <nmkelly@aol.com>, Marybeth Dugan <mbdugan@earthlink.net>.

FOOD FOR THOUGHT EVENTS COMPLETED:

Informal “Book Group” Gatherings

Thursday February 14, 8:45 – 10:15 a.m. Green Room of the CFS gym, Main Campus
Thursday February 28, 7:00 – 8:30 pm Open Eye Café 101 South Greensboro Street, Carrboro.
Tuesday March 4, 8:45 – 10:15 a.m. Green Room of the CFS gym, Main Campus
Monday, March 17, 7:00 – 8:30 p.m. The Regulator Bookshop 720 Ninth Street Durham

Four informal book group get-togethers are being planned to discuss *Animal, Vegetable, Miracle*. All are welcome — you don’t even need to have read the book. Hopefully there’s a time that works for your schedule. Refreshments will be available.

Screening of *King Corn*

Sunday March 9 4:00 pm Upper School Meeting Hall, CFS Main Campus
King Corn is an amusing new documentary (90 minutes) about “two friends, one acre of corn, and the subsidized crop that drives our fast-food nation.” You can watch the trailer at www.kingcorn.net.

If you missed the screening of King Corn, the DVD is available to borrow from the CFS US/MS library.