



come visit where

Farm meets Table



organic produce
farming workshops
cooking classes



rustic Italian cuisine
open for lunch & dinner
onsite catering pavilion

Visit us during the Polk Farm Tour:

From 12:00 - 2:00:

Tour our sustainable farm

Pick your own garden fresh produce
and then come **make your own
Woodfired Pizza**

We'll show you how to stretch your
own pizza crust, add your own ingredients
and the watch it bake in our woodfired oven.
Add a fresh salad and a drink and you've
got a delicious lunch!
all for just \$5

In the Evening:

**A gala fundraising celebration of
local farms and local food & wine**

4-course Farm-to-Table Dinner
Local wine pairings
Music & Dancing

all services and gratuities
**Donation to help renovate the
Mill Spring School Ag Center**
\$72 / ticket



Mill Spring Agricultural Development Center's

FIRST ANNUAL POLKFRESH AGRI-TOUR

Saturday, June 26, 2010 • 9 a.m. - 5 p.m.

12 Farms • \$25/advance \$30/on-site

www.polkcountyfarms.org

Know Your Farms - Know Your Food

Dear Friends of Agriculture:

Welcome to the first Farm Tour for Polk County and our neighbors. We have a unique place to live here in Polk, and our citizens have made a goal to keep the County rural and agricultural. Polk County has a strong and unique agricultural heritage ranging from historical plantations, famous equestrian operations, high quality vineyards and wineries to small mountain subsistence family homesteads. The diversity of farms is tremendous and each operation represents the personal interest and hard work of the landowners who will share their passions for the land and lifestyle of Polk County. This tour gives you the opportunity to get off the beaten path and actually meet your farm neighbors. You will be pleasantly surprised! When it comes to small-scale agriculture, Polk County and our neighbors are walking the walk.

The tour is also a fund raiser for the Mill Spring School Project which is renovating the school as the Mill Spring Agricultural Development Center and Community Center. All funds will be used for building materials for repairs and renovations to keep our volunteers working. Already over 450 volunteers have participated in various work sessions and we have received many donations of tools, building supplies, kitchen and office equipment, landscaping materials and even musical instruments.

The tour features new operations the Glenreid Farm on Chesnee Highway with greenhouses, goats, and chickens to the multi-generational Harmon Dairy in Green Creek, sustainably raising 60 happy cows for milking at a time. Visit any number of the 12 stops, and see demonstrations, varying from making goat cheese at Emerald Spring Farm to making your own wood-fired pizza at Giardini Trattoria restaurant in Columbus. If you come from the Saluda direction, visit the Manna Cabanna Organic Food Stand in Saluda or the Cliffs Organic Gardens in Marietta, South Carolina. At an early morning stop, you can see Steve Price's draft horses demonstrate traditional plowing of cover crops.

Load up your car, and spend the day with family and friends to discover Polk County and our neighbors. We are working to make the day a great experience rain or shine and hope this first tour starts an annual tradition for years to come.

Thank you for your support,
Lynn Sprague, Director
Office of Agricultural Economic Development

Farm

7. Harmon Dairy

(open 9AM-4PM)
(demonstration 10AM-12PM)
335 Harmon Dairy Lane Rd.
Columbus, NC
Two miles south on Route
Nine after the Chesnee Hwy./
Hwy. 9 fork.

More than a fifty-year-old small family dairy farm in Green Creek. Two brothers - Doug and Alan Harmon - manage fewer than 70 cows that graze on this pristine stretch of farmland in the hills of Green Creek. Friendly dogs and kittens. Learn how these happy cows are raised, fed, and milked.

8. Manna Cabanna

(demonstration 10AM-6PM)
Main Street, Saluda, NC

Carol Lynn Jackson created this organic local food stand and CSA business in downtown Saluda. Come by to take home some freshly-grown, organic produce! Restroom facilities provided.

9. Restoration Farm

(demonstration 10AM-12PM)
6425 Coxe Rd.
Rutherfordton (Polk County)
Coming from Columbus on Hwy. 74, take Exit 173 Union Road, and turn right off ramp. Turn right onto Coxe Rd. at the intersection. After 2/3 of a mile turn right into 6425 Coxe Rd.

Learn about raising free range chickens and turkeys. Dawn also works with her school-age daughter to make soap. A chicken processing demo is available to tourists: Please request if you need to opt out of this part of the tour.

10. Giardini Trattoria Lunch

(open all day)
(lunch 12PM-2PM)
2411 Hwy. 108E
Columbus, NC
Travel north on 108 through the town of Columbus and find the gardens on your left with a yellow house.

For just \$5, make your own wood-fired pizza and walk along the sustainable gardens at this new gourmet restaurant in Columbus, North Carolina! Pick your own ingredients out of the garden and cut them up to go on your pizza (or just use already prepared ingredients). Learn how to stretch out your own pizza crust and use the ingredients to create your own pizza. Then, watch your pizza go into a wood-fired oven, and in two minutes sit down and enjoy your very own hot, bubbly pizza. Fresh organic green salads, and a veggie pasta salad to round out the lunch. Buy fresh desserts and bulk produce, as well. Restroom facilities provided.

11. Cliffs Organic Gardens

(demonstration 1PM-5PM)
660 Garden Market Dr.
Travelers Rest, SC
Off of Hwy. 11 near the
Hwy. 25 bridge.

Tour ten acres of sustainable, USDA-certified organic gardens in Cliffs Community. Learn about cover cropping, walk through a shiitake mushroom forest and three certified organic greenhouses..

12. Triple R Farms – Leslie and Rodney Russell

(demonstration 3PM-5PM)
398 Miracle Dr.
Rutherfordton, NC
Take Poors Ford Rd. from Chesnee Hwy.; turn left onto Lyles Pond Rd. and left at the end of the road onto Miracle Dr. (look for signs)

Top off the day with learning about raising grass-fed, antibiotic and artificial hormone-free beef cattle! What part of the cow is your cut from? Watch the Russells paint a cow to demonstrate! Visit this pristine 125 acre, 7-year-old farm that sits on the Green River, try some free samples, and purchase some grass-fed beef! Pet cows and sheep. The Russells know their cows by name: "Each one has a personality...We enjoy having them."

Find the

1. Columbus Tailgate Market

(demonstration 8AM-11:30AM)
Courthouse parking lot.
Columbus, NC

Patronize local farmers and artisans at this weekly community market.

2. Mill Spring Agricultural Development Center

(demonstration 8AM-1PM)
School Rd., Mill Spring, NC

Near the intersection of NC 108 and Hwy. 9.

Regional business incubator and community center with plans for artist studios and commercial kitchen. Monthly flea market held the last Saturday of each month.

3. Steve Price

(demonstration 9AM-11AM)
Green River Church Rd.,
Green Creek, NC

Travel north on Poors Ford Rd. from Chesnee Hwy. Follow signs to house.

While you're in Green Creek, learn about traditional plowing with draft horses in this family-operated business. See pristine farmland.

4. Emerald Spring Farm - Bill and Lee Barker

(demonstration 9AM-12PM)
5860 S NC Hwy. 9
Tryon, NC

Take Peniel Rd. from Columbus and turn right onto Hwy. 9. See the house on the right immediately.

This small American Alpine goat farm was Mrs. Barkers' dream. Watch a goat milking and cheese demonstration, and learn about raising goats from infancy. Visit the Barkers' chickens, baby turkeys, gardens, and pecan tree groves.

5. Adawehi Gardens

(demonstration 9AM-1PM)
93 Adawehi Lane
Columbus, NC

*Off of Fox Mountain Rd.
Go to www.adawehi.com/about/directions.asp*

Adawehi Village is offering continuous guided tours from 9:00 a.m. until 12:30 p.m. Take a walking tour of Adawehi's 13-acre NC Stewardship Forest as well as a ferried tour of the Biodynamic Gardens and Orchard. These tours are guided by knowledgeable folks who understand forest plants. In addition, the Beneficial Foods natural foods store on site offers freshly-grown produce and freshly prepared soup and sandwiches. Restroom facilities provided.

6. Glenreid - Steve and Donna Reid

(demonstration 9AM-5PM)
333 Lamb's Grill Rd.
Rutherford County, NC

3/10 of a mile into Rutherford County from Chesnee Hwy.

Come take a hay-ride on this new family farm just over the Polk County border in Rutherford. On this less than two year-old farm, feed and pet some of the over 70 boer goats, mostly female boer goats, and see turkeys and Australorp and Rhode Island Red chickens. Walk through the greenhouse and gardens full of peppers, cucumber, zucchini, tomatoes, okra, flowers, and grapes (including Niagara, Edelweiss, Norton, Baco noir, seyvalblanc, and chambourcin). See the catfish pond. Come try free samples, and purchase some goat meat to bring home. Restroom facilities provided.

How It Works

Q: How does it work?

A: It's so easy! Buy your admission ticket in advance or at a tour site the day of the tour. Fill your car with fellow farm tourists. Choose your route using the map in this booklet and head out to the country. Visit the farms in any order you would like from 9 a.m. to 5 p.m.

Q: How much does it cost?

A: Advance admission is \$25 per car for all farms. Day of admission is \$30 per car for all farms or \$10 per car per farm. Cash and checks are accepted. Make checks payable to Polk SWCD. No credit cards.

Q: Where are the farms?

A: The farms on the tour are all located within 15 miles of Columbus. The tour covers farms in Saluda, Tryon, Landrum, S.C., Green Creek, Marietta, S.C., Mill Spring, Sunny View and Columbus.

Q: Can I buy product directly from the farms on tour day?

A: Yes! Bring a cooler to properly transport your fresh farm products. In addition, several stops will have prepared food available for purchase if you get hungry. Cash or checks accepted.

Find the Farm

The icon with a number IDs each farm stop on the tour. Farm stop descriptions are on the following pages.

