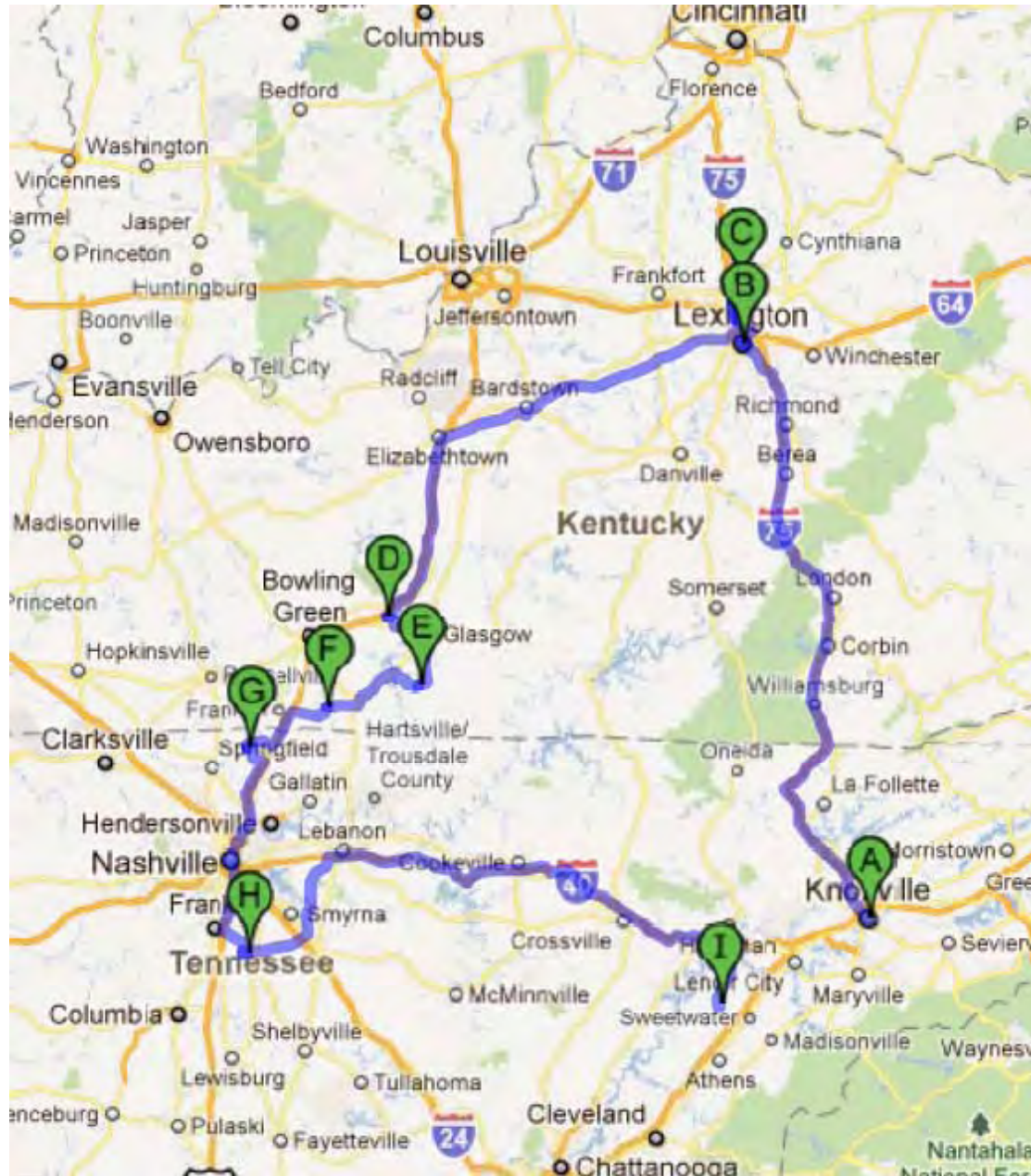


**Kentucky & Tennessee
Tour of Sustainable
Farming Operations
September 20-22nd
2011**

**This tour is sponsored by a
Southern SARE Professional
Development Grant**



The Tour



AGENDA

Tennessee agents will leave Knoxville at 8 am September 20th. Kentucky agents will meet at the UK College of Agriculture motor pool at 10:30 am on September 20th.

September 20th

Tour Elmwood Stock Farm, Georgetown, KY 11:30-12:45

Lunch 1:00-2:00 (C on map)

Travel to Au Naturel Farm 2:00-3:30 (gain 1 hour)

Tour Au Naturel Farm, Smiths Grove, KY 3:30-4:30 (D on map)

Overnight Lodging and dinner Barren River State Park or alternative.

September 21st

Tour Kenny's Farmhouse Cheese, Austin, KY 8:30-10:00 (E on map)

Travel to EcoGardens CSA 10:00-10:30

Tour EcoGardens CSA, Scottsville, KY 10:30-11:30 (F on map)

Lunch 11:45-12:30

Travel to Windy Acres Farm 12:30-1:30

Tour Windy Acres Farm, Orlinda, TN 1:30-3:00 (G on map)

Overnight lodging and dinner Franklin, TN.

September 22nd

Tour Delvin Farms, College Grove, TN 8:30-10:00 (H on map)

Travel to Skipping Rock Dairy and Lunch 10:00-3:00 (lose 1 hour)

Tour Skipping Rock Dairy, Philadelphia, TN 3:00-4:00 (I on map)

Return to Knoxville (45 min) or Lexington (3 hour)

The Farms

The farms on this tour were chosen to represent a wide range of diversified farming operations including vegetables, beef, dairy, poultry and grain crops. Although some are certified organic and others are not, all of them share a theme of having sustainable principles. Hopefully visiting these producers will give some new ideas that farmers in your communities may be able to adopt and be successful.



Elmwood Stock Farm

Elmwood Stock Farm has been in the Bell family for several generations. One of the largest certified organic farms in KY, they have a large (300+) member CSA that serves the Lexington metro area with fresh vegetables for much of the spring, summer, and fall. In addition they produce and market organic beef, poultry and eggs. John Bell oversees much of the production on the farm while his sister Ann manages more of the marketing side of the operation. Both have been very active in the agriculture community with John even serving as president of the KY Horticulture Council. They are truly a diversified farming operation. You may see them at the Lexington Farmers Market on Saturday mornings as well.

<http://www.elmwoodstockfarm.com/index.htm>



Au Naturel Farm



Au Naturel Farm is owned and operated by Paul and Alison Wiediger. They were one of the first certified organic farms in KY, though no longer certified-but do grow using organic practices. The Wiedigers grow field vegetables, herbs, free range eggs and broilers for sale at markets and to restaurants. However, they are perhaps most well known for being pioneers of high tunnel production in KY. They have given innumerable presentations about high tunnels and have even published a book titled 'Walking to Spring,' which is a superb how-to resource for high tunnel production in KY.

<http://aunaturelfarm.homestead.com/>

Kenny's Farmhouse Cheese

Operated by the Mattingly family in Barren County, Kenny's Farmhouse Cheese uses milk from their own dairy herd. Thinking about the future of milk production Kenny Mattingly decided that diversifying was something that would allow them to sustain and grow the family farm. After a trip to Europe he began to think about making selected cheeses using handmade techniques. Kenny's now produces and markets over 15 different cheeses ranging from Cheddars and Swiss cheeses to Awe-Brie and Bleu cheeses. Their cheeses are offered in a number of outlets in Kentucky and sold at their farm shop and online.

<http://www.kennysfarmhousecheese.com/>



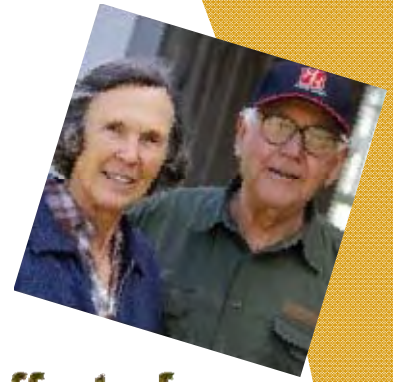
Quality Cheese

Andrew Habegger (Eco Gardens CSA)

Andrew Habegger is a certified organic farmer who is part of a Mennonite community outside of Scottsville, KY. Andrew grows a variety of vegetables and operates a very large (350 + member) CSA that serves the Nashville area. Andrew coordinates with a Andrew has also grown organic produce for the wholesale market. Andrew does not use any gasoline powered engines or electricity. He maintains a large greenhouse for hydroponic tomatoes as well as several high tunnels on his property. Andrew employs a number of innovative pest management strategies at his farm.



Windy Acres Farm



Windy Acres Farm is a cooperative effort of several families who have come together to further the vision of Alfred and Carney Farris on 487 acres of USDA certified organic land in Orlinda, TN. They grow certified organic grains, including wheat, barley, spelt, clear and dark hylum soybeans, buckwheat, white and yellow corn, and hairy vetch. They supply both food and feed grades. They raise beef and lamb that are 100% grass fed and raised strictly on certified organic pastures. The cattle are registered British White, renowned for their ability to finish on grass. The sheep are Katahdin, bred for meat. The chickens run free on organic pastures and are fed certified organic grains. The farm is being protected with a conservation easement administered by the Land Trust for Tennessee to insure there is available farmland for future generations.

<http://www.windyacrestn.com/>

Delvin Farms

Delvin Farms is a 96-acre, certified organic, family farm located along the Harpeth River. Hank and Cindy Delvin have been growing local produce since 1972. Their daughter Amy, and her husband Brandon, and their son Hank Jr., and his wife Liz, have come back to the farm in recent years. They grow a large variety of certified organic vegetables 10 months out of the year. For 25 years, their produce was sold through distribution centers and grocery stores. In 1997, they began the process transitioning to a certified organic operation and the farm was certified in 1998. In 1999, they began a CSA, which currently has over 800 members, and also began direct marketing through Farmers markets, grocery stores and local restaurants.

<http://www.delvinfarms.com/>



Skipping Rock Dairy



Skipping Rock Dairy is located on over 100 acres in Southeast TN and is owned and operated by Chuck and Julie Johnston. Chuck has been working on dairies in Tennessee all his life and was a herdsman for several large dairies before he and Julie started Skipping Rock in 2002. Julie grew up on a farm in Holliston, MA, where she raised livestock. She settled in Tennessee after attending UT. Skipping Rock Dairy received their organic certification in 2006. Their herd is comprised of Holsteins, Jersey, Brown Swiss and Guernsey cows. All of their milk is sold through the Organic Valley Cooperative based out of Wisconsin. Chuck runs a mobile hoofing trimming business as part of the Skipping Rock Dairy operation as well.

<http://www.skippingrockdairy.com>

The tour is made possible by the Southern
SARE

Professional Development Grant titled
'Developing a training program in
sustainable

vegetable production for agriculture
professionals in Kentucky and Tennessee'.

It is a collaboration between faculty at the
University of Kentucky, University of
Tennessee and

Kentucky State University. For more
information about Southern SARE
programs please visit [www.
southernsare.org](http://www.southernsare.org)

