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Local Farmers as Panelists

Farm Dreams? An Exploratory Workshop for Farm Dreamers...

PRESS RELEASE

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For Immediate Release

Farm Dreams?

An Exploratory Workshop for Farm Dreamers

What: Farm Dreams? An exploratory workshop for farm dreamers.

Date: Saturday, May 17 **Time:** 10am-3:30pm **Location:** Buncombe County Extension Office, 94 Coxe Ave., Asheville, NC 28801

Bring: Brown bag lunch **Cost:** \$55

Register: [Online here.](#)

Follow: [Facebook Event.](#)

Workshop Description:

Are you dreaming of starting your own farm? Farm Dreams? is an entry level, five-hour, exploratory workshop designed to help people who are seeking practical, common sense information on whether sustainable farming is the next step for them, and how to move forward. This is a great workshop to attend if you are in the exploratory stages of getting started farming.

Join us to explore the practicalities of your farm dreams. We'll cover common sense, relevant information to discover if sustainable farming is the next step for you.

- Learn about sustainable farming careers in Western North Carolina.
- Discover and assess your resources, skills and farming intentions.
- Begin to develop an educational plan toward farming.
- Connect with regional training opportunities and support networks.
- Prioritize your next steps toward your farming goals.
- Hear from experienced farmers running successful farms in WNC.

Meet the Panelists!



Amy Hamilton, owner of Appalachian Seeds, is an herbalist, biodynamic farmer, and mom. Through Appalachian Seeds, she offers a huge variety of heirloom plant starts grown organically. Amy blends her science background (B.S. from UNCA in Environmental Studies with a concentration in ethnobotany) with a deep appreciation of the spiritual underpinnings in herbal medicine.

Tom Elmore is co-owner and operator of Thatchmore Farm, an organic family farm in Leicester NC. Thatchmore Farm is a ten-acre farm growing certified organic produce, (about 30 varieties with early season tomatoes and greens being a speciality) as well as ornamentals, mushrooms and christmas trees. Tom has run successful apprentice programs on the farm for decades. He has grown certified organic fruits and vegetables for 25 years and serves on the Boards of the NC Greenhouse Vegetable Growers Association and the Organic Growers School.



Lee Warren has been homesteading and farming in cooperative community for more than 17 years. She is the co-founder of Village Terraces CoHousing Community, a collaborative, off-grid neighborhood at Earthaven Ecovillage, and the manager of Imani Farm, a pasture-based cooperative farm focused on pastured egg production. Lee is also an herbalist, writer, teacher, and food activist, with an avid interest in rural wisdom, sustainable economics, and social justice issues.

Meet the Instructors:

Cameron Farlow is the Farmer Programs Coordinator for Organic Growers School and the Land Access Coordinator for WNC Farm Link. She's been involved in the food system in Western North Carolina for several years through farmland preservation with the Southern Appalachian Highlands Conservancy, developing a farm to university program at ASU, completing research projects for WNC Ag Options and the Lord's Acre Garden, and even making cheese at Looking Glass Creamery.



Meghan Baker is the Small Farms Extension Agent working for the NC Cooperative Extension Service in Buncombe County. Prior to her position In Buncombe County, Meghan worked for 7 years at the Watauga County Extension Service with both commercial and backyard growers. She is a graduate of Appalachian State University, and holds an M.S. in Plant & Environmental Science from Clemson University. A native of Western North Carolina, Meghan is deeply committed to sustaining the agricultural heritage and farmscapes in the region.



Jenn Beck is an Agriculture Extension Agent for Madison County. She has worked for NC Cooperative Extension for over 3 years specializing in alternative agriculture commodities. She graduated from NCSU with a Bachelors of Science in Natural Resource Management and The College of Charleston with a Master's of Science in Environmental Studies.



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