



# The Cultivator

## August 2021

## Waste Audit at Appalachian Harvest

### Waste Reduction



#### Compost

- 3016 pounds of compostable food waste produced annually at Appalachian Harvest
- Partnership with Scott County Solid Waste



#### Biochar

- A self-contained, carbon-negative Biochar greenhouse for ASD's expansion site
- Dry wood waste, cardboard waste, heavy fiber food



#### Metals

- Only recycling currently accepted within Scott County
- Collection and sale of cans

From June 9th to July 9th, our Groundwork team conducted our inaugural Waste Audit at ASD's Appalachian Harvest food hub! The waste audit is Groundwork's first step towards our goal of ZERO WASTE for all ASD buildings and programs. Waste reduction is a key step in building a healthier, cleaner, and sustainable future for the planet and people of Appalachia and a waste audit is key to identifying reduction opportunities.

The audit revealed 328 pounds of solid waste, with approximately 82% identified as potentially recyclable!

**Next steps:** identify waste streams to assess how best to reduce, reuse and recycle waste; and then to start direct work as an organization and with our many partners on waste reduction. Want to learn more? Find FREE materials soon on ASD's website so that you can conduct a Waste Audit of your own. We'll provide steps for everything from planning to communicating messages to your employees to data analysis and more!

**What's a waste audit?** A tool for identifying and tracking the sources, amounts and types of waste that are being produced by an individual, process, or organization. Any organization, of any size, can do a waste audit to see how much waste is being generated and how much can be potentially reused or recycled.

### Key Estimates

#### Paper

- 1119 pounds generated annually
- 95 pounds per month of "old waste", 93 pounds per month of "new waste"

#### Plastics

- 2190 pounds generated annually
- Majority is plastic wrap (B grade plastic)

#### Food Waste

- 3016 pounds generated annually
- Majority is production-based (non-edible)



**Forest Farming Intensive**  
propagation to Processing

**Duffield, Virginia**  
**September 17-18, 2021**

Whether you're just getting started with forest farming, or looking to ramp up production for market, this intensive has something for everyone. Dig in with intensive learning stations covering site selection, propagation, syrup production and sustainable harvest at Appalachian Cove Forest Farm, and post-harvest handling and processing at the Appalachian Harvest Herb Hub.

From propagation to processing for sale - we look forward to seeing you for a day and a half of networking and learning from experienced forest farmers, researchers, technical service providers, and herb brokers and buyers!

**Featuring keynote speakers**  
**Dr. Jeanine Davis, NC State University**  
**Katheryn Crane, Mountain Rose Herbs**

[appalachianforestfarmers.org/va-ffi](https://www.appalachianforestfarmers.org/va-ffi)

## Forest Farming Intensive: Propagation to Processing

Appalachian Sustainable Development (ASD) has partnered with the Appalachian Beginning Forest farmer Coalition (ABFFC) to offer a forest farming intensive event: Propagation to Processing. Beginning forest farmers or those looking to ramp up production for market are encouraged to attend.

This forest farming intensive begins at 5:30 p.m. EST on Friday, September 17, 2021 and continues through 4:15 p.m. EST, Saturday, September 18, 2021 at several locations in Duffield, Virginia. Tickets are \$40 per person and include lunch and dinner, but does not include overnight lodging. Space is limited and attendees should purchase tickets early:

<https://www.appalachianforestfarmers.org/va-ffi>



**FARM IS NOW RECRUITING MENTORS AND INTERNS!**

If you are a beginning farmer looking for hands on experience or a seasoned farmer looking to share your knowledge, this is the program for you.

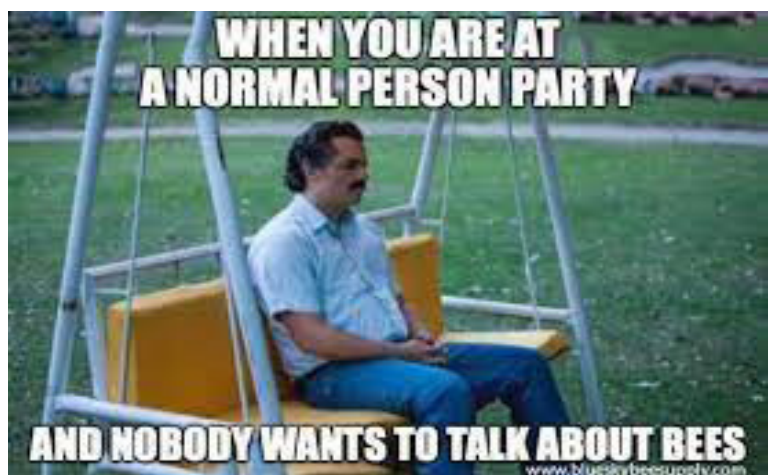
Register at <https://asdevelop.org>

Questions? Email [jroop@asdevelop.org](mailto:jroop@asdevelop.org)

## Beekeeping Strategy

ASD is exploring how it can promote the local food system through beekeeping and bee-related products. Chris Honeycutt, Apiculture Strategy Intern has led this effort with Lindsey Felty over the summer and is currently engaging local bee clubs, beekeepers, and ASD's stakeholders to create a comprehensive strategic plan to support local apiculture and pollinators in Central Appalachia. We aim to promote local apiculture at all levels to foster healthy communities, provide equitable economic development opportunities, and protect pollinators. We invite local beekeepers to join our swarm as we create this strategy together. To hear the buzz, contact Lindsey: [lfelty@asdevelop.org](mailto:lfelty@asdevelop.org).



## A Message from Kathlyn Terry Baker, CEO



A lot of exciting things have happened in our work to address food insecurity in the region. ASD partners with a great organization based in Roanoke, VA called LEAP (Local Environmental Agriculture Project) on a few different projects. LEAP is the lead on Virginia Fresh Match (VFM) a collaborative network of food system leaders and committed individuals building strong food access programs at community, regional, and state levels. ASD serves as LEAP's representative for VFM in far SWVA. Recently, ASD worked with LEAP on a successful grant proposal to United Health Care to help expand VFM to provide SNAP nutrition incentives\* at general stores in southwest VA. We are very excited about this collaboration and about helping our local retailers to adopt this program. Currently, we are working with Honaker Wholesale, the first retail outlet in SWVA to start accepting VFM. They started June 1st and are already seeing a great response!

ASD is a partner in the Southwest Virginia Coalition to Address Childhood Hunger and we are working to get more fresh local produce into schools and childcare centers. We recently received a grant from No Kid Hungry to help us defray distribution costs and work with school systems in SWVA to help them serve healthy food we grow here.

In other news, you may have heard that during the COVID pandemic, ASD and our 25 partners distributed almost 5 million pounds of food to those in need. Much of that food came through the USDA Farmers to Families Food Box program which ended in May 2021. Since we learned that the program would end (and subsequently restart but would not serve our area) we have been working with the VA Department of Agriculture and members of the General Assembly to launch a pilot program for a VA version of this program that would provide those in need in VA with fresh, healthy food, while also supporting VA farmers. We envision building on the great work accomplished during the pandemic to ensure we take care of our neighbors. Please consider reaching out to your delegate and senator to encourage them to support this program.

\*Nutrition incentives enable those using SNAP benefits to buy additional fruits and vegetables.

*Kathlyn Terry Baker, Chief Executive Officer*

## Recurring Gifts Make Such a Difference

ASD offers a secure way to give monthly. Gifts of even \$25 a month make such a difference! Your gift helps boost local economies by supporting local farmers through innovative agriculture opportunities. You'll also help fight food insecurity by helping us donate food and by teaching families how to grow food. Make sure ASD's work continues with a monthly gift! Giving monthly is easy and convenient: Set up your monthly gift on our secure site. You choose how much to give and for how long. You can change your amount or cancel at any time.

Thank you in advance for your generosity!



## Flower Crowns by The Late Bloomers

The Late Bloomers, Groundwork's social enterprise crew have been harvesting cut flowers and making arrangements and bouquets for sale at a few local pop-up markets: Blue Hills Market, Abingdon General Market, Wolf Hills, Appalachian Tea

and Botanicals. They have also been creating gorgeous, eye-catching fresh flower crowns and will sell them at Bristol Rhythm and Roots Reunion on Saturday, September 11. You can volunteer to help make flower crowns for the festival! Fill out this form: <https://forms.gle/GR4pWwFqoQ8bHnUf7>. Follow Groundwork on ASD's Instagram and Facebook pages or contact Sarah Collie at [scollie@asdevelop.org](mailto:scollie@asdevelop.org) with "Late Bloomers" in the subject line.



OCT. 4 2021 | 6PM - 8:30PM

# FARM TO TABLE SUPPER

Experience an intimate gathering while enjoying the subtle beauty of dining on a working cidery/farm. Visit Tumbling Creek Cider Company Cidery, located on Kelly Ridge Farm in Meadowview, VA. Guests will enjoy a 3 course, locally sourced meal prepared by Chef Charles of Harvest Table Restaurant paired with Tumbling Creek Ciders. 100% of all proceeds benefit ASD.

Seating inside & outside. Masks welcome. CDC guidelines will be followed.

APPALACHIAN  
sustainable  
DEVELOPMENT  
*LIVING BETTER. LOCALLY.*



CARY STREET  
PARTNERS

*Printing generously provided by Eastman*

NONPROFIT ORG  
U.S. POSTAGE PAID  
Permit No. 252  
Bristol, VA 24201

Appalachian Sustainable Development  
PO Box 475  
Duffield, VA 24244