



SOUTHEASTERN MASSACHUSETTS AGRICULTURAL PARTNERSHIP

QUARTERLY NEWSLETTER

WINTER 2016

A MESSAGE FROM THE DIRECTOR

I am honored to be able to introduce myself as the new Executive Director of the Southeastern Massachusetts Agricultural Partnership. Of course, it is a traditional thing to say but when there is such a wide-ranging tapestry of farms; and as diverse an array of farmers across the region to work with, it is amazingly true. After three months on the job talking to supporters across Norfolk, Bristol and Plymouth counties, I feel that I've begun to develop the groundwork necessary to represent and promote farming and local food production Southeastern Massachusetts. The community has extended a very warm welcome; and the time meeting with farmers and community groups has been a pleasure and a privilege.

With 25 years of non-profit administrative experience and a passion for agriculture, my previous work gives me an understanding of agriculture and the environment in a global context. Our family raises Nigerian Dwarf goats for milk and show, and they are an integral part of my 4-H program. I have learned to appreciate the needs of farmers across many

scales from my time on the Falmouth Agricultural Commission and the Board of Directors of the Falmouth Farmers' Market.

Some of the barriers to successful farming – access to affordable land, finding suitable help, capitalization and creating a sustainable life-work balance – are becoming clear. With further discussions, I'm sure I will hear more. Farming has economic challenges and between weather and markets is unpredictable. My priority is to identify areas where we can provide farmer support through our current programs and with initiatives in development. We will continue our current offerings: the Twilight Grower Series; Winter Networking Series; the Ag & Food Conference (February 28th); communicate legislative concerns both ways; and produce our widely-circulated Local Food Guide. Future plans include connecting our legislators more directly with the farms in their districts, creating a service providers directory for farmers and tighter integration with our partners on providing local food to underserved communities.

My immediate goal is to connect with you, as partners and supporters of SEMAP, to understand your needs and what will support local food and sustainable farming in Southeastern Massachusetts. Please, if you have something to share, reach out and let me know. I would be happy to

come visit your farm or retail operation to learn about what you need and about how SEMAP can help – whether you are a SEMAP member or not, (though of course we hope you will support us through membership). Each success strengthens the farming community as a whole.

SEMAP is stronger with involvement from our supporters. We need your input, to hear from you about how we can better support local food and sustainable farming in our counties. Come to our Ag & Food Conference, participate in a Twilight meeting, join us at our Farm to Tapas event, introduce us to other community partners. . and of course please become a member. We have strength in numbers. "Alone we can do so little; together we can do so much" – Helen Keller.

All of you, as supporters and members, are part of the partnership that is SEMAP, and I am honored to represent you. I am looking forward to being on the road, working alongside many of you and hearing your experiences and ideas in the coming year. Please join us to support and sustain agriculture in the Southeastern Massachusetts region.

Karen Schwalbe
Executive Director

2015



Southeastern Massachusetts

LOCAL FOOD GUIDE



Growers
Specialty Producers/Buyers
Local Farmers' Markets

SOUTHEASTERN
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PARTNERSHIP
www.SEMAPonline.org



2016 local food guide NEW EDITION COMING SOON!

Farmers & Business Members: Renew your membership by April 15th to be listed.



Visit SEMAPonline.org/members to see if you are current!



SEMAP is dedicated to preserving an farming in southeastern Massachuse

SEMAP STAFF

Karen Schwalbe
Executive Director

Kendra Murray
Program Coordinator

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MEET THE SEMAP STAFF



Kendra Murray - Program Coordinator

Kendra graduated from the Charlton College of Business at UMass Dartmouth with a Bachelor's of Science in Management Information Systems, supplemented with a minor in Sustainability. Although already practicing a fairly eco-friendly and sustainable lifestyle, it was while writing her final research paper on the dangers of large-scale industrial farming when Kendra realized the importance of eating mindfully, and developed a passion for local, sustainable food and farming.

Kendra joined the SEMAP staff in July 2014 and has since taken on many roles for the organization. In addition to coordinating events such as the Twilight Workshop Series, the Ag & Food Conference, and Farm to Tapas, she also handles the marketing and outreach for SEMAP. This includes sending out the monthly Vine Newsletter, designing and mailing this quarterly newsletter, social media marketing through Facebook, Twitter, and Instagram. Previous web development and graphic design skills are also something Kendra was able to bring to SEMAP, keeping the website up to date with events and news (but thank you to Medium Studio for the original design). You can also find Kendra at many local farmers' markets and festivals, educating the general public about SEMAP and its extensive programming.

WHAT TO DO WHEN CONGRESS LOSES THEIR COOL



This could be from anywhere around the globe!

As of December 18, 2015, the United States Department of Agriculture (USDA) will no longer enforce Country of Origin Labeling (COOL) for beef and pork. This piece of legislation, or lack thereof, was included in the end-of-year Omnibus Bill.

"Section 179 of the spending bill strips U.S. citizens of their right to know the origins of the beef and pork and ground beef and ground pork that hundreds of millions of consumers purchase at retail grocery stores for themselves and their families,"

Ranchers-Cattlemen Action Legal Fund (R-CALF) stated after the bill was signed.

"Congress did this and the President concurred without any congressional debate, let alone public debate," it continued. "Section 179 was cemented into the massive spending bill behind closed doors."

The decision to repeal COOL comes from the World Trade Organization (WTO) who felt that the required labels discriminated against meat slaughtered and raised in countries other than the United States. Earlier in December, the WTO approved over \$1 billion in tariffs to be imposed by Mexico and Canada on US goods if COOL was not repealed. This was an easy incentive for the US to stop requiring labeling.

We strongly believe that consumers have the right to know where their food is coming from. Unfortunately, this is becoming harder and harder for the average American to keep track of.

Our suggestion: BUY LOCAL!

Check out our local food guide at FARMFRESH.ORG to find local, humanely raised, sustainable beef and pork near you!

and expanding access to local food and sustainable lifestyles through research and education.

Crop of the Season: Kale!

Kale is available year round, but is at its best during winter months from November through March. Exposure of the crop to light frost enhances its eating quality. The health benefits of kale are numerous:

- Recognized as an incredibly nutritious vegetable, containing antioxidant properties.
- Like other members of the brassica family, contains health promoting phytochemicals, sulforaphane and indole-3-carbinol that appear to protect against prostate and colon cancers.
- Very rich source of beta carotene, lutein, and zeaxanthin. These flavonoids have strong antioxidant and anti-cancer activities. Beta carotene is converted to vitamin A in the body. Zeaxanthin, thought to provide antioxidant and protective light-filtering functions for the eyes, helps prevent retinal detachment and offers protection against age related macular degeneration disease.
- Rich in vitamin A, offering protection against lung and oral cavity cancers.
- Excellent vegetable source for vitamin K; 100g provides about 700% of recommended intake. Adequate vitamin K levels in the diet help limit neuronal damage in the brain. This has led to an established role in treatment of patients suffering from Alzheimer's disease.
- Kale provides rich nutritional ingredients that offer protection from osteoporosis, iron deficiency anaemia, and it is believed to protect from cardiovascular diseases.



Winter Farmers' Market Guide

Attleboro

Farmers Market at Attleboro Farms
91 Hickory Rd
North Attleborough, MA 02760
Sundays, 10:00 am - 1:00 pm
Year Round

Carver

Carver Farmers Market
The Frosty Dog
58 North Main St
Carver, MA 02330
1st Sundays, 12:00 pm - 4:00 pm
November 1 - May 1

Easton

Marketplace at Simpson Spring
719 Washington St
South Easton, MA 02375
Saturdays, 10:00 am - 2:00 pm
Year Round

Original Easton Farmers Market
Oakes Ames Memorial Hall
3 Barrows St
North Easton, MA 02356
Saturdays, 10:00 am - 2:00 pm
November 7 - May 14

Marshfield

Marshfield Farmers Market
Marshfield Fairgrounds
140 Main St
Marshfield, MA 02050
3rd Saturdays, 10:00 am - 2:00 pm
November 21 - May 21

Mattapoisett

ORR Winter Farmers Market
Old Rochester Regional
135 Marion Rd
Mattapoisett, MA 02739
2nd and 4th Saturdays, 10 am - 1 pm
October 24 - April 23

KofC Farmers Market
Knights of Columbus
57 Marion Rd
Mattapoisett, MA 02739
Wednesdays, 3pm-7pm
Year Round

Plymouth Farmers Market

Plimoth Plantation
137 Warren Ave
Plymouth, MA 02360
2nd Thursdays, 2:30 pm - 6:30pm
November 12 - May 12



SOUTHEASTERN MASSACHUSETTS
AGRICULTURAL PARTNERSHIP
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This newsletter sponsored in part by: Attorney Robert B Feingold, Robert B. Feingold & Associates, P.C., Bank of America Building, New Bedford, MA

9TH ANNUAL _____ 2016
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& FOOD**
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of Southeastern Massachusetts
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S. Dartmouth, MA 02748

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