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Share this newsletter with a friend - encourage others to join VICFA!

Annual membership is \$25.00.

Please make check payable to VICFA and send to PO Box 6838, Charlottesville, VA 22906.

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How did you hear about VICFA?/Comments:

September 2013

In This Issue:

Farm Food Voices 2013
A successful outreach for VICFA

Farm Food Supporters
"The Local" restaurant chef supports VICFA

A Special Thank-You
We would like to express our gratitude to those who helped to make our 2013 Farm Food Voices event a success for VICFA

VICFA Notes:
September Meeting & Announcements

Reminder: Meeting
On-Farm Activity Task Force Meeting - You're invited!

More VICFA Supporters
Check out the businesses and individuals who support VICFA - ads placed throughout this issue

Farm Food Voices - 2013

By Suzi Croes

Once again we visit the lovely Charlottesville area for our annual Farm Food Voices outreach event. Last year's event was held in northern Virginia's Tyson's Corner, in the heart of the bustling metro-suburban landscape, quite different from the lush rolling hills and mountain drop back of the Monticello High School in Charlottesville. It is always a pleasure to host in an area so well-grounded in the support of local foods, meeting people who really "get" the issues of food freedom and those that come to learn.

The food was delicious! So many great homemade dishes always make their way to our table at these events and this year was no exception. Many of the dishes were straight from the farm...raw milk cheeses, pastured meats, home-baked breads, fresh from the farm salads and from-scratch baked cakes and desserts. Am I making you hungry? That's not all, in addition to the home cooked foods there were the wonderful restaurants and their Chefs who brought expertly prepared locally sourced foods. Hamiltons', who serve up a "contemporary American" menu in Charlottesville, tempted us with Polyface Farm chicken and Caromount chevre rilette; a crostini topped with chicken confit, a sweet gherkin and served with a local cherry tomato mostarda. Double H Farms provided the pork for the tender, succulent barbeque sandwich offered by Maya, a downtown Charlottesville restaurant. Chef/owner Christian grew up on a dairy farm in New York, providing that "link" between farm-to-table really hits it home at Maya with their "made from scratch" menu prepared daily in honor of the "Old Southern Kitchen". The Local, also from the C'Ville area, brought chevre cheese to light in delectably sauced mushroom stuffed ravioli with real truffles in olive oil lightly drizzled over the raviolis! I plan to visit all three when next in the Charlottesville area!

I always feel that good conservation and food go together and in addition to an ample harvest at the table. We also have been blessed with "food for thought" with this year's great speakers. I am grateful for the knowledge they are able to deliver to us. This year Joel Salatin, Ivana Kadja, and Lisa Reeder were in the lineup. Joel's downhome eloquent way of sharing his insight and experience as a farmer, can really make you think. Imagine that, Chipotle sales going up after switching to pastured pork! Ivana Kadja and her passion for change in the school lunchroom have really made a difference, getting whole milk back on her school district's menu and serve to remind us to speak up for change. Lisa Reeder, who is instrumental to the inner workings of The Food Hub, a Charlottesville, Virginia based food distribution non-profit that works to connect farm food with those in search of it. Lisa, as the Value Chain Coordinator, helps the progress of food freedom by building relationships between farm-to-consumer and farm-to-table. All three speakers brought something different and yet the same...we should all have access to farm foods.

It was a lovely evening and it was great to share so much!

" A 'less than ideal' turnout for our annual Farm Food Voices potluck dinner event did not hinder its effectiveness. Many of the guests I spoke with were privately pleased that they had the guest speakers and vendors to themselves. And more chances to win in the gift drawings! Having many one on one conversations gave them quality time to network and learn. It was a nice family event and the shared meal was delicious, as expected!"
- Susan Verbeek, VICFA board member, Grow in Grace Farm



FARM FOOD VOICES: August 8, 2013

Farm Food Supporters: Matthew Hart... Executive Chef at "The Local" restaurant in Charlottesville

By Anne Buteau



CHEF MATTHEW HART

I met Matthew Hart at the Farm Food Voices 2013, where he came to support VICFA by providing tastings of delicious mushroom stuffed ravioli. I eat locally...in my kitchen most of the time: our home grown meats, dairy from our cow, fruit and veg from our garden or Double H or Twin Springs farms just down the road. I tend to stay out of the city as much as possible, so was interested in finding out more about this restaurant called "The Local" that I had never heard of! Maybe a place to go to for a special occasion!"

Matthew has been Executive Chef since the opening of the restaurant in 2008, and is passionate about sourcing local ingredients from surrounding farmers, cheesemakers, breweries, vineyards, and distilleries, enjoying the challenge of creating a menu using the bounty of each season.

I talked to him about VICFA's mission statement "to preserve and promote direct unregulated farmer to consumer trade" and the relevance to food sourcing in the restaurant business. He agreed that less costs and time consuming paperwork can make it easier for a small farm business to get established, which can then grow and develop and comply with the regulations necessary to supply restaurants. This then provides more options for a chef to choose from, and the diners benefit too!

Matthew talked about the relationship he has with his suppliers, and that knowing the source of his ingredients, how they are raised/produced, and that he can visit the farms at any time, means a lot more to him than "inspections". It seemed that knowing the animal is treated with respect on the farm puts an obligation on the chef to honor the animal in his cooking of it. All parts are valuable not just the steaks, and he enjoys cooking unusual cuts and turning them into something special.

Of the local farms I know of that rely only on farm related income (no off farm jobs), I cannot think of any that do NOT supply restaurants in a significant way. So it seems to me that it is thanks to the chefs who take the time to buy from a variety of suppliers, rather than "one stop industrial food shopping", that enable a part time farmer to develop into a full time farmer. If it is possible to thrive on only farmers market income please correct me.

So now a HUGE thanks from me to ALL the chefs out there who buy locally and support their local economy. I'm also hoping that those diners who enjoy local food somehow find out about VICFA, and the hours of unpaid time that VICFA members spend during the year at the General Assembly and VDACS Board Meetings, so that choices are plentiful at the farmers market on a Saturday morning! ■

We would like to thank all of the contributors who made our event a success!

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Maya, Charlottesville, Va
The Local, Charlottesville, Va
Trager Brothers Coffee, Lovingson, Va
Valleymont Market, Nellysford, Va
Whole Foods, Charlottesville, Va



Special thanks to our member volunteers without whom this event would not be possible.

Reminder - September On-Farm Activities Task Force Final Meeting

This last meeting will be held:

September 24, 2013
10:00am-1:00pm
in Senate Room 3
Virginia State Capital Building, Richmond, VA

This meeting is open to the public with time allotted to make a comment at the end and I urge anyone who is for change to come and take this opportunity to speak up for small and large farming rights.

For more information, details (including comments) of the May and July meetings, or to leave a comment by email, please visit the Virginia Department of Agriculture and Consumer Services.

<http://www.vdacs.virginia.gov/news/farmactivities.shtml>



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VICFA Notes September Meeting

Our next meeting will be held in Spotsylvania, VA on September 8 2013.

We will share in a potluck lunch at 1:00 pm, followed by our general business meeting from 2:00 - 4:00 pm. VICFA membership meetings are open to the public. Please bring a dish and a big helping of enthusiasm to share. Broaden our reach - invite a friend or neighbor to join you.

Sunday, September 8, 2013 at 1:00 pm

Hosted by owners of The Harvest Market, Tamis and Matt Davis

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DIRECTIONS: From the Richmond Area: Take I-95 North toward I-64 (Charlottesville/Washington). After about 43 miles, take exit #118 and turn LEFT onto Mudd Tavern Road. After about 4 miles, Bear RIGHT onto Courthouse Road and go for 4 miles. Continue onto Brock Rd and turn RIGHT onto John Myer St. After about 400 feet, turn RIGHT onto Heth's Salient Street. Your destination is on the right: 7610 Heths Salient St, Spotsylvania, VA.

From Charlottesville Area: Locate Louisa Rd (VA-22) towards Gordonsville Rd (VA-231). Bear LEFT onto Gordonsville Rd and travel for about 10 miles. Take 2nd exit from roundabout North Main Street onto E Gordon Ave (US-15). Travel for about 8 miles. Turn RIGHT onto Berry Hill Road (VA-20) and travel for about 22 miles, then Turn RIGHT onto Germanna Hwy. After 1 mile, Turn RIGHT onto Brock road and continue for about 10 miles. Bear LEFT to stay on Brock Rd. After about 1 mile, Turn LEFT onto John Myer St. After about 400 feet, turn RIGHT onto Heth's Salient Street. Your destination is on the right: 7610 Heths Salient St, Spotsylvania, VA

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