

**NOFA-NY, The Good Life Farm, Sweet Land Farm and West Haven Organic Farm Present:
Early, Late & Four-Season Production**

Using Season Extension Effectively to Increase Your Farm's Offerings

Join us on **Monday, May 16th** as we tour three farms in the Ithaca area to see their early spring production in action. Each farm will show off their season-extension structures while explaining how their usage is incorporated into the yearly production, harvest and marketing schedule. At **Sweet Land Farm**, discussion will center on the use of passive solar tunnels and on their winter CSA and storage needs. At **The Good Life Farm**, movable tunnels will be highlighted, and participants will complete a rotation design activity to gain insight into how the farmers plan their rotations, seeding and harvest schedules. At **West Haven Organic Farm**, a variety of season-extension structures are in use, including heated greenhouses and radiant heat benches, and we will focus the discussion around optimizing each space for particular uses. The farmers will shed light on the economic and strategic aspects surrounding season-extension infrastructure.

Following the tours, there will be a group meal celebrating early-season spring produce in the form of a collaborative bowl of salad (our springtime version of stone soup). Please bring an item to contribute to the salad (greens will be provided from the three farms, and allergens will be kept aside). Additional potluck items are welcome, of course.

12:00—1:30pm Sweet Life Farm (9732 New York Rte 96 Trumansburg, NY 14886)

1:45—3:15pm Good Life Farm (4017 Hickok Rd Interlaken, NY 14847)

3:45—5:15pm West Haven Farm (114 Rachel Carson Way, Ithaca, NY 14850)

5:30—7:00pm Potluck! (Location TBA)

FREE for NOFA-NY members; \$15 for non-members (some scholarships may be available).

Register by May 9th at www.nofany.org/events/field-days, or call Rachel at (585) 271-1979 ext. 511.

About the Farms and Farmers:

Paul Martin and Evangeline Sarat have been farming at Sweet Land Farm (Trumansburg) since the 2007 season. The farm currently has 400 summer CSA members (24-week season) and 165 winter CSA members (12-week season). Evangeline and Paul, assisted by 3 full-time seasonal employees, run the farm which uses passive solar tunnels and storage space to provide their extended-season CSA produce. The Good Life Farm (Interlaken) is owned and operated by Garrett Miller and Melissa Madden. They focus on farm systems that are perennial, fit an energy descent profile and work well in plant and animal polycultures. High tunnels help them add high-value annual crops to their system, particularly at the beginning and end of the season. The Good Life Farm is also home to several part-time farmers in various partnership agreements. West Haven Organic Farm (Ithaca) has been growing certified organic fruits and vegetables since 1992. They are beginning their 20th CSA season and currently have 265 shares over a 24-week season. They sell at the Ithaca Farmer's Market and to several local restaurants. John Bokaer-Smith and Todd McLane manage the farm. The farm employs 1 full time crew leader and 2 interns during the growing season.



This program is supported by the Beginning Farmer and Rancher Development Program of the National Institute of Food and Agriculture, USDA, Grant # 2010-49400-21847 and a USDA Risk Management Agency Small Sessions Grant.