

Sustainable Sandhills Presents the Urban Farm Tour



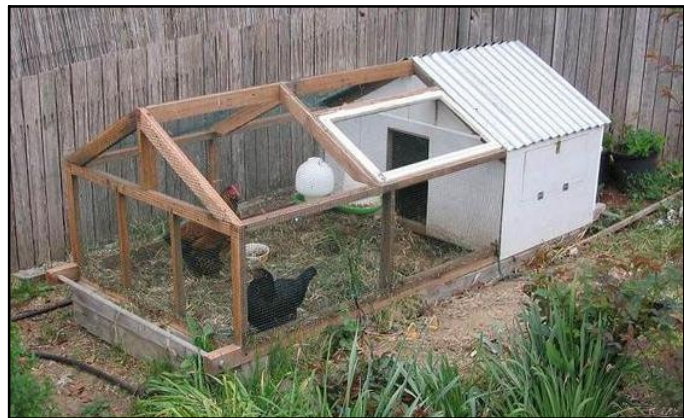
During the 1940's our grandparents called them "Victory Gardens." Fruit, vegetable, and herb gardens planted in yards across America served to reduce the pressure on the public food supply brought on by the war effort, and boosted morale at home. Today a similar movement is growing across America, but for different reasons. The "Urban Farming" movement is exploding across the nation as individuals choose to grow their own produce and buy locally as a way to demand healthier food and higher environmental standards.

Sustainable Sandhills wants to help you become a part of this movement. On **April 11, 2009** Sustainable Sandhills will be hosting the first annual **Urban Farm Tour** in **Moore and Cumberland Counties**. The Tour will highlight how, through the simple act of growing or raising a portion of their own food in small backyard lots, local citizens are securing a healthier and more sustainable future.

The Tour will offer participants a chance to see what local urban farmers are producing and how. According to Moore County Urban Farm Tour 'champion' Jan Leitschuh, "the Tour will show participants how local urban farmers weave elements of the rural seamlessly into town and suburban life - all without annoying their neighbors!"

A key goal of the tour is to show participants how to take Urban Farming concepts and make them work in their own yards, while inspiring people who are interested in starting their own urban farm but are afraid they don't have the know-how to do it. The Moore County Tour currently has 15 gardens planning to participate. Visitors will see urban homeowners, much like themselves, giving demonstrations on bee-keeping, the use of native plantings and edible landscapes, rain-harvesting, raising chickens as laying hens, vermi-composting (worms!), shade gardens, certified wildlife habitat, growing fresh-cut flowers and more. During the Tour participants will be able to see firsthand how practices such as tilling-in cover crops, composting and building raised beds can improve soil quality and increase yields.

The Tours are self-guided. Participants will be able to pick up maps for the Moore County Tour from Sustainable Sandhills volunteers located at Aberdeen Elementary School, and for the Cumberland County Tour from volunteers at the Cape Fear Botanical Garden in Fayetteville. The Moore County Tour will be from 10 a.m. to 3 p.m. with a "Getting Started" course at the Aberdeen Elementary School gardens from 3:30 p.m. to 4:30 p.m. The Cumberland County Tour will begin at 9 a.m. at the Cape Fear Botanical Gardens with a short orientation and "Getting Started" course, followed by the self-guided Tour.



Backyard Chicken Coop

In today's society, you might wonder why anyone would feel the need to plant their own garden when you can simply drive to a nearby grocery store and buy a wide variety of fruits and vegetables. But

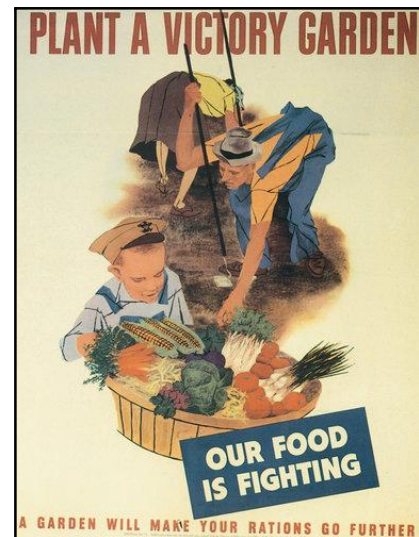


Example of an "Edible Estate"

consider this: today our food travels an average of 1,500 miles from the farm to the table. The process of planting, fertilizing, processing, packaging, and transporting our food uses an immense amount of energy. Much of that energy is generated from burning imported foreign fossil fuels, and the carbon emissions from the combustion of those non-renewable fuels is a major contributor to global climate change. By planting your own urban garden you can reduce global climate change. Instead of traveling many miles from farm to table, your food would literally travel from your garden to your table. And it tastes better too!

During World Wars I and II, when the United States government asked its citizens to plant gardens in order to support the war effort, millions of Americans complied. In fact, in 1943, Americans planted over 20 million Victory Gardens with a harvest that accounted for nearly a third of all the vegetables consumed in the country that year. Imagine the impact these urban farms could have on America and our environment today.

If you know someone who has an urban garden in Moore or Cumberland County who would like to be part of the Urban Farm Tour, or if you would like to volunteer to help at either of these events please contact Heather Brown at brownh@ctc.com or 910-639-7024. [Link to Urban Farm Tour page on the SS website.](#)



Sustainable Sandhills – Local Food & Culture Program

Promoting local food and cultural connections

The 2009 Urban Farm Tour in Cumberland and Moore counties. Healthy - native - local eating guide. Feed the Fort initiative. Cultural resource inventory – GIS based – public access.

Community bike, trail, paddle trail networks and guides.

[Link to SS Local Food & Culture Program web page](#)