FY 2014

$99,973 to Long Hungry Creek Farm to create a farmers market and CSA program in Red Boiling Springs, TN.

Final Report

Final Report

Date: October 3, 2015

Recipient Name: Jeff Poppen, the Barefoot Farmer

Project Title: Barefoot Farmers Market & Educational Training Program

Grant Number: 14-FMPP-TN-0156

Project Location: Red Boiling Springs, TN

Amount Awarded: $99,973

Contact: Kristina Rossi/678-787-0935/thekristinarossi@gmail.com

Goals & Objectives:

1. To establish, develop and expand a community farmers market in Red Boiling Springs, Tennessee that will stimulate and support a local agriculture economy.

2. To directly increase the amount of available and consumed locally produced agriculture products available in the marketplace via the establishment, development, and extension of community supported agriculture programs, farmers markets, etc.

3. To provide training, education, assistance and support in the form of knowledge about organic gardening and marketing and networking opportunities to people interested in growing agriculture products for local consumption which will directly increase the amount of locally produced agriculture products in the food supply. This goal was achieved through an internship program held on Jeff Poppen's 250 acre biodynamic farm, consultations given by Jeff Poppen on farms and gardens in and around Nashville, Tenessee, and through educational events held with the purpose of teaching others how to grow produce and sell it locally.

Accomplishments:

- Established a successful and sustainable farmers market in Red Boiling Springs from scratch, with hundreds of dollars being generated in income every Saturday. This included establishing a farmers market manager, protocols for vendors, generating interest in produce, etc. The fact that the market has enough vendors and consumers interested in the project which is creating enough revenue to pay for farmers market positions, utilities used, and advertising in the future makes this project one that will be able to sustain itself even though no more grant funds are currently planned (Appendix 6). Successfully marketed a brand new farmers market through advertisements in the local papers, advertisements on local radio stations, networking on social media and the Internet, flyers around town, and partnering with local businesses and community groups to spread the word of a new local farmers market.
- Directly increased the amount of locally grown agriculture products into the market by educating others (farmers and gardeners) about good practices for growing food and then teaching them the best ways to get it sold and make a profit while doing so. This was accomplished through the internship program held on our 250 acre biodynamic farm and through consultations with other farmers and gardeners by having them visit the farm, over the phone or by email, or by going to their farm or garden (Appendix 8).
- Began accepting EBT at farmers market (Appendix 1).
- Ran an internship program which educated many young adults who were interested in being agriculture students in a hands-on environment. Provided food and housing and taught them how to grow enough produce for a 100 member CSA (including crop rotation, tractor work, basic organic gardening, cattle, etc.) and how to market that produce through networking and advertising (Appendix 7).
- Gave farm tours. Spent a minimum of two hours with all farm tour attendees, drove them around the farm, and gave most of them free samples of produce to take home to share and talk about with friends and family (Appendix 5).
- Although building improvements were not to be paid for by the grant, we patched holes and painted the outside of the building, fixed the bathroom facilities, and worked on the parking area. We felt these things important enough to put our own personal funds towards.
- Partnered with the Tennessee Mayoral program "Healthier Tennessee" to become a healthier community. Kristina Rossi sits on the Macon County Healther Tennessee Committee as a representative for the nutritional aspect of the three-point program which also focuses on exercise and tobacco use. More information about the program can be found at healthiertn.com (Appendix 3).

Beneficiaries:

- Red Boiling Springs community that now offers a local farmers market in addition to the one very small grocery store, Bill Martin's and the Dollar General. Fresh produce, farm eggs, flowers, herbs, baked goods, etc. make the farmers market a serious competitor for grocery funds (Appendix 6).
- Minimum of five local farms who participate in local farmers market regularly. They utilize tables and chairs purchased with USDA grant funds and refrigeration for produce that was purchased with USDA grant funds.
- Interns who gained first hand knowledge of farming and gardening and then marketing produce through field lessons and classes held on one of the oldest and largest organic farms in Tennessee (Appendix 7).
- Attendees of farm tours. At least two hours was spent on every farm tour, and the attendees were driven around in Jeff Poppens vehicles.
- Attendees of free educational events and workshops, including the free classes at the farmers market, Yoga Retreat, TN Local Food Summit, and Biodynamic Conference. These events were planned by Jeff Poppen without reimbursing him for such things, and conference-goers enjoyed tables and chairs for lectures and workshops that were paid for by the USDA grant. Educational attendees also were able to utilize notebooks and writing utensils for note-taking and references for future use in their gardening and marketing endeavors (Appendix 2).
- Beneficiaries of on site consultations and consultations over the phone and via email. After submitting their questions online, Jeff Poppen would reference his library collection of farming and gardening books, and his 40 years of experience and respond with advise and direction.
- Anyone with an EBT card who can now use those funds at their local farmers market. When EBT acceptance began, we started seeing new visitors to the farmers market who had not been coming previously. Sales increased.
- Vendors (local farmers and gardeners) who now have a market to sell their produce at. Only one other farmers market in the county, and the vendor fees scare people away and the distance scares Red Boiling Springs community members away. Before this USDA funded project there was not money available for the advertising, upkeep, etc. that was needed to establish a sustainable program and consumer base here in Red Boiling Springs. It is also very beneficial that the market accepts not only cash, but also EBT funds. Vendors are seeing an increase in sales due to acceptance of EBT at farmers market.
- Community groups that benefited from us cross-promoting their events such as Red Boiling Springs heritage group, Vision 20/20, the Lions Club, and a couple of the local hotels including The Armours.

Lessons Learned:

- The demand for organic and/or locally grown produce is slim and harder to activate in lower populated areas where education and income levels are not very high.
- Submitting an application for acceptance of EBT approval is the easiest part of getting to accept EBT. Our program ran into great difficulty in actually trying to take payments in the form of EBT. We tried to use Market Link, but the process was confusing and difficult, and after other farmers market managers who were already accepting EBT suggested we use our own bank due to better rates, the process became even more troublesome. When we approached our bank about getting equipment to accept EBT, the lady in charge of such things said she had never been through the process before, but would be happy to try and help (Appendix 1).
- A better way to have documented farm tours would have been to have everyone sign a form with name and date.
- Managing a farmers market is not just about produce, it is about people.

Future plans and goals:

Although our funding period is over our Farmers Market and Educational Training Program is not. We are looking forward to continuing our Community Farmers Market in Red Boiling Springs, Tennessee and our educational and training program which, through the utilization of the Internet and social media, networking with local producers and consumers, and connecting with business owners and educational experts, spans across the United States.

Although we have successfully established a farmers market in Red Boiling Springs, we want to continue reaching for our never-ending goal of developing and expanding the markets consumer base, vendor variety, and community networking opportunities that the farmers market allows for, therefore directly increasing the amount of locally produced and consumed agriculture products.

The farmers market established itself as a serious food vending establishment in the community and is generating enough money to continue paying for the positions and utilities that were once covered by the USDA FMPP grant with the implementation of a small vending fee.

The farmers market will run into December, offering kale, spinach, storage crops, baked goods, farm eggs, etc., and then take a break until Spring. There will continue to be no fee to vend, and the marketing and advertising for the market will still be managed by Kristina Rossi through Barefoot Farmer social media platforms, and in community calendars in local papers. Jeff Poppen will pay for the utilities used at the farmers market since increased traffic to the farmers market will have given him enough extra revenue to continue to pay for such things in the interest of providing the community with this service that we find imperative to our community. Jeff Poppen will still do occasional free classes at the farmers market as a way to aid in the production of local goods, a way for others to gain the knowledge they need to successfully market their produce, and as a good way to keep more people interested in attending the farmers market.

Jeff Poppen will continue to run the internship program just as he did this past year, and all events will continue to take place annually. The money that was afforded those activities in this past year really helped establish structure and value, and we will be much better equipped for education and training in the years to come.

Jeff would like to continue consulting, lecturing, giving farm tours, organizing events and teaching interns and visitors. The demand for such services seems endless and continues to grow. Although he can continue to the farmers market and internship program, he would have to find another way to be compensated for the other activities.

To whom it may concern,

The FMPP grant fit perfectly into my own goals: to increase the production and consumption of healthy local foods. I have also been able to start a new farmers market, coordinate educational events and provide training and assistance to farm and ranch operations.

As a lifetime local producer, I am compelled to help newer farmers avoid the many mistakes I've made. Through on-farm consultations and answering questions by phone and email, to showing people my own farming systems, I am confident I've shortened learning curves and increased local production.

With our broad outreach via Television, newspaper, social media, tours and workshops, I am overwhelmed with opportunities to help. The FMPP grant allowed me to spend more time getting new farmers ready to be able to supply local markets than I could have done without the grant.

As the consumption of locally produced agricultural products expands, the importance of training and providing technical assistance also increases. With the help of the FMPP grant we not only directly opened a new farmers market, but were able to directly consult with farmers and gardeners who will now be able to supply other farmers markets, roadside stands, CSA's, agritourism activities and other producer to consumer activities.

Thank you for this opportunity that we were given through this USDA grant, it helped a lot of dreams to become realities, and will continue to do so even though funding is over.

Jeff Poppen
The Barefoot Farmer
615-699-2493
jeff@barefootfarmer.com

Appendix

1. EBT Acceptance
2. Educational Events
3. Partnering with Community
4. Flyers
5. Farm Tours
6. Farmers Market
7. Internship Program
8. Consultations

Appendix 1

EBT Acceptance

Appendix 2

Educational Events

The Southeast Biodynamic Assocation

WELCOMES YOU

to our

20th ANNUAL CELEBRATION

and Family Reunion

"Training New Farmers"

October 2-4, 2015
Long Hungry Creek Farm
Red Boiling Springs, TN

This conference is a Community Supported Event.

Thanks to all the growers, and others, for helping make it happen.

THREE RIVERS MARKET the co-op

The Horn

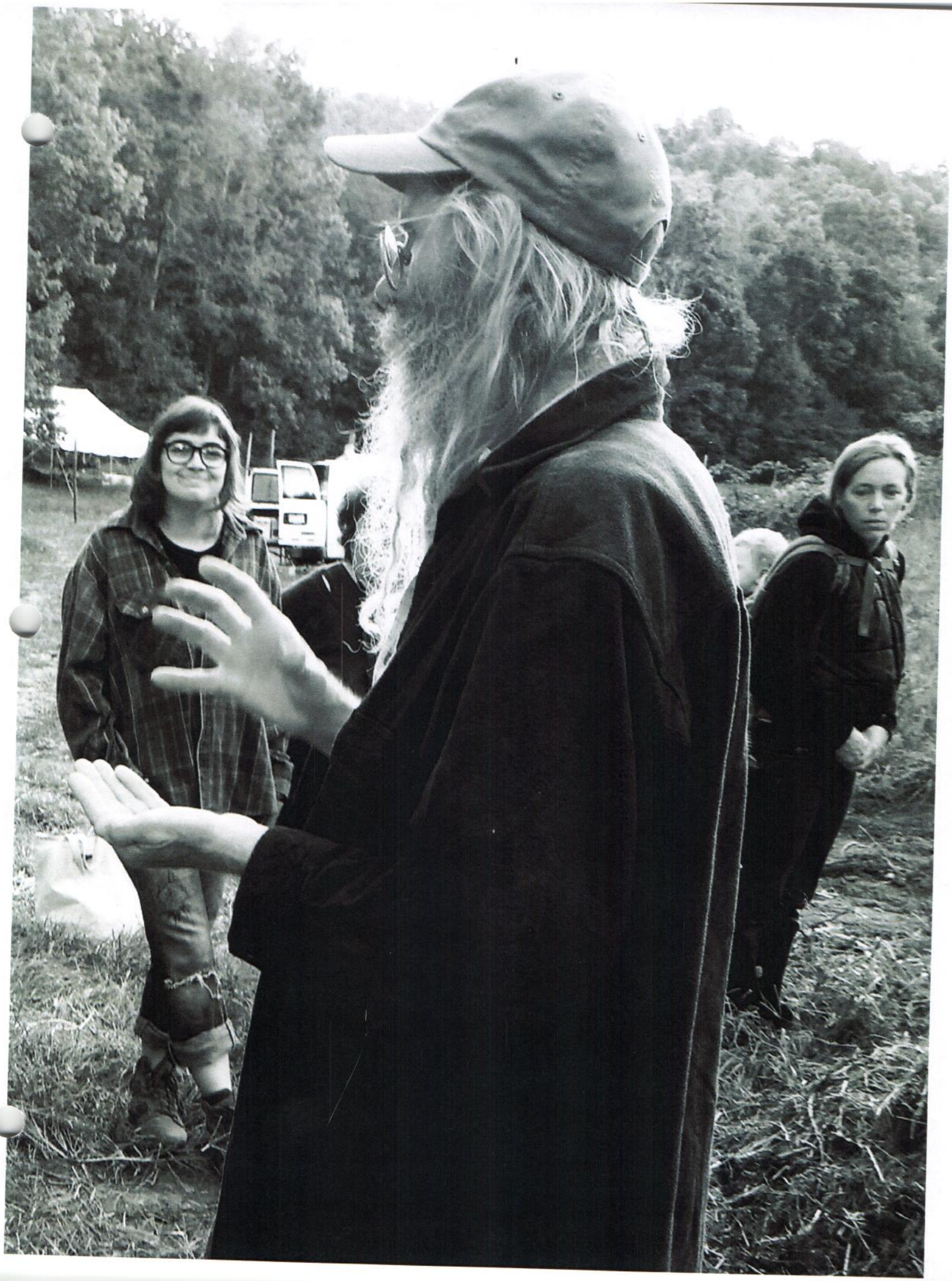
BIODYNAMIC ASSOCIATION

We're glad you are here!

Please make yourself at home.
Ask questions. Tidy up.
Help when help is needed.
Wash your neighbor's plate.
And have a good time.

Direct questions and comments
this weekend to Coree or Jeff.

Keep in touch: www.barefootfarmer.com
coreekaleseed@yahoo.com, or barefootfarmer@gmail.com



Crazy Owl Retreat 2015 ~~ Schedule of Events

Friday, May 22

	Stage	Kitchen	Post Office
2 p.m.			Primitive Skills with making an undergrou and how to cook a pi
5 p.m.	Yoga with Jeanette		
7 p.m.		Potluck Dinner	

8 p.m. Music at Jeff's house

Saturday, May 23

	Stage	Kitchen	Post Office
7 a.m.		Coffee and Tea	
8 a.m.	Family Acro Yoga with Gillian St. Clair	Farm Tour with the Barefoot Farmer	Mindfulness
9 a.m.			Making Drea
11 p.m.	Taekwondo (Family) with Hunter	Herb Walk with Helga	Hula Hoopliv with Kristina
12-1 p.m. Lunch theater – Fermentation with Scott, 1-2 p.m. Lunch Break – potluck			
2 p.m.	Healing with Martial Arts – Master Cat	Primitive Skills (**post office area**) – tanning, fire making, wood working	
4 p.m.	Acro Yoga with Gillian St. Clair	Healthy Snacks for Kids (Family workshop)	Musical Petti
6 p.m.	Dance it Out with Dianna	Working with herbs	Drumming w with Ed
7 p.m Dinner Break			
8 p.m. Talent Show (by the stage) followed by drumming			

Sunday, May 24

	Stage	Kitchen	Post Office
7 a.m.	Mindfulness Meditation	Coffee and Tea	
8 a.m.	Yoga and Kalarippayat with Amy		Hula Hoop F
10 a.m.	Healing from Within - Abdominal Massage with Paul	Kid Art with Tarri Driver	Yoga for kids with Sarah Ja
			*meet here at Paddleboard
12-1 p.m. Lunch theater with Laura Button – Eating Fresh from the Farm 1-2 p.m. Potluck Lunch Break			
2 p.m.	Yoga with Raechel	Herb walk/workshop	Parachute Fu
4 p.m.	The Yoga of Breathing with Coree	Healthy Snacks for Kids (family workshop)	
5:30 p.m.	Capoiera with Eme eme		
7 p.m. Dinner, conversation, drums and firelight			

Monday, May 25

8 a.m. Leisurely breakfast
9 a.m. Qigong with Leopard at the stage
11. a.m. Chat with presenters, take another walk around the farm and pack up.

Photos of Jeff Poppen Tag Photo Options Share Send

Darby Weaver
January 26 ·
View on Instagram

So grateful for the mentors I have and their vision into the spiritual and physical healing of the Earth. #compost #biodynamic #hughlovel #thebarefootfarmer #healtheearth #energetics #biochemicalsequence #mentors #elders #farming #soil #holistic #spiritualscience #rudolphsteiner — with Jeff Poppen and Hugh Lovel.

Unlike · Comment · Share

You, Jeanette Jordan, Pat Riley, Jeff Poppen and 71 others like this.

View 3 more comments

Todd Riddle I have 4 started my self, and I enjoy it very well, I'm on a start to build one for my blueberries and raspberry, grapes using pine needles to make a more of a acid soil! Does anyone know of any better way ? I'm all ears
January 26 at 12:29pm · Like · 1

Pat Riley
January 26 at 3:12pm · Like

Jules Laughinghawk Coffee grounds are acidic.
January 27 at 2:16am · Like

DiAnne Patrick Coffee grounds are acidic and high in nitrogen.
January 27 at 3:44am · Like · 1

Write a comment...

Photos of Jeff Poppen
in Timeline Photos

Tag Photo Options Share Send Like

Alan Messer
December 6, 2014 at 10:30am · Edited ·

JEFF POPPEN, The Barefoot Farmer - Tennessee Local Food Summit, Vanderbilt University, Nashville 12.6.14
© photograph by Alan MESSER [www.alanmesser.com] — with Alan Powell, Brenda Butka and Jeff Poppen.

Like · Comment · Share

Laura Merlo, Mac Hill, Dianne Hayes Smith and 43 others like this.

1 share

Write a comment...

Sponsored Create

Get $300
When you trade in your phone and buy a new one.
verizon

Trade In. Get $300.
www.verizonwireless.com
Switch to Verizon and trade in your old phone. We'll gi you $300 for a new one.

Photos of Jeff Poppen
in Barefoot Farmer

Tag Photo Options Share Send Like

Lannae Long
November 2, 2014 ·

With Jeff Poppen.

Like · Comment · Share

Shannon Stoney, Dianne Hayes Smith and 55 others like this.

Jason Gower Lot to see here
April 25 at 6:20pm · Like

Write a comment...

Suggested Groups

Tennessee Deadheads
16 friends · 278 members
Join

See All

Sponsored
Create Ad

Affordable is pretty awesome
www.verizonwireless.com
On Verizon Prepaid get the HTC Desire for $89.99 with no annual contract or credit check

Appendix 3

Partnering with Community

Macon County Healthier Tennessee Committee

Kickoff Meeting

July 30, 2015 – 10:00 a.m.

AGENDA

Welcome — Steve Jones, County Mayor

"Getting to Know Our Committee"

Introduction of Guest

What is a Healthier Tennessee Community" — Jennings Ragan, Director of Community Relations

Governor's Foundation for Health and Wellness

"What's Happening in Macon County Tennessee"

Introduction of Community Leaders — Carolyn Whitaker, Community Chairperson

Lynne Knight, Michal Deaver, Stacey Brawner

"Plans for Macon County to be a Healthier Tennessee Community"

Physical Activity

Makin Macon Fit

- Relay for Life
- "Go Noodle" in all k-8 Classrooms

Nutrition

- RBS Farmers Market and Lafayette Farmers Market –send healthy recipes and shopping tips home with shoppers
- USDA Grant, Jeff Poppen Barefoot Farmer
- Offer complimentary "healthy food prep" or "how to shop healthy for less" classes and flyers home with businesses and industries

Tobacco

- Hospital based smoking cessation program for inpatients

"Great grant opportunity! " — Jennings Ragan

Discussion and approval of plans and how this committee can help

"Creation of Team Leaders" for

Schools (at least 1 for each k-8 school)

Churches (1 person for each church)

Business and Industry (at least 3)

"Creation of marketing Team" for radio, TV and newspapers

Next meeting/ Adjournment

Healthier Tennessee Communities
Macon County

October 16, 2015

Kristina Rossi, Project Director
USDA Project for Farmers Market
Red Boiling Springs, Tn 37150

Dear Ms. Rossi:

We appreciate you being a member of our Healthier Tennessee Communities here in Macon County. You have brought an added depth to the effort Macon County is striving to attain in becoming healthier. Through your marketing skills, the project has brought the Farmer's Market in Red Boiling Springs to life. Jeff Poppen has and continues to provide a wealth of produce for the area as well as other communities. His knowledge is shared via the Tennessee Volunteer Gardner TV programs he presents on healthy gardening on a regular basis and to the information he has shared at the Saturday morning Farmers Market presentations. . We in Macon County are fortunate to have such expertise among us. And we are appreciative of the boost the USDA Farmers Market grant has given to healthy living in Macon County!

Thank you Kristina for your effort in managing the grant and sharing your leadership and marketing skills in biodynamic gardening.

Sincerely,

_____

Carolyn V. Whitaker, Chairperson
Healthy Tennessee Community
Macon County.

The Merlo's
152 Wilder Lane
Red Boiling Springs, TN 37150

September 23, 2015

Jeff (Barefoot Farmer)

I want to take a moment to let you know how appreciative I am for your giving of information and consulting on keeping healthy food available to my family and community. You are a special individual who believes in sharing your knowledge, skills and garden to ALL.

Your RBS Farmer's Market has grown, in my eyes, bringing the community together each Saturday morning. It warms my heart to see people, all ages, gathering to pick out veggies for their weekly meals. I just wanted to ensure you know how special your actions are to the community of Red Boiling Springs. You are such a great role model in farming and in the role of being a human.

I also want to thank you for your support in the opening of Step Back in Time Gift Shop, an entity of the non-profit Vision 2020 Inc. Your flowers and pumpkins/squashes have brought an eye appealing décor to the shop. It is a pleasure to share information about your farm to the community and we appreciate you sharing information about our shop. Community working together.

Just wanted to let you know.

Laura Merlo

Red Boiling Springs Lions Club

Steve McCart President Ph@ 615/699-0067

212 SkyLine Drive * Red Boiling Springs TN 37150

October 15, 2015

The Red Boiling Springs Lions Club is proud to be part of such a gracious and giving Community!! We would like to take a moment to say Thank You to Jeff Poppens and the whole group of Barefoot Farmers Associates!

Each event we have had this year has been "shared" and cross promoted by Jeff and his Associates. They have graciously donated produce from The Farmers Market for several events as well. Jeff and all his Associates have truly made a difference in our Community.

We are thankful to live in such a gracious and giving Community!!

Sincerely,

Samantha Hardin

RBS Lions Club Vice President

Vision 2020 Inc
2163 Oak Grove Rd,
Red Boiling Springs,
Tennessee, 37150

www.vision2020inc.com
vision2020@nctc.com

Chairman
Richard Eadler

Vice-Chairman
George McCrary

Secretary
Rita Watson

Treasurer
Karen Davis

Board Member
Linda McCrary

14 October 2015

To Whom It May Concern,

Allow me to take this time to express our appreciation for the Farmer's Market in Red Boiling Springs, TN.

Part of the mission of Vision 2020 is to improve the quality of life in our community. Jeff Poppen aka "The Barefoot Farmer" and his crew have been an important part in reaching that goal.

By opening the Farmer's Market, they not only have given the community a source for organic, locally grown foods but they have also given other gardeners a venue for selling their produce.

This group of fine folks have partnered with us in several events that promote a quality life, in promotion and participation and even in monetary donations. For example, during our Folk Medicine Festival, Jeff offered a formal question and answer session and they set up a booth where people were able to continue to have their questions on gardening and farming answered.

Kristina Rossi has been very valuable in promoting our efforts along with their own events. The sense of community between our two groups has had a very positive affect on our community.

Sincerely,

Rita Watson

Rita Watson, Secretary

Appendix 4

Flyers

Thank you for your support!

Coming up this season:

- Chicks & chickens
- Farm-fresh eggs
- Goat milk & products
- Locally grown veggies
- Locally grown fruit
- Potted plants for transplanting
- FREE gardening marketing classes by Jeff Poppen
- FREE samples of farm products
- Acceptance of EBT benefits

Goals of the RBS Community Farmers Market:

- Increase tourism economy in RBS
- Encourage community interaction, conversation and relationship building by creating space for meeting and sharing
- Create market for producers to sell locally grown products
- Increase availability of locally grown produce for local consumers

Got any locally grown agriculture products you'd like to sell at the market? It's free and we'd love to have you! Please contact Kristina Rossi at info@barefootfarmer.com or 678-787-0935.

Did you know

that it is FREE

to vend any locally grown agriculture products at your RBS farmers market?

Saturdays from 9 am until 1 pm

520 Lafayette Rd, RBS

- EBT acceptance coming soon!
- Workshops by Jeff Poppen, the Barefoot Farmer
- Fresh produce, eggs, and baked goods!

Please contact Kristina Rossi for more information at info@barefootfarmer.com or 678-787-0935

Your RBS Farmers Market

is *now accepting*

EBT

Please let us help you mark things off your grocery list each week

Saturday 9 a.m. until 1 p.m.

520 Lafayette Road RBS, TN (across from the Head Start)

- Variety of fresh, local vegetables
- Farm-fresh eggs
- CSA Shares
- Baked goods
- Small livestock
- Free samples
- Herbs
- Flowers
- Storage crops

Free to vend any locally grown agriculture products. Please contact Kristina Rossi at 678-787-0935 for more details.

TENNESSEE STATE UNIVERSITY

College of Agriculture, Human and Natural Sciences

Tennessee LOCAL FOOD SUMMIT

December 4 - 6, 2015

Middle Tennessee farmland once fed this region, and it can again. The **fifth** annual **Tennessee Local Food Summit** will take place at **Tennesee State University.**

Join us in our mission of promoting the production and consumption of healthy local food, providing jobs, and improving the care of Tennessee's land, water, and people.

- Farm-fresh Meals
- Networking
- In-depth Workshops
- Trade Shows
- Farm Tours

Hosted by **Tennessee State University College of Agriculture Human and Natural Sciences, Cooperative Extension,** and **Barefoot Farmer, LLC**

www.tnlocalfood.com

Appendix 5

Farm Tours

Recent
2015
2014
2013
2012
2011
2010
2009
2008
1990

n to your timeline.

Visit to the Barefoot Farmer 7 of 11

Options Share Send

Mickie Loyd
September 25 ·

We all got free samples to take home. These are are our bok choy bouquets.

Share

6 people like this.

Lois Helen Mayberry Kinnard Makes me jealous and wish I was a master Gardner..
September 25 at 6:48pm

Patricia O'Mara What a fine looking group! Wish I could have gone along.
September 25 at 10:56pm

Carol Ludgate Me, too! I had a doctor's appointment.
23 hrs

People You May Know See All

Raven Auriana Williamson
18 mutual friends
Add Friend

September 24, 2015

Dear USDA.

Our school, Pleasant View Montessori had the wonderful opportunity to tour Long Hungry Creek Farm with Jeff Poppen, The Barefoot Farmer last spring. We loved it!

Our children got to see, first hand, how food is grown. He talked about soil, composting and helped the kids to see how they can grow their own food too! The children also learned about the benefits of having animals on the farm. As a result, our children are eating more veggies and they are excited about buying veggies, fruits and meats that are produced locally. Because of the farm visit with Jeff, we all understand the nutritional and economic benefits of purchasing and consuming locally produced, organic food. Additionally, the children got to see a real farmer – and his beautiful farm – first-hand. They got lots of fresh air and sunshine while touring Long Hungry Creek Farm .... So wonderful! We want to go back again soon!

Sincerely,

Kris McCarthy Houser
Parent, Pleasant View Montessori
5860 Eatons Creek Rd
Joelton, TN 37080

September 28, 2015

On September 25, 2015, our group of 10 Putnam County Master Gardeners and guests visited the Hungry Creek Farm where we spent approximately two hours. The Putnam County Master Gardeners are sponsored by the University of Tennessee Extension Service. We take classes over a three month period. After participating in the classwork, we give back 40 hours of service to the PCMG through local projects, yearly plant sale, PCMG classes to the public and working with area children in their school programs. With the 40 hours accrued, we are certified as Master Gardeners.

We try to go on several field trips a year to learn about individual gardens and farms such as Hungry Creek. Jeff Poppen took us to three of the garden areas and explained about the farm, its history, how they grow their vegetables, etc.

As we sat on the front porch, Jeff explained about the contents of a bushel basket sitting there. It contained a mix of red clover, buckwheat and daikon radish seeds to use a cover crop. From the porch, we moved into the fields to see the vegetables growing in the fields. We discussed the different kinds of peppers, deciding we all liked a variety we were unfamiliar with called Carmen. It was a really sweet red pepper we plan to promote in our plant sale next spring.

More things we learned: Jeff said cold frames are used to germinate the seeds to get a head start in the spring. 2) Deep tilling the soil and amending with hay and cow manure works extremely well in making the soil friable. 3) The soil on top of the rows acts as a "mulch" cover to help with water retention...a dust cover so to speak. 4) The harvesting season goes well into December. 5) The crops are rotated each year. I am sure I have forgotten several more things we learned: it was a busy two hours!

The more knowledge we acquired translates into our teaching experiences with, not only our fellow gardeners, but also the general public whom we reach on several different levels. What we learned last Thursday made our visit very profitable, not to mention how much fun we had.

Jeff Poppen <barefootfarmer@gmail.com>

Girl Scout Visit to Long Hungry Creek Farm

1 message

Hellen West <hellenwest@nctc.com> Mon, Sep 28, 2015 at 7:26 AM
To: barefootfarmer@gmail.com

To whom it may concern,

I recently took a group of Girl Scouts to Long Hungry Creek Farm. While there, the girls earned half of their Gardener Badge by learning about the layout of the gardens and some native plants. We learned that seasonal plants need to be planted accordingly and that some plants do not like each other and should not be planted together. We learned how some plant seeds will become hybrids if planted together. We also learned how plants are used to improve the soil and how the soil affects the taste of the plants.

We were also learning about energy at the time. We saw how the farm used solar power to light the barn and how the loft allowed warmth and ventilation to preserve the crops. We talked about how the sun gave the plants their energy to grow, while the decomposition of the soil gave the plants their flavor. We discussed composting and how it relates to recycling.

In the past we have discussed many topics that were visible at the farm. As Daisy scouts the girls learned about different flowers and insects that help the garden. We saw bee hives, zinnias and clover and revisited how they help the garden. We also learned about seeds while Daisy scouts and were able to build on those discussions.

The girls enjoyed their visit, learning and reconfirming topics related to our studies. The adults enjoyed it the most and left with a wealth of knowledge. Mr. Poppen was a wonderful host and interacted with the girls on a level that allowed them to have fun while learning. He made discussions interesting and was patient with those less focused. I personally plan to encompass many of the concepts I learned into my own gardening.

Hellen West

GSA

Jeff Poppen <barefootfarmer@gmail.com>

Linden 3rd grade field trip

James Striby <jstriby@lindenwaldorf.org> Mon, Sep 28, 2015 at 6:36 AM
To: Jeff Poppen <jeff@barefootfarmer.com>

To those concerned,
On September 24, 2015, I went with my 3rd grade class of 15 to Jeff Poppin's Long Hungry Creek Farm. We (the children, 3 staff and 3 parents) went with some specific tasks to accomplish and Jeff was prepared and helpful to us. He accompanied us around, gave the children a talk on the cows, helped us to dig clay for a cob oven we'll be building, directed us to the bamboo patch where we harvested poles for a structure we'll be constructing on campus and then took us to a row of cornstalks he'd left standing in a field, knowing we wanted to take some with us to make sheaves for a play the children will be performing.

After all that work we went back to the farmhouse and had lunch. The children had plenty of space to look around, pick some fresh rasberries to eat, and just explore.

After lunch we all went down to Long Hungry Creek and the children played around and in the creek, finding crinoid fossils, crayfish and all manner of interesting things.

It was quite a beautiful day. We all worked pretty hard and came back tired and happy. The children came back with a first impression of what a working farm is and we'll be returning to Jeff's farm for a three-day visit in the spring.

Thanks very much,
James Striby, Linden Waldorf School 3rd grade teacher
[Quoted text hidden]

Gmail by Google

Jeff Poppen <barefootfarmer@gmail.com>

This year's wonderful experience and tour of Jeff's farm

1 message

ALicia Clark <kralinor1@gmail.com>
To: info@barefootfarmer.com

Tue, Oct 13, 2015 at 4:55 PM

This 2015 summer The Clark Family ventured up to Red Boiling Springs for a talk with Jeff at a historic hotel in downtown. This was absolutely fascinating to watch and the teens I brought with me for the first time thought plants were interesting and gardens were something they could grow themselves. We learned about how to start a plot and plan on doing so I even found someone near with hot compost willing to give me some in exchange for help with scooping new into the compost pile. I learned alot about how to keep the soil nutrient rich by growing winter plants in the plot. Wha I loved the most about Jeff's teaching is that he LIVES it. He is peaceful and earthy and is a great example to those of us who run the rat race, to take time out and enjoy this world we have been blessed with.
Thank you so much for your support of this wonderful, smart and capable man that is doing his part to teach all of us where fod comes from!

-- Alicia Clark , Nashville Tn (Rockvale area)

Photos of Jeff Poppen
in Travel pics

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Scarlet Rose
May 25 ·

With Jeff Poppen and Natalie Ashk

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Barbara Bitondo **Barefoot Farmer**
August 5 ·

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Barbara Bitondo With Gretchen Costanza, jed, max, ely and co.
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Appendix 6

Farmers Market

The Community Farmer's Market, in Red Boiling Springs, was open on Saturday, March 14 with a free gardening/marketing class by Jeff Poppen, the Barefoot Farmer, at 9:00 a.m. Locally grown agriculture products were welcomed and the Girl Scout's were there selling cookies. According to Kristina Rossi, Poppen's Business Manager, the Farmer's Market will be open every Saturday beginning around Memorial Day. "The market is free to everyone locally who grows agriculture products," said Kristina. "We aren't charging a vendor's fee." Kristina also said that Jeff Poppen will be conducting classes sporadically and he will answer any gardening questions. You can follow the Barefoot Farmer on Facebook. (Photos by D. Gregory)

Gmail by Google

Kristina Rossi <thekristinarossi@gmail.com>

Farmers Market Place !!!!

1 message

Carolyn Whitaker <cvwhit@nctc.com> Thu, Oct 1, 2015 at 5:50 PM
To: Kristina Rossi <thekristinarossi@gmail.com>

Hi Kristina: I have been meaning to write you and let you know how good the Bldg looks at the Farmers Market. It is amazing what a little paint will do to spiff up a place. Do you have enough paint to paint the sides of the building?
I am so happy to see the Market Place really "coming to life" It is truly going to be an attraction for the community!
Thanks for all you do for Macon County and Red Boiling Springs!
Stay dry and stay warm. It has really been chilly here today. My heat is not on yet!
Jeff has just come on "Volunteer Gardner" so I will close and watch him.!!
Carolyn

Gmail by Google

Jeff Poppen <barefootfarmer@gmail.com>

Letter re: Farmer's Market

1 message

angiekinsey@angiekinsey.com <angiekinsey@angiekinsey.com> Tue, Oct 13, 2015 at 1:56 PM
To: info@barefootfarmer.com

Hello,
I wanted to write and thank you personally for the impact you've had on my life.

I was diagnosed with Lupus (SLE) and one of the first things they tell you is to "eat organic". Well, that's not easy when you have expensive drugs to buy, frequent doctor and/or hospital visits, and an inability to work. Eating "organic" at the super market is out of the question for our budget.

For a short time, I moved to rural GA. I made friends with a few of the farmers there and found a local source for produce and meat. But, then, I moved back to Tennessee. I didn't know many people who sold their produce here anymore. I'd watched "The Barefoot Farmer" on Volunteer Gardener for years, but I had no idea where this enthusiastic farmer lived. My home has always been Macon County. And, when I moved back to TN, I found out that Mr. Poppen's farm was only about 5 miles from my mother's house where I grew up! It didn't take me long to track down the Farmer's Market in RBS, TN, and my dreams have come true! Locally grown, organic, non-gmo food at an affordable price!!!

It -does- make a difference in my health. In fact, the doctors are quite surprised that my bones are still strong despite long term usage of high-dosage steroids that normally ensure osteoporosis.

Thank you for making heirloom (non-gmo), organically grown, affordable food available in my area. It means the world to me! See ya on Saturday!

Sincerely,
Angela Kinsey
1879 Days Road
Lafayette, TN 37083

Crystal Justice
451 Bethany Road
Red Boilings Springs, TN 37150
justice51999@yahoo.com

To whom it may concern:

Jeff Poppen's farm, internship, and the Farmer's Market are blessings to have in Red Boiling Springs, TN. The farm is a huge draw for the community and provides an alternative to commercial chemical farming practices. Also, the internship program gives one the knowledge to grow biodynamic products and helps to offset the brain drain effect of our rural area. Lastly, the farmer's market provides a venue for the farmers and community to connect. We are truly blessed to have these resources in our community.

The farm provides an opportunity for individuals to connect with their food, evidence that food can be grown using a holistic (self contained system) biodynamic methods, and creates a draw for the community. With the many concerns around the commercial chemical farming methods, this is timely and powerful information that can change how one views farming. The farm is huge draw—I have meet folks from CA to NY to WA. They travel for Jeff's wisdom and 40 years of mistakes. This creates a positive image for the community and a positive cash flow from external sources. The latter, increases the wealth of the community.

The internship program gives one the skill set necessary to commercially grow produce, manage a farm, and create a market for one's agriculture products. Another amazing benefit to the internship is that it helps fight the brain drain that many rural ares experience. In fact, it draws in youth that many times stick to the area and create his/her own farm.

The farmer's market creates a venue for all local farmers to share their agricultural products. Before citizens had to rely on the word of mouth about who/where the agriculture products where grown. Now, everyone meets at the market on Saturday. This allows an individual the opportunity to know the person that is growing his/her food, the methods they use to grow, and are introduced to many new varieties of produce. In addition, it is amazing to have access to locally grown, organic, biodynamic food that is freshly picked that morning! The market also provides a venue for agriculture classes and community center.

Sincerely,

Crystal Justice

September 24, 2015

To USDA:

Jeff Poppen and I have been friends and neighbors for over 30 years. We have both been members of a larger community of farmers and gardeners in our area who are wanting to share our experiences with each other. Jeff has been instrumental in making that happen through his deep sense of observation and farming know-how. We have shared many meals together, and he has given so many people insights into what varieties to grow here as well as gardening secrets, mistakes, and traditional wisdom. He has made me a better farmer and steward of the land.

I was so thrilled when he received the USDA grant, and I could participate in the RBS farmer's market. I know many of the people in our community have wanted an accessible place to sell fruits and vegetables, and to be able to offer our community a wider variety of healthy, local, organic choices. I have wanted to share what I grow with a larger community and to provide quality produce to the local customer. The farmer's market has provided me with an opportunity to do so. It has been a truly positive experience, and I only hope we can continue to help people have a healthy diet at an affordable price with good results.

Kristina Rossi ran a tight ship and brought many folks in the area to our farmer's market. Her outreach and social media skills were phenomenal and will only help the market to grow and improve in future years. It is such a nice way to meet people and to share ideas and information that will be beneficial to the health of everyone down the road.

Sincerely,

Sally Yancey

Jeff Poppen <barefootfarmer@gmail.com>

letter for grant

1 message

terie vass <terieberie@gmail.com>
To: Jeff Poppen <jeff@barefootfarmer.com>

Fri, Sep 25, 2015 at 4:43 PM

RE: Jeff Poppen

This year we bought an old farmhouse with 3 acres. Being city people, we were at a loss as to what he had and what to do with it. We were so happy when we found Jeff could come out and educate us.

He walked the property with us, showed us things we didn't know about our land. He helped us find the best spot for a garden next spring, talked about things that grow well here. Told us how to terrace and build raised beds.

He explained what the trees we have are, and really left us with a good understand of what our little farm can do. I felt much more confident that we could grown organic veggies and maybe get some cattle.

The first place we went to find fresh produce was the Barefoot Farmers Market. Not only do we enjoy what we find to eat, we find friends. Being new in a small town, you are viewed skeptically and it's easy to feel like an outcast. We've found wonderful people there that always made us feel welcome. It's a true community service.

I hope Jeff will be able to continue because he is providing a service to the community and I don't believe anyone else is. I feel confident to work with my land now. And I feel like he's building a community of people who want to improve their health through better eating and fellowship of like minded folks. I hope his grant is continued so more people can benefit as we did.

Terie Vass
2735 Coleytown Rd
Lafayette TN

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

The farmers market has been so beneficial to me as I love fresh, organic produce at a good price. Once a week trip yields good tasting produce for my husband + I. Jeff Popper + his interns are helpful, friend + usually so informative.

Betty + Homer Wroy

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

The farmer's market offers fresh, healthy, affordable food to Red Boiling Springs and allows us to experience produce that isn't available at the supermarket. It also helps local farmers by allowing them to sell fresh produce for a fair price.
I've been to the market several times and will continue to come as long as it's available to us.
KRISTY LEBLANC

Somebody from Gaia's Garden

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

This farmers market has been very beneficial to me. As an organic farmer it has given me a warm friendly environment to sell my produce find healthy organic food in a small town and create community relationships. I have come here every Saturday for the last 3 months since I heard about this market. I plan on comming here for years to come. I think being able to accept ebt will make it easier for low income families to have access to better organic foods that you cannot find at the grocery store. I did go on a farm tour it was very impressive and actually made me a bit jelous which I have used this feeling to fuel my own motivation on my own farm.

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

9-26-2015

HELLO READER, MY NAME IS TREE DAVID. I AM A "MEMBER" OF THIS FARMER'S MARKET. MY HEALTH & THE HEALTH OF MY LOVED-ONES HAVE IMPROVED DRAMATICALLY SINCE THIS BECAME AVAILABLE ON SUCH A CON SISTANT (SP?) BASES. EACH WEEK THE VARIETY OF "FARM-FRESH" VARITY KEEPS GROWING. I'M EXCITED TO BE ABLE TO COUNT ON THIS MARKET FOR MY FAMILY'S FOOD. (+)! TODAY THEY HAD CANNED PICKLES & HOME MADE COOKIES! CANT WAIT TO SEE WHAT WILL BE HERE NEXT WK.

treeatwildwoods@GMAIL.COM
615 388 2225
TREE DAVID ALSUP
DBA... WILDWOODS FOLK SCHOOL
329 CEDAR ST.
RBS, TN 37150

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

The farmers market has been beneficial to us. We get fresh vegtables. Also we sale our fresh chicken eggs and chickens. We attend every Saturday morning. We see a lot of the community come out and support the farmers market. Everyone seems like family here. I first contacted Jeff Poppen through his web site. I was moving here from Kentucky and was looking for a place to buy and sell. Jeff welcomed me to come out and try it. I have loved it here. I will continue to use this farmers market as long as we are able to gather here.

Patricia & David
Young

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

This Market has opened up our farm, my personal, and the greater communities Abundance in many ways. Shut Up and Grow It Farm has made an actual income this year by bartering & receiving donations. We have begun to knit our community into the greater community with the opportunity of work-trade, friendship & seed-trading. I attend every week & will continue to as long as we have produce to share. I have been told by several of the people, that we have given free vegetables throughout the summer, that they look forward to using their EBT to tithe back to a place that has been giving & supporting them.

I did have a farm tour & have revitalized some ideas & stratagies for application at my own farm. The Wisdom & opportunity for growth is exponential & liberating for All involved!

Thank-you ∞!

Claire Joy Lotus

As the end of our grant wraps up, it would be so helpful if you could take the time to write out a few words and print your name please. Thank you!

Has this farmers market been beneficial to you? If yes, how so? How often do you attend? What impact do you think it has had on the community? Will you continue to use this market in the future? How do you think being able to accept EBT here at the farmers market will impact our community? If you have gotten a farm tour or consultation or instruction from Jeff Poppen or anyone at the farm, please take a moment to tell how that impacted you also.

The Farmers' Market has enabled me to showcase one of my gifts... cooking. I use something from my garden or my daughter's Farm. Sometimes I donate my proceeds to Shut Up and Grow It as they are funding their Homeschooling at present. I have gotten "Special Orders". I plan to continue to enjoy my Farm stand each week. The EBT acceptance is nothing short of Brilliant! This opens another tier of persons who will access wholesome food. A true Win, Win situation. Thank you to Jeff Poppen for generously opening the Farmers' Market to area growers. We are in a constant state of learning from Jeff Poppen's farm and farmers. I am invited and will pay a visit to his Farm soon! I am impressed with the obvious constant work Jeff puts into everything with such thought and love.

Jo-Ellen Bortone
615·388·1928
coastalrhodeisland@gmail.com
Resident: Red Boiling Springs, TN

Barefoot Farmer's Photos
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Barefoot Farmer
Published by Kristina Rossi
October 24 ·

Farmers market happening now! Turnip greens, shelling beans, sweet potatoes and so much more! #rbs #organic

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Barefoot Farmer
Published by Kristina Rossi
October 24 ·

Come see your Herbal Goddess at the #rbs farmers market! #itsmellssogood

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Barefoot Farmer
Published by Kristina Rossi
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Barefoot Farmer
Published by Kristina Rossi
July 25 ·

Come check out your local market and get your blueberrues, tomatoes, corn, and more! #local #tn #organic #farm

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Crystal Lynn May Justice Ah I completely missed the beans~next round
Like · Reply · Message · July 25 at 11:34am

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Appendix 7

Internship Program

SPORTS & COMM

Summer Internships A

Barefoot Farmer...Biodyn

By: Debbie Gregory

The Barefoot Farmer, Jeff Poppen, continues to educate people about growing their own food thru biodynamic farming, which is advanced technologies of organic agriculture. According to his Business Manager, Kristina Rossi, every year Tennessee's well-known barefoot gardener offers summer interns the chance to live and work on the 250 acre organic Long Hungry Creek Farm in Red Boiling Springs, and to learn how to grow high quality produce.

"We have a 250 acre biodynamic farm and we obviously can't work it by ourselves," said Rossi, "so we offer interns the chance to spend the summer here and work for us. Our mission statement at the farm is to grow good quality organic food and to teach other people how to do the same, and part of that is through the internship program."

Rossi says that people can apply on line, e-mail or they can come for a visit to see if they are going to like it on the farm. "We have a two week trial period that interns stay and work, and if things don't work out we can ask them to leave," explained Rossi. "The interns work for us and in exchange we provide a house for them to live in and we feed them, provide them with the necessities, plus they get the education of learning how to work a farm."

year are Tyler Labrizzi of Maine, Daniel Norris of Nashville, Tn., and Chris Cree of Ohio. "Only one of our interns this year has worked on a farm," continued Rossi, "and the other two don't have any farm experience at all. Neither did I when I orginallly came as an intern, but now I'm an employee of the Barefoot Farmer."

"This is actually what is so good about the intern program, with or without farm knowledge, you can come and learn how to have a sustainable farm program and how to grow your own organic vegetables," noted Rossi. "We try to teach people how to work the whole farm and how to market it too."

Kristina said that not only do the interns learn how to grow vegetables, they learn about canning, freezing and drying food to have in the winter season. "It is a lifestyle that we are teaching and our goal is to have three or four interns each year," she said. "We can take more but we don't have room inside the house for them, but individuals can camp if they want to. The interns we have now are living in the house."

Ms. Rossi also stated that alot of the people who have previously been in the intern program have their own farms today. "The sky's the limit when you learn from the Barefoot Farmer," remarked Rossi, "and today I

Pictured, left to right: Tyle

utes from here and I have my own garden and chickens."

"Another thing about the internship program is all of the Barefoot Farmers events are free and that includes the Biodynamic Conference, Tennessee Local Food Summit, and several workshops," she said.

"Jeff organized the internship program about 20 years ago," said Rossi, "and what better way to put his knowledge to use than teaching interns who want to learn from the best."

Tyler Labrizzi said, "I am doing an internship here with the Barefoot Farmer because I think that biodynamics is the keystone to the organic movement, because it brings morality and spirituality into the mix in our age of material-

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At Long Hungry Farm

amic farming education

, Daniel and Chris

Bottom, left to right: Kristina Rossi & Barefoot Farmer Jeff Poppen; back, left to right: Tyler Labrizzi, Daniel Norris and Chris Cree.

ctice similar agriculture nology, knew about Jeff pen and that is how I nd out about the intern- program here in Red ling Springs. I would to have my own farm eday, and I will take this wledge with me. Jeff is se man and a very good her. He also has a good t."

aniel Norris said, "I am Nashville, Tennessee I have been in the res- ant business for over 12 s now. The new farm to urant table movement eally taken off in Nash- , and I realized that I no knowledge of any- on a farm, so that is I entered the internship ram here at Long Hun- Creek Farm. Where our comes from is just as learn. I will remember what I learn here and take it back to the restaurant business with me. Jeff Poppen is one of the most interesting people I have ever met. He is a good teacher, good provider and a generous friend. Macon County is beautiful and the citizens are great."

"I came here to work with the Barefoot Farmer because he knows alot, he's been doing it for a long time and I have never worked with a farmer as experienced as him ," said Chris Cree, of Ohio. "I'm in school at Warren Wilson College in North Carolina right now where I am studying bio chemistry, but my dream is to eventually have a farm of my own somewhere. I hope to absorb everything here and someday take it back to

Left to right: Jeff Poppen & Kristina Rossi

are quieter and the food is better."

Rossi added, "I came here from Georgia as a previous intern with zero knowledge and today I have my own farm, can support myself and

September 24, 2015

To whom it may concern,

My name is Daniel Norris and I have been an intern at Long Hungry Creek for a little over three months. I have worked in restaurants for over ten years and have been delighted to watch as the farm to table concept has really taken off. This has led me to Jeff Poppen's farm where I have learned a great deal about biodynamic farming. Through hands on work & lectures, I have realized the importance of sustainable growing practices and the necessity of local farms in all communities. From planting to harvesting, providing healthy, delicious food for the CSA has inspired me to do some of my own gardening. I am grateful for the opportunity I've to intern here and eager to share what I've learned.

Sincerely,

Daniel Norris

To whom it may concern,

My time at Long Hungry Creek Farm with Jeff and crew influenced me greatly in a positive manner. I arrived to the farm in mid may and left in late august. Through the course of the summer I learned alot, and got to experience the full time farm experience.

Jeff is an absolutely awesome mentor in farming. He has been organically farming for a very long time and would often share his ups and downs from decades of experience. Jeff does things differently than most, and farms in a more productive,efficient way that I had ever seen. At times it seemed like Jeff was an encyclopedia of knowledge on various agricultural topics. Personally, as someone who wants to be a farmer someday, everything I learned from him will save me a lot of the steep learning curve that comes with being an inexperienced farmer.

Along with knowledge and skills Jeff taught me the work ethic that is required to be a farmer. Sometimes that meant long sweaty days that turned into long sweaty weeks. I learned the extreme madness that is delivery day, and racing the weather to get something done. I learned that lots of things go wrong in farming and that you just have to deal with it. Most importantly I learned that a farm is a pretty great place to be. (the food is pretty good too)

I will never forget my summer with Jeff and crew. It was an awesome experience.
Chris Cree
Columbus, OH
614-832-0047

To Whom it may Concern,

The experience that I had upon interning at Long Hungry Creek Farm was enlivening and educational in the true sense of the words. It opened my eyes to communities of people around the world dedicated to the rise of human freedom and true happiness. Jeff Poppen and company are farmers that grow food with real magic, and teach you about the alchemy with open arms and open hearts. The world at large is in need of teachers of this quality. Personally, my future belongs to organic and bio-dynamic agriculture, and my experience with Jeff showed me that this future is more than possible. With methods of wisdom like this the earth can be healed and everyone can eat beautiful food. I will use this knowledge with me wherever I go, to the conception of a new bio-dynamic farm somewhere else in the world, so I may help further the cause.

Tyler Librizzi
muffinsforty@gmail.com
October 1, 2015

Gmail by Google

Jeff Poppen <barefootfarmer@gmail.com>

Favor?

Devin Lavey <laveyd868@myemail.northland.edu>
To: Jeff Poppen <jeff@barefootfarmer.com>

Thu, Jun 4, 2015 at 8:28 AM

Our visit at Long Hungry Creek Farm provided us with a great break from the cold of northern Wisconsin. We learned how to hoe onions, trellis peas, and mulch blueberries. The experience, overall, was educational and we will take our experience at Long Hungry Creek Farm forward in each of our individual farming endeavors.

Devin Lavey, Leo Shore, and Scarlett Hafner

From: barefootfarmer@gmail.com <barefootfarmer@gmail.com> on behalf of Jeff Poppen <jeff@barefootfarmer.com>
Sent: Friday, May 15, 2015 8:24 AM
To: Devin Lavey
Subject: Re: Favor?

[Quoted text hidden]

Appendix 8

Consultations

September 24, 2015

To whom it may concern,

One of the best things we have done since purchasing our 561 acres of land near the cumberland plateau in middle tennessee is having jeff poppen as our consultant/advisor/friend.

The visits to his farm, his visits to our land, his real life experiences as a grower and land planner and doer and teacher of agriculture has been much needed by us here and our larger community of middle tennessee and our larger southeast region and beyond.

We still need and seek out his wisdom - i wish we had more of him, or better yet, our own clone of jeff so that we have him here with us on our land every day.

Jeff Poppen sees the big picture (community, soil, plants, steward of the earth) and the smaller picture (microbes, insects, soil chemistry, the individual, a summer watermelon and on and on).

He is a master gardener, master teacher and master human.

This grant has allowed us to have jeff's attention and experience
- thank you for that and please, let us have more...we all need him.

darrell and angela scott

Jeff Poppen <barefootfarmer@gmail.com>

Jeff Poppen contributed to our school farm program

3 messages

Mandy Grubbs <mgrubbs@sasweb.org> Fri, Sep 25, 2015 at 9:26 PM
To: Jeff Poppen <jeff@barefootfarmer.com>

Jeff gave a lively lecture to a group of ~~40~~ 240 people who came to learn from the master about growing and marketing vegetables the Poppen way. We had several visitors from outtside our school community who attend the lecture as well. Jeff offered an introduction to his principles of farming and gave us insights in to the spiritual and philosophical underpinnings of his approach to organic gardening. He shared with us his methods of working with nature to prodiuce and market healthy food.
The lecture was especailly helpful in teaching about soil nutrition. He also provided a short history of how the industrial revolution and the agricultural industry has effected current farming practices. Jeff visited our garden and provided us with valuable ideas for how to best use our land. He added minerals to our growing beds and advised us as to how to use our current garden and plan for expansion.
Throughout the year, Jeff was available to me for consultation on a variety of farm related topics.
We learned useful and practical tips from his input, and hope he will continue to be a leader in the Community Supported Agriculture and school farm movement.

Mandy Grubbs
St. Andrews Sewanee Farm Program

Jeff Poppen <jeff@barefootfarmer.com> Sat, Sep 26, 2015 at 4:30 PM
To: Mandy Grubbs <mgrubbs@sasweb.org>

Thank you SO much Mandy! :)

xoxoxo
Kristina
[Quoted text hidden]
--
Jeff

(615) 699-2493

http://barefootfarmer.com

Jeff Poppen
Long Hungry Creek Farm
P.O. Box 163
Red Boiling Springs, TN 37150

Mandy Grubbs <mgrubbs@sasweb.org> Sat, Sep 26, 2015 at 7:39 PM
To: Jeff Poppen <jeff@barefootfarmer.com>

Kristina
I made a typ-o
There were 2hundred and 40
240 people at that lecture can you fix it??
[Quoted text hidden]

September 27, 2015

Jeff Poppen is an iconic presence in the Middle Tennessee food shed and for national biodynamic farming. I personally have witnessed him consulting with two farms in the last year and have heard numerous other farm owners state that he has consulted with them – that includes him consulting at our farm, Foggy Hollow Farm in Joelton, TN.

As treasurer of the Tennessee Organic Growers Association (TOGA), I was delighted to organize a tour of Jeff's farm in Red Boiling Springs, TN this last year. Over twenty attendees were welcomed by Jeff, fed a meal (free), and given an extensive walk-and-talk tour of his farm. Jeff spoke extensively about of his crops and how his livestock play an important part of his land's fertility. We also were able to tour where the farm's produce is stored (the building even had solar panels). The tour went way past its intended ending time, as Jeff was very generous with this time, knowledge, and hospitality. We received all positive remarks from the attendees on this tour and on Jeff's farming methods.

John Patrick
Treasurer, Tennessee Foggy Hollow Farm
Finance and Audit Chair, Southern Sustainable Agriculture Working Group
Co-owner, Foggy Hollow Farm

Brenda Butka
Sulphur Creek Farm
5188 Old Hickory Blvd
Nashville, TN 37218
9/28/15

To Whom It May Concern:

Jeff Poppen has been a major resource for the organic farm, Bells Bend Farms, based on our property. He has provided significant and valuable information about efficient organic farming—including what to grow, how to most efficiently plant and harvest, and how to sell and market products.

In addition, he has helped with composting and soil amendments, choosing farm implements, and when and how to plow. He has also connected with older, traditional farmers in the area in a way that has improved community relations and decreased suspicion and skepticism about organic farming.

We appreciate and benefit from his time and experience.

Sincerely,

Brenda Butka and Tom John
Sulphur Creek Farm
Bells Bend Farms

Gmail by Google

Jeff Poppen <barefootfarmer@gmail.com>

Farm Consultation Running Horse Ranch, Whites Creek TN 9-1-15

1 message

Nikkole Turner <nikkole@ushfc.org> Wed, Oct 21, 2015 at 5:45 AM
To: info@barefootfarmer.com

I received a farm consultation from Jeff Poppen at the Barefoot Farmer on Sept 1, 2015.

I have a small homestead farm in North Nashville. We operate 5 acres. On our farm we produce food for mainly our house hold but also operate a monthly Farmers Market in the Whites Creek area where we sell our extra. We are developing pasture to raise sheep and chickens.

Aside from our 4 4X16 ft raise beds we have a 50 X 20 raised bed garden with hopes to utilize as a high tunnel. We have planted an orchard and have been struggling to support the growth of our pastures and orchard because we live on a steep grade our troubles with water runoff and soil erosion have been difficult.

Jeff Poppens was able to make recommendations to support and build soil on our hillside by helping us develop a plan to maximize our resources and use our feeding and fencing plans for livestock that would aid in creating terraces along our hill. He also recommended ways to improve the soil in our orchard with natural composting methods.

We are so thankful to have is expertise to help us save our topsoil and reduce runoff.

Thank you Mr. Poppen!

--
Nikkole Turner
Eat REAL Tennessee Project Manager
United States Healthful Food Council
Join us at the table. Eat REAL.
615-598-7389