

The Pennsylvania Women's Agricultural Network
presents
**ABUNDANT BENEFITS FROM SMALL PLOTS:
URBAN FARM TOUR**

September 7, 2010

10:30 a.m.—5:00 p.m.



JOIN PA-WAGN AS WE TOUR THREE PHILADELPHIA FARMS

First stop, **GREENSGROW FARMS** where we will learn how the Greensgrow farmers juggle community growth, profitability, and sustainability through successful business and non-profit ventures. Farm manager, Ryan Kuck, will guide us on a tour of the raised beds, hydroponic greenhouse, vermicomposting facility, bee yard, farmers' market and community kitchen. Founder Mary Seton Corboy will discuss environmental and legal obstacles involved in starting an urban farm the rewards for farmers and city residents. [MORE](#)

Second, we will visit **HENRY GOT CROPS!**, the Community Supported Agriculture collaboration of W. B. Saul High School and Weaver's Way Coop. We will enjoy a farm-fresh lunch and obtain resources to start an urban farm. [MORE](#)

Our final destination will give us a first-hand tour of **URBAN GIRLS PRODUCE** at the Schuylkill Center for Environmental Education. This inner-city CSA offers nutritionally dense foods to an urban community while maintaining the integrity of the soil through sustainable farming practices. [MORE](#)

AGENDA

10:30 a.m.	Registration
10:45 a.m.	Tour Greensgrow Farms with Farm Manager Ryan Kuck
11:30 a.m.	Discuss Greensgrow's efforts to bring healthy foods to inner-city communities through their CSA program and participation in WIC & EBT
1:00 p.m.	A farm fresh lunch provided by Weaver's Way Coop using farm-fresh ingredients and presentation of resources available to establish an urban farm.
2:00 p.m.	Tour W. B. Saul High School's farm and learn how the CSA program offers educational opportunities for its students.
3:30 p.m.	Tour Urban Girls Produce and learn how a newly established urban CSA can be viable and sustainable.
4:50 p.m.	Evaluation
5:00 p.m.	Adjourn

REGISTRATION

Registration Fee: \$15
(includes lunch & materials)

Online Registration:

<http://bit.ly/Sept7UrbanFarm>

For additional details contact:

Linda Stewart Moist at

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All are welcome to participate in events
sponsored by PA-WAgN.

DIRECTIONS

Directions to Greensgrow

Available Online at:

<http://bit.ly/Sept7Directions>



Pennsylvania Women's Agricultural Network is a partnership of Penn State Cooperative Extension & Outreach, Penn State College of Agricultural Sciences, PA Association for Sustainable Agriculture, PA Certified Organic, PA Department of Agriculture, PA Department of Environmental Protection, Natural Resources Conservation Service, and The Rodale Institute

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