

The Sheffield Land Trust's
23RD WINTER LECTURE

Growing Food, Eating Fresh!

*How to start a garden to feed yourself and your neighbors.
Tips for everyone, beginners and experts.*



*A virtual panel discussion
presented by the **Sheffield Land Trust***
SUNDAY, FEBRUARY 28 • 1:30PM • ON ZOOM

The program

WELCOME

Susan Rothschild, president of the Sheffield Land Trust

PREPARE THE BED

How to optimize your garden through site selection and preparation.
Will Conklin from Greenagers

PLANT SELECTION AND CARE

What's best to plant in our area, and when is best to do it?
Ron Kujawski, Berkshire Eagle columnist and Master Gardener

HARVEST AND SHARE THE BOUNTY

Grow too much for your family? Here are ways to share the bounty through local programs that address food insecurity.

Mark Phillips from Berkshire Agricultural Ventures, **Margaret Moulton** from Berkshire Grown, **Jay Weintraub** and **Mark Lefenfeld** from Berkshire Bounty

QUESTIONS FROM THE AUDIENCE....

MORE ABOUT THE SPEAKERS

Will Conklin is executive director of Greenagers, a local nonprofit whose mission is “Youth working to strengthen the environment and our community.” Greenagers, working with other community organizations, has pioneered a youth employment program in the greater Berkshires region as well as furthering youth volunteering, service learning, and climate-change education. Greenagers is the owner and steward of the 100-acre historic homestead April Hill Conservation and Education Center located on Route 41 in South Egremont. Will sits on the board of directors of the Upper Housatonic Valley National Heritage Area and the Berkshire County Farm Bureau.

Ron Kujawski spent his formative years working on the family onion farm in Florida, NY. From there he went on to earn his BS, MS, and PhD in Biological Sciences from the State University of New York at Albany. After five years of developing and directing the environmental studies program at Simon’s Rock of Bard College in Great Barrington, he moved on to the University of Massachusetts Extension Service as a specialist in landscape, nursery, and urban forestry. Now retired, he spends time as a horticultural consultant, author, writer, and lecturer—that is, when he is not tending to his vegetable garden. His weekly columns appear in the Berkshire Eagle during the growing season and year round in the Berkshire Edge. He and his daughter co-authored the book *Week-by-Week Vegetable Gardener's Handbook*.

Mark Phillips is program coordinator at Berkshire Agricultural Ventures, as well as a business advisor, writer, fermented foods educator, and jazz guitarist with a diverse array of experience in food, agriculture, and small business development. He is a member of the Climate Adaptation Fellowship’s Vegetable & Small Fruit Program, a peer-to-peer learning program aimed at improving farmer support for climate change adaptation in the Northeast region.

Margaret Moulton is the executive director of Berkshire Grown, a nonprofit located in Great Barrington whose motto is Keep Farmers Farming! Her organization works to support and promote local agriculture as a vital part of the Berkshire community, economy, and landscape. Berkshire Grown builds and strengthens connections between local farmers, food producers, restaurants, and community members by promoting public awareness of issues facing local agriculture, and helping to make fresh, local food accessible community-wide.

Jay Weintraub and Mark Lefenfeld founded and are co-presidents of Berkshire Bounty (previously Backyard Bounty of the Berkshires). Jay, a retired Wall Street financial analyst, instituted Alford-Assist, where town residents can post requests for help from neighbors, and was a founding member of the group that planned, installed and now oversees Alford's municipal-owned fiber-optic network. Mark, a retired investment banker, sat on the Great Barrington Finance Committee for many years and is also a past president of Hevreh of Southern Berkshire.

THE SHEFFIELD LAND TRUST. Working since 1989 to protect the land essential to Sheffield’s natural, scenic, agricultural, and rural character.

For more information: 413-229-0234, email shefland@bcn.net, www.sheffieldland.org.

CONTACTS & RESOURCES

HELPFUL ORGANIZATIONS

GREENAGERS

Greenagers engages teens and young adults in meaningful work in environmental conservation, sustainable farming and natural resource management. Its Front Lawn Food program encourages local families to grow their own organic produce, by constructing and installing raised garden beds. Included in the purchase price of a garden is the donation of a garden to a local family in need.

www.greenagers.org

413-644-9090

BERKSHIRE AGRICULTURAL VENTURES

Weaves together resources to forge a robust food and farming system, laying the groundwork for a thriving local food economy that will make fresh, healthy food available to all.

www.berkshireagventures.org

413-645-3594

BERKSHIRE BOUNTY

To benefit local food pantries and other food distribution organizations, Berkshire Bounty collects and purchases donated nutritious food from local supermarkets, farms, individuals and other food sources. Also harvests fruit from trees of local property owners.

www.berkshire-bounty.org

413-717-5842, 201-306-1964

BERKSHIRE GROWN

Supports and promotes local agriculture as a vital part of the Berkshire community, economy, and landscape. Accepts donated food through its Share the Bounty program. Its new "Farm to Food Access" buying exchange increases access to fresh, locally grown food for low-income community members.

www.berkshiregrown.org

413-528-0041

HELPFUL INFORMATION, WEBSITES, AND VIDEOS

Here are some sources for information and videos to help you get started with backyard gardening. Happy planting!

UMASS Extension

Soil testing: ag.umass.edu/services/soil-plant-nutrient-testing-laboratory

Food gardening videos and fact sheets: ag.umass.edu/resources/home-lawn-garden/food-gardening-in-massachusetts-2020

Berkshire Botanical Garden

Local resource offering online classes and access to master gardeners for answering your gardening questions.

www.berkshirebotanical.org

Western Mass Master Gardener Association

Resources for gardeners including a hotline for answering questions.

www.wmmga.org

Bushnell Sage Library

Seed and plant sharing

www.bushnellsagelibrary.org

Vegetable Gardening for Dummies

Articles on various garden topics.

www.dummies.com/home-garden/gardening

FOOD RESOURCES

Sheffield Food Assistance Program

People who need food can go to the Parish Hall of Old Parish Church, 125 Main St., in Sheffield on Mondays, from 9 to 10am. 413-229-2624.

Feeding Sheffield

Reach out to a local clergy person, the Sheffield Food Assistance Program or the Sheffield Senior Center for a referral to Feeding Sheffield, which delivers free restaurant-prepared meals on Fridays.

Breaking Bread Kitchen weekly dinners

Thursdays, 5 to 6pm at the American Legion Hall on Route 7. RSVP to Kathie or Elaine at 413-229-7037.

Brown Bag Program

The Food Bank of Western Massachusetts offers a free bag of healthy groceries to eligible seniors once a month. Sign up at www.foodbankwma.org, or contact the Sheffield Senior Center at 413-229-7037.

Meals on Wheels

Contact Elder Services of Berkshire County at 413-499-0524.

Community Meals

The Sheffield Senior Center's "Take 'N Go" Meals are available on Wednesdays, Thursdays and Fridays for a voluntary donation of \$2. Contact the Senior Center at 413-229-7037.

