



**Integrated Vegetable, Livestock
and Seafood Production:
An Evolving Diversified System
- Twilight Meeting -**

**Tuesday, August 17, 2010
5:30 - 8:00 pm**

**New Roots Farm
31 Doe Farm Lane, Newmarket, NH 03857**

New Roots Farm is owned and operated by Renée and Jeff Cantara who are committed to promoting sustainable food systems in the New Hampshire Seacoast area.

New Roots Farm, a certified organic farm, grows mainly vegetables and seedlings and they raise heritage breed pigs, poultry and sheep on grass. They sell their products through their Community Supported Agriculture (CSA) and summer and winter farmers markets and the farm is a drop-off site for Community Supported Fisheries (CSF).

We will tour the farm with Renée and Jeff . Cultural practices, season-extending structures, insects and diseases, sustainable seafood programs and marketing will be discussed.

We will be joined by **Becky Sideman**, Extension Associate Professor/Specialist, Sustainable Vegetable and Small Fruit Production; **Cheryl Smith**, Extension Professor/Specialist, Plant Health; **Alan Eaton**, Extension Professor/Specialist, Entomology; **Ken LaValley**, Extension Assistant Professor/Specialist, Commercial Fisheries Technology Transfer; **Carolyn Eastman**, Eastman's Fish Market and Eastman's Local Catch; **Sara Zoe Patterson**, Coordinator, Seacoast Eat Local; **Trent Schriefer**, Superintendent, UNH Organic Dairy Research Farm; **Eric Sideman**, Organic Crop Specialist, Maine Organic Farmers and Gardeners Association; and **Nada Haddad**, Extension Educator, Agriculture Resources, Rockingham County.

Hope you can join us.

The event is free and open to farmers and market gardeners. It will be held rain or shine. For more information, contact Deb Stevens at 603-679-5616 or email deb.stevens@unh.edu. If you need special accommodations, call Nada Haddad at 603-679-5616 at least 10 days before the event.

Parking on the farm is limited. Parking details and directions are on the back.





UNH Cooperative Extension - Rockingham County
113 North Road
Brentwood, NH 03833

PRSR STD U.S. Postage Paid Epping, NH 03042 Permit No. 23

Parking:

Parking is limited at New Roots Farm. We suggest car pooling from home or from the Wiggin Farm-Tuttle Swamp Conservation Area Parking Lot which is immediately adjacent to the intersection of Doe Farm Lane and Grant Road.

Directions to New Roots Farm:

From Route 125:

Turn right (if driving north) or left (if driving south) onto Route 87 E (Hedding Rd, Epping). Continue 1.4 mi. and turn left onto Jacobs Well Rd. Follow for 1.3 mi. Continue on Grant Rd for .7 mi. Turn left at Doe Farm Rd.

From Route 101 (driving east or west):

Take Exit 7 (Epping) onto Route 125 and drive north for approximately 2.4 mi. Turn right on to Route 87 E (Hedding Rd) and follow directions above.

New Roots Farm is on the left.