

September 4, 2013

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### **Calling all foodies and farm folk! Learn how to pasture local livestock with *Lettuce Grow!***

Interested in learning about caring for and raising your own meat and dairy products? Want to learn about local sustainable pasturing practices for livestock?

Foodies and farm folk are invited to the next *Lettuce Grow* workshop at North Island College, where Edgar Smith of Beaver Meadow Farms & Natural Pastures Cheese will introduce sustainable pasturing of livestock. Join us Tuesday, September 10 from 10 a.m. to noon.

Whether you have a handful or a herd, or just like to cook with good food, this workshop will show how animals can be raised with optimal care for them and their surroundings. The tour will focus on holistic farm practices and how to use the sun's energy to produce sustainable, healthy meat and dairy products. Take in the knowledge on a tour and demonstration of an organic grass-fed pastured Angus beef herd.

Also included will be an opportunity to taste the farm's Natural Pastures cheese. The cheese has its own "terroir" or distinct flavour because it is made from milk produced by cows that eat the local grass and herbs, all generously watered by Pacific Ocean-soaked rain. (The term "terroir" is familiar to wine-makers because different regions have their distinct wine flavours.)

The workshop takes place at a working farm with electric fences, live animals and machinery, and, to ensure safety, children must be accompanied by an adult.

For more information, or to register, visit <http://www.nic.bc.ca/continuingeducation/> and search for *Sustainable Pasturing of Livestock*, course code GENI 7939, or register in person at your local campus.

Like this article? What to hear more? Is there a workshop you would like us to organize? Send questions and requests to [growlocal@campbellriver.ca](mailto:growlocal@campbellriver.ca).

The *Lettuce Grow* courses and article series support the implementation of the City's Agriculture Plan and the community sustainability goal of local food self-sufficiency and resiliency.

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