

CHAUTAUQUA GROWN NEWSLETTER

Celebrating Our First Issue!

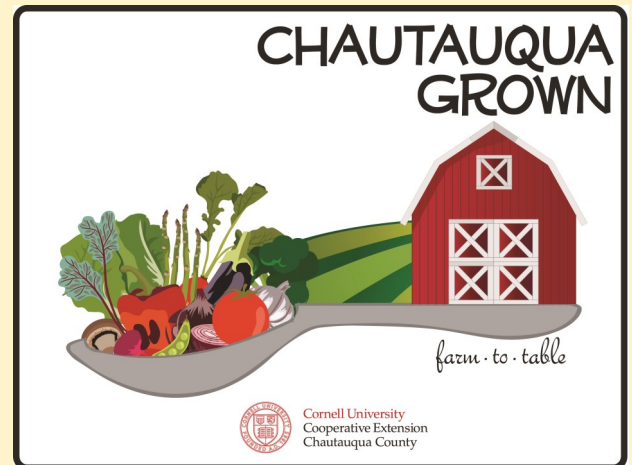
Cornell Cooperative Extension of Chautauqua County's Agriculture Program is excited to announce the establishment of their new farm-to-table initiative, Chautauqua Grown. Chautauqua Grown is the source for all things related to local foods in Chautauqua County, including a directory of farms, restaurants, farmers markets, wineries, and much more, and is available online by visiting www.cce.cornell.edu/chautauqua.

Chautauqua County is home to over 1,500 farms, and more than 100 are selling their products directly to consumers, through farm stores, roadside stands, and farmers markets. Chautauqua Grown helps to connect consumers to farmers by providing a comprehensive listing of all types of farms that offer fresh fruits and vegetables, meat products, honey, maple syrup, and much more! Chautauqua Grown also features a listing of restaurants that are committed to purchasing local foods, which opens up new markets for area farmers. There is also a complete directory of Farmers Markets and Wineries located in Chautauqua County.

Each featured farm, market, winery, or restaurant has their own profile that includes locations, hours, contact information, and brief description as well as links to their own websites. Chautauqua Grown features an interactive Google Map that makes it easy to visualize businesses in a specific area, and get directions to that location. If a farm or business is interested in being listed on Chautauqua Grown, they can visit www.cce.cornell.edu/chautauqua. The website also includes information on recipes, the benefits of buying locally, and more information about agriculture in Chautauqua County.

Listings on Chautauqua Grown are free, but are verified and updated often by Katelyn Walley-Stoll, Farm Business Management Educator with Cornell Cooperative Extension of Chautauqua County. "Chautauqua Grown is a platform that connects consumers and farmers using a central, easily accessible location that is maintained and updated frequently" says Walley-Stoll. "We are so incredibly excited to bring this to our area to help our farmers increase their profitability, and help consumers increase their access to healthy, local foods. Chautauqua Grown makes it easy to promote and purchase local foods, a hot topic in our area".

Chautauqua Grown is one of many programs offered by Cornell Cooperative Extension of Chautauqua County (CCE-Chautauqua). CCE-Chautauqua is a community based educational organization, affiliated with Cornell University, Chautauqua County Government, the NYS SUNY system, and the federal government through the United States Department of Agriculture's National Institute of Food and Agriculture. For more information, call 716-664-9502 or visit our website at www.cce.cornell.edu/chautauqua. Cornell University Cooperative Extension provides equal program and employment opportunities.



Welcome to our Chautauqua Grown Newsletter!

Chautauqua Grown is your source for all things local foods - find farms, restaurants, farmers markets, and much more!

Visit our website at

www.cce.cornell.edu/chautauqua

or call 716-664-9502 for more information.

Please Contact CCE-Chautauqua's Farm Business Management Program Staff with any questions, concerns, comments, or for more information.

Katelyn Walley-Stoll

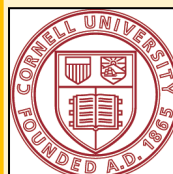
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Cornell University
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Chautauqua Grown Features: Parable Farm

Cornell Cooperative Extension of Chautauqua County's Agriculture Program is excited to introduce Parable Farm, a local, diversified livestock farm that offers a variety of products in Ripley, NY, as a featured farm listed on the Chautauqua Grown directory. Chautauqua Grown is your source for all things related to local foods in Chautauqua County, including a directory of farms, restaurants, farmers markets, wineries, and much more, and is available online by visiting www.cce.cornell.edu/chautauqua.

Parable Farm is owned and operated by Sarah Parker along with her husband, Rob, 12 year old son, Gavin, and her father, Keith Hagenbuch. The farm was purchased by Sarah's parents in 1996 and started out as an organic dairy but eventually transitioned to a livestock farmstead that focused on high-quality meat production while maintaining a closed herd status. The family has continued to grow sustainably throughout the years while diversifying their product offerings.

Parable Farm currently has 94 grass-fed and non-GMO Black Angus and Red Devon beef cows that peacefully graze throughout the year. This year, Parable Farm also has 75 turkeys, 21 hogs, and have raised 1,000 broilers in batches of 200 throughout the season. They do all of this on their 683 acre farmstead while utilizing non-GMO feeds and focusing on raising healthy animals in a sustainable manner. The farm markets their products primarily through over 50 CSA (Community Supported Agriculture) shares, and their farm store, as well as sales to area restaurants and institutions. They also collaborate with area farmers to share resources and reduce waste. Parable Farm feeds whey by-products to their hogs from a local cheese shop, as well as bread waste that

otherwise would have been incinerated from an area bakery business. They also utilize solar power for their electrical fencing system.




Sarah Parker, also a Registered Nurse, likes to emphasize wellness at Parable Farm both for the animals and for their customers, along with education. "I know that's what I'm here for. I was intended to help people heal, and this is a place of healing," Parker said while describing her role on the farm and the farm's mission. Parable Farm's dedicated customer base appreciates the support and education that is offered beyond a typical CSA share's food products.

On Sunday, September 11th, Parable Farm is hosting a "Farm Visit Day" where the public is invited to come

visit their farmstead from Noon to 5pm. There will be farm tours, food samplings, and a honey extraction demonstration as well as opportunities to hear from the farm owners and to ask questions about their operation. This event is free and open to the public. There will also be representatives from area businesses that the farm collaborates with throughout the year.



To learn more about Parable Farm and their products available, visit their profile on Chautauqua Grown at www.cce.cornell.edu/chautauqua/chautauqua-grown/parable-farm or give them a call at 716-581-1709. You can also stop by their farm store or visit them on September 11th at the "Farm Visit Day" by making the scenic drive to 9584 NE Sherman Road, Ripley, NY. Their website, www.parablefarm.com, features additional information on their CSA shares and pricing. 



Chautauqua Grown Features: Spas Farm

Cornell Cooperative Extension of Chautauqua County's Agriculture Program is excited to feature Spas Farm, a local farm store offering Grass-fed Beef in Ashville, NY, as a featured farm listed on the Chautauqua Grown directory. Chautauqua Grown is your source for all things related to local foods in Chautauqua County, including a directory of farms, restaurants, farmers markets, wineries, and much more, and is available online by visiting www.cce.cornell.edu/chautauqua.

Spas Farm overlooks Chautauqua Lake on Morley Road in Ashville, where they raise Red Devon beef cattle. This local Chautauqua County family farm offers high quality grass fed beef for sale in their quaint farm store and welcome all to learn more about their farm. A third generation farm, Paul and Connie Spas have operated Spas Farm for over 30 years.



Spas Farm began with 20 beef cattle and they currently raise 130 Red Devon beef cattle. They are rotated through many paddocks over the 150 acre farm providing the cattle with fresh grass, sunlight, exercise, and water. Fresh water is pumped from their farm pond to the various paddocks, using solar panels to operate the pump.


Paul & Connie Spas welcome visitors to their farm to better understand how they raise and feed their beef cattle. Their

cows are bred to have a calf in the spring, allowing the cow to calve in the pasture and have high quality grasses to eat. The Spas Farm markets registered Red Devon breeding stock to other farmers interested in raising cattle and grow steers that they finish on high quality grasses in their pastures and grass silage that is harvested as round bale silage.



Spas Farm offers individual vacuum sealed frozen beef cuts (steaks, roasts and ground beef) in their farm store, which is open from 8 am until 8 pm every day of the week, with a self-serve honor system. Customers can also purchase a quarter, side or whole beef directly from Spas Farm, which is custom processed and packaged at Stevens Brothers in Panama.

This farm works hard to raise healthy cattle, with all natural, stress free practices in an effort to provide tender, flavorful, highly nutritious cuts of meat for their customers. Paul & Connie Spas enjoy working with their cattle and utilizing their farm's natural resources, to produce high quality beef for all to enjoy.

To learn more about Spas Farm and their beef products available, visit their profile on Chautauqua Grown at www.cce.cornell.edu/chautauqua/chautauqua-grown/spas-farm where you can plan a visit to their farm store at 3781 Morley Road, Ashville, NY just off of Route 394, 2 miles west of Stow. 

WANT TO BE A FEATURED FARM OR BUSINESS?

Over the next several months, CCE-Chautauqua will be releasing weekly Chautauqua Grown Features articles where we will provide area farms and businesses a chance to connect with the public about their operation. If you're interested in being one of our upcoming Features, please contact Katelyn Walley-Stoll at 716-664-9502 ext. 202.

HAVE SOMETHING TO SHARE IN OUR NEWSLETTER?

Do you have any news you would like to share? Or are you looking for any type of information that might be useful to our readers? Just let Katelyn know - We're looking for article ideas, featured recipes, and helpful tips for buying local!