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Beginning  
Farmer  
**NEWS**

*Equipping farmers to build resilient farms and communities.*



**Join us for a beginning farmer social at Luna Valley Farm!**

At PFI beginning farmer socials, you will get a chance to meet your peers, learn from one another and become more familiar with PFI.

Enjoy pizza on us at Luna Valley Farm on Saturday, June 24 starting at 5 p.m.! Gather and get to know beginning farmers near you. Luna Valley Farm is a

destination for heritage breed pork, grass-fed lamb and grass-fed beef and, of course, delicious wood-fired pizza!

[Visit our website to see other beginning farmer socials happening across the state this year.](#)

Please respond to this email to RSVP.

## PROGRAM UPDATES

### Producer Registration for the Iowa Local Food Purchasing Assistance (LFPA) Program is Open Now



Looking for new markets for local foods?

Through the Iowa LFPA you can connect with and **sell to schools, food shelves and other government and tribal organizations** at equitable prices set by fellow producers.

If you are a local producer in Iowa or a bordering county and want to get involved, fill out the [Producer Registration Form](#). Registration takes about 15 minutes. [Learn more.](#)

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### Register for PFI's free Exploring Agriculture workshop series in Spanish



We are excited to announce our Exploring Agriculture workshop series starting July 24!

These **free virtual workshops delivered in Spanish** will help beginning farmers kick-start their farming goals. Join us for an exploration of purpose, people, planning and producer enterprises.

Please share this opportunity with Spanish-speaking beginning farmers in your community. [Register today.](#)

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### Watch: Tarping to control weeds on vegetable farms

Humble Hands Harvest in Decorah, Iowa, has practiced tarping for a



couple of years. In this farminar from earlier this year, **Hannah Breckbill** leads us on an exploration of tarping practices, tips and techniques with **Ryan Maher** of Cornell University's Small Farms Program.

[Join Humble Hands Harvest at their PFI field day this September](#) to continue the conversation on transitioning to no-till and tarping.

## UPCOMING EVENTS

### Field day: Maximizing Opportunity in a Small Town



**Sunday, June 18 | 1-3 p.m.**

**Steve Strasheim**, of Twisted River Farm, will share how he uses several production-maximizing techniques often associated with urban farms to make the most of the small footprint on his farm in Mitchell, Iowa.

At the end of the event, we'll travel 7 miles to a field where Steve grows crops in a geothermal-heated hoop house. [Please RSVP here.](#)

#### **June 17: Field Day - [Creating a Soil Health System with No-Till, Cover Crops, and Livestock](#)**

*Hosted by: Ross, Cassie, Henry, and Ruthie Kurash*

4:30-6:30 p.m. | Fort Atkinson, IA

#### **June 21: Field Day - [Creating On-Farm Habitat to Foster Wildlife Diversity](#)**

*Hosted by: Bev & Dwight Rutter*

12-3 p.m. | Spencer, IA

#### **June 22: Spanish Social - [Creando Comunidad de Granjeros Latinos](#)**

*Hosted by: La Luz Centro Cultural*

1-3 p.m. | Hampton, IA

#### **June 24: Social - [Beginning Farmer Social](#)**

*Hosted by: Luna Valley Farm*

5 p.m. | Decorah, IA

#### **June 28: Field Day - [Rematriation of Iowa's Historical Prairie](#)**

*Hosted by: Shelley Buffalo*

10 a.m.-2 p.m. | Prairie City, IA

#### **July 8: Field Day - [Sheep Shearing](#)**

*Hosted by: Greg Padget*

11 a.m.-2:30 p.m. | Newton, IA

**June 14: Webinar - The New Agrarian Toolkit: Putting Soil Health into Practice**

Hosted by: Quivera Coalition  
7 – 8:30 p.m. | Online

**June 15: Workshop - “Virtual Workshop for Beginning Farmers”**

Hosted by: Team Agriculture Georgia  
10:30 a.m. - 12:30 p.m. | Online

**June 15 & 16: Workshop - “2023 Comprehensive Elderberry Workshop and Orchard Tour”**

Hosted by: River Hills Harvest  
Columbia, MO

**June 21: Webinar - “Vegetable Diseases”**

Hosted by: UW Plant Disease Diagnostics Clinic  
6:30 – 8:30 p.m. | Online

**June 24: Webinar - “A Year in the Life of a Poultry Producer”**

Hosted by: Center for Rural Affairs  
1 – 3 p.m. | Online and Douglas, NE

**June 27: Field Day - “Pasture and Grazing Field Day”**

Hosted by: Lubben White Oak Farm; Women, Land and Legacy  
2 p.m. | Monticello, IA

[View more events on our events calendar](#)

## RESOURCES

*Check out these additional resources for beginning farmers*

**Stress Reduction & Mental Wellness for Everyone**

Watch Elena Velez, founder of Community Restorative Trainings, lead a stress reduction presentation and exercise during the Women Food and Agriculture Network 2022 Conference. Learn effective stress-reduction and mindfulness techniques to help you respond to the daily demands of farming and life.

**The Art of Climate Dialogue: Stories from Iowa Podcast**

A podcast series featuring 13 conversations with artists, farmers, community-engaged researchers and community organizers and activists who have used arts and storytelling strategies to talk about climate change and agriculture in Iowa. Through this podcast, interviewees share these strategies so that listeners can implement them in their own communities.

**Direct Marketing, by Thea Rittenhouse, NCAT Agricultural Specialist**

This publication discusses direct marketing and the benefits and risks associated with selling agricultural products directly to customers. Popular direct marketing strategies covered in this publication include farmers markets, Community Supported Agriculture (CSA), and direct sales to restaurants, institutions and food hubs.

## POLL

As a beginning farmer, what are you most interested in learning from PFI?

Answer the poll question below:

How to find more like-minded farmers

Select

Farming strategies to combat climate change

Select

Financial and business planning

Select

Finding land that fits my farming and family needs

Select

Something else that I'll email Rachel about

Select

STAY CONNECTED WITH PFI



Looking for more?

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