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November 1, 2022 || Newsletter Edition 150

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**CSU Food Systems Webinar Series**

The CSU Webinar Series is on pause for this fall, but you can view our September webinar and others at the link below.

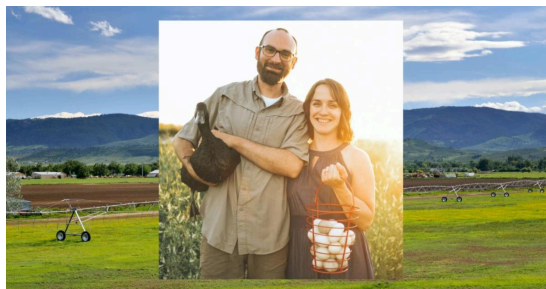
View previous webinars [here](#).



## CSU Food System Team Spotlights

### Derek Lowstuter

CSU Extension Specialist  
Mountain Region  
Agriculture & Food  
Expanding Rural Engagement



Derek is one of the newly hired specialists for the CSU Extension “Expanding Rural Engagement” (ERE) initiative focusing on how to foster thriving communities and support food and agriculture production in Colorado’s mountain region, which includes 13 counties stretching from Jackson County in the north to Custer County in the south. Derek is excited to be back in Colorado where his interests in food, natural resource management, and human well-being first developed. He looks forward to helping agricultural producers (and consumers!) in the mountain region access the information they need to be most successful.

Lowstuter earned his M.S. in Forest Sciences from Colorado State University.



## Mark Your Calendar

### CSU FSI: The Benevolent Bean and Miso Demonstration Fall Event Series

Can we eat our way to a resilient and equitable food system? This panel, from the CSU Food Systems Institute, will explore how a citizen science approach can aid efforts to develop and expand market opportunities for sustainable grains and pulses. The event will be held on Thursday, **November 17th**. Join us from 3-5pm

**FOOD SYSTEMS INSTITUTE**  
COLORADO STATE UNIVERSITY

**THE BENEVOLENT BEAN:**  
Citizen Science in the Kitchen

**Expert Panel & Cooking Class**

**Thursday November 17th**

**PANEL: Can we eat our way to a resilient and equitable food system?**

How can plant breeding, nutrition, culinary arts, and our food culture help address the climate crisis? This panel explores how a citizen science approach can aid in efforts to develop and expand market opportunities for sustainable grains and pulses.

**Speakers:**  
**Chief Kelly Whitaker**  
The Wolf's Tailor  
**Tessa Peters**  
The Land Institute  
**Chelsea Didinger**  
Cool Beans Project  
**Michelle Foster**  
CSU Food Science and Human Nutrition

**FREE and open to the public**

**3:00-5:00**  
**PANEL DISCUSSION**  
Location: Crooked Stave

**5:00-7:00**  
**HANDS-ON COOKING CLASS**  
Location: CSU Food Science and Human Nutrition Culinary Lab

**COOKING CLASS: MAKE YOUR OWN MISO**

**LED BY CHEF MARA KING**

Learn how to make miso using local and easy to find ingredients. Unlock the secrets of umami as we look in to the power of enzymatic mold based fermentation techniques that have been utilized in Asia for thousands of years, for food preservation, alcohol production and to create dynamic, culturally affirming depth of flavor. This is a hands on workshop. All participants will take home one pint of miso to age at home.

**SPACE IS LIMITED TO 20 - RSVP TO SECURE SPOT**

Panel RSVP  
  
<https://forms.office.com/r/9MND4T4c>

Class RSVP  
  
<https://forms.office.com/r/FuVw4C1FP>

at Crooked Stave in Fort Collins, CO for a panel discussion about The Benevolent Bean, followed by a hands-on cooking class to make your own miso at the CSU Food Science Culinary lab from 5-7pm.

Space is limited for the hands on demonstration. Register for the panel here and the class [here](#). All events are offered for free. For more information email, [Alex.Dejoy@colostate.edu](mailto:Alex.Dejoy@colostate.edu).

## Food Safety Training for Cottage Food Producers 2022 courses

Learn how to safely produce food from home as a cottage food business. This online course covers a variety of topics, including: basic food safety, foods that are permissible under the updated Colorado Cottage Foods Act, ingredient labeling, special considerations for food preparation at high altitudes, and safe food sampling best practices. Registration is \$50.

Courses will be offered online on the following dates. **Click each date below** to register and learn more about the program.

### CSU Extension Cottage Food Safety Training Online:

- **December 2**, 9:00 am - 1:00 pm
- **December 3**, 9:00 am - 1:00 pm



## 2022 Regenerate Conference November 2-4 in Denver, CO

The Quivira Coalition, Holistic Management International, and the American Grassfed Association collaborate each year to convene ranchers, farmers, conservationists, land managers, scientists, and thought leaders to share knowledge, build community, and create a culture of resilience and regeneration.

This year, the conference will explore the intersections of ecology and economy through the lenses of agriculture, science, conservation, economics, racial justice, policy, and culture.

Join **REGENERATE 2022** to co-create a vision of working together to foster restorative systems and implement practices that better serve our planet and our communities. Contribute your energy and ideas to the conversation at this year's convening, **Cultivating Restorative Economies**.

For more information or to register, click [here](#).

## NW Colorado Value-Added Ag Producer Meeting - Moffat and Routt Counties

In an effort to grow the value-added agriculture and food processing sector, the Northwest Colorado Development Council (NWCD) is seeking input on co-op meat processing, storage capacity and marketing strategies. They are holding meetings in Northwestern Colorado. Meals will be provided.

- **November 7th**, 5:30-7:30pm at Soroco High School in Oak Creek, CO. Register [here](#).
- **November 11th**, 12:00 -1:30pm at CNCC Library in Craig, CO. Register [here](#).

### WE NEED YOUR INPUT!

VALUE-ADDED AG PRODUCER MEETING  
MONDAY, NOVEMBER 7, 2022  
5:30 PM-7:30 PM

**SOROCO HIGH SCHOOL**  
305 GRANT STREET, OAK CREEK, CO 80467

RSVP for Meeting or Sign up for Updates:  
<https://forms.gle/UyDuLgVmereJlU7b7>

*Sneak peak at the school's USDA meat processing facility after the one-hour meeting*



## Cold Chain Management Workshop

This workshop will cover the importance of managing the temperature of your harvest for both quality and safety and will be held on December 2, 2022 from 10am-3pm at the El Paso County Extension office.

Program topics include:

- Understanding produce physiology and how pre-cooling systems lead to improved produce quality & maintaining the cold chain
- Cold chain and post-harvest best practices
- Hands-on activities (low-cost technology for monitoring temperature; cleaning and sanitizing coolers)
- Mitigating risks with the system you use, from icing to hydro-cooling to different models of coolers
- Importance of keeping it clean! Food contact surface sanitation and your cold chain practices
- We will have a modified trailer on site with Cool-Bot technology for an "on-site field trip"

For more information contact Michele Ritchie at [michele.ritchie@colostate.edu](mailto:michele.ritchie@colostate.edu) or 719-520-7676.

Register [here](#).

## 2022 Soil Revolution Conference

Registration is now open for the 2022 Soil Revolution Conference, to be held in Boulder, CO on **December 6th**. This conference will present on-the-ground

solutions from producers spanning a variety of climate and soil conditions across the county. Speakers include Elizabeth Kaiser, Bob Quinn, and Joe Lanier. This event is hosted by Boulder County Parks & Open Space, CSU Extension, the City of Boulder, USDA-NRCS, and the Boulder Valley and Longmont Conservation Districts. Sponsor and exhibitor opportunities are available.



To register or to find more information, go to <https://soilrev.org/>.



## 2022 Colorado Food Summit

The 2022 Colorado Food Summit will take place on **December 8, 2022 in Denver, Colorado**. The Summit will bring together food and agriculture

stakeholders from across the state to help build shared understanding of the complex opportunities and challenges facing our food and agriculture systems.

Through panel presentations, storytelling, multi-media and artistic presentations, and facilitated networking, the Summit aims to inspire collaborative action towards a more resilient and equitable food future. We encourage anyone connected to Colorado's food system to be a part of this important discussion.

Click [here](#) to register! Ticket prices increase on November 1.

The conference organizers invite anyone seeking financial assistance for summit participation to submit a request [here](#) before 5 pm, October 31, 2022.



**BUILDING FARMERS**  
COLORADO STATE UNIVERSITY  
EXTENSION

## Colorado Building Farmers and Ranchers Business Development Program

Registration is now open for the Colorado Building Farmers and Ranchers Business Development Program. This online class covers the principles of business management, developing a marketing plan, managing risk in your operation, obtaining financing, and more.

From January 17-March 7, 2023, CSU Extension will teach its Building Farmers and Ranchers class. Classes will be held on Tuesdays from 6:00-8:30 pm. This 8-week class culminates in you presenting your draft business plan to a group of your peers.

Check [here](#) for registration and additional information.

## SAVE THE DATE: International Livestock Forum and the Mountain Meat Summit



On January 11-12, 2023 the 9th annual International Livestock Forum and the first Mountain Meat Summit will bring together industry leaders, government professionals, and members of academia to discuss domestic and international livestock and food production. Participants will be invited to join on a unique tour of Colorado's livestock and meat enterprises, behind-the-scenes access to the National Western Stock Show and the new CSU Spur campus.

The event is hosted by Colorado State University's Department of Animal Sciences, the National Western Stock Show, and the National Meat Summit Committee. **Registration opens November 1st.**



## SAVE THE DATE: Western Colorado Soil Health, Food & Farm Forum

Save the date! Connect with farmers, ranchers, and experts in soil health, crops, livestock, and water management. Sessions will focus on maximizing regenerative crop and livestock production, innovative marketing and financial management strategies, soil, health, labor and water issues.

The Forum will be held **January 27-28** in Montrose, CO. Registration will open November 11th [here](#).



## Funding Opportunities



## Western SARE Competitive Grants 2023 Calls for Proposals

**Farm/Rancher** - The Farmer/Rancher Program focuses on advancing on-farm sustainability solutions by funding innovative producer-driven research and outreach. **Due: November 2, 2022.** [Click here for more information.](#)

**Professional + Producer** - The Professional + Producer Program provides opportunities for agriculture professionals working directly with farmers and ranchers on sustainable agriculture efforts. **Due: November 3, 2022. [Click here for more information.](#)**

**Professional Development** - The Professional Development Program advances education and outreach strategies for professionals and educators who work directly with farmers and ranchers. **Due: November 9, 2022. [Click here for more information.](#)**

**Research to Grassroots** - The Research to Grassroots Program involves interdisciplinary teams who take SARE research results out into the field. **Due: November 9, 2022. [Click here for more information.](#)**

**[Click here](#) for more information about all proposals.**

## USDA Announces Funding Available through the New Regional Food Business Center Program



The USDA Regional Food Business Centers will support a more resilient, diverse, and competitive food system. These Regional Food Centers will support producers by providing localized assistance to access local and regional supply chains, including linking producers to wholesalers and distributors. They will provide technical assistance needed to access new markets, increase access to federal, state, and local resources, and assist small- and mid-sized producers in overcoming barriers to market access, with a focus on underserved farmers, ranchers, and food businesses. No match is required.

For more information about the program, visit the [website](#) or watch a recorded webinar describing the program [here](#). You can sign up to attend a question-and-answer session [here](#).

Colorado State University is submitting a multi-state and multi-partner application. If you are interested in learning more, please contact Dawn Thilmany at [Dawn.Thilmany@colostate.edu](mailto:Dawn.Thilmany@colostate.edu).

Learn more and apply [here](#). Applications are due by November 22.



## Assistance for On-Farm Food Safety Expenses for Specialty Crop Growers

USDA plans to provide up to \$200 million in assistance for specialty crop producers who incur eligible on-farm food safety program expenses to obtain or renew a food safety certification in calendar years 2022 or 2023.

USDA's new **Food Safety Certification for Specialty Crops** (FSCSC) program will help to offset costs for specialty crop producers to comply with regulatory requirements and market-driven food safety certification requirements, which is part of USDA's broader effort to transform the food system to create a more level playing field for small and medium producers and a more balanced, equitable economy for everyone working in food and agriculture.

To be eligible for FSCSC, the applicant must be a specialty crop operation; meet the definition of a small business or very small business; and have paid eligible expenses related to the 2022 (issued on or after June 21, 2022) or 2023 certification.

The FSCSC application period for 2022 is June 27, 2022, **through January 31, 2023**, and the application period for 2023 will be announced at a later date. FSA will issue payments at the time of application approval for 2022 and after the application period ends for 2023.

[Click here for more information.](#)



## New USDA Loan Program

As part of the American rescue Plan, the USDA **Rural Development Food Supply Chain Guaranteed Loan Program** is offering loans up to \$40 million for qualified lenders to finance food systems projects. These grants will be offered to projects that are starting or expanding activities in the middle of the food supply chain. For example, the program will support new investments in infrastructure for food aggregation, processing, manufacturing, storage, transportation, wholesaling, and distribution. Applications will be accepted until funds are exhausted.

## Rapid Response to Extreme Weather Events Across Food and Agriculture Systems



This U.S. Department of Agriculture (USDA) program is designed to rapidly deploy strategies and fill knowledge and information gaps to protect the nation's food and agricultural supply chains, from production through consumption, during and after extreme weather and disasters.

All applicants must directly address the effects associated with an extreme weather event or disaster that has already occurred. Applications must address one or more of the following emphasis areas:

- Agroecosystem Resilience
- Agricultural Commodity and Nutrition Security
- Health, Well-Being, and Safety

Two grant types are available:

- **Standard, FASE (Strengthening Standard):** Extension or Integrated (research and extension), Letter of Intent must be submitted within 14 days of an extreme weather event and disaster. Applications will be received on a continuous basis.
- **Coordinated Agricultural Project (CAP):** Extension projects only. A Coordinated Agricultural Project is a large-scale multi-million-dollar project to promote collaboration, open communication, and the exchange of information; reduce duplication of effort; and coordinate activities among individuals, institutions, states, and regions. Applicants applying to coordinate this extension response grant program must have the capacity to promptly accept and review proposals, award projects for rapid initiation at subaward institutions, and provide post-award management including project oversight and reporting. The application deadline is included in the FY2022 AFRI RFA.

[Click here for more information.](#)



## News, Resources & Reading



### USDA AMS holds Virtual Workshops on the Whole Farm Revenue Protection and Micro Farm Insurance Options

In an effort to increase participation in crop insurance options, the U.S. Department of Agriculture Agricultural Marketing Service (USDA AMS) is offering virtual workshops – on Nov. 15, and Dec. 13 – for producers and other stakeholders to learn about recent improvements to the [Whole-Farm Revenue Protection](#) (WFRP) and the [Micro Farm](#) insurance options. These insurance options are particularly important to specialty crop, organic, urban, and direct market producers.

RMA will host these workshops via Microsoft Teams:

- **Tuesday, Nov. 15 at 9 p.m. MT** ([click to join](#))
- **Tuesday, Dec. 13 at 9 a.m. MT** ([click to join](#))

### Northern Colorado Foodshed Project Still Accepting Applications for Farm Business Accelerator Program

Ready to start your own farm business? The Foodshed Project Farm Business Accelerator is a 3-year program offering beginning farmers an alternative entry point to establishing a successful farm business. They provide a bridge to business viability for those with existing farm skills through low-cost access to everything needed to manage a successful farm business: land, water, infrastructure, technical support marketing assistance, and business education through CSU Extension's Building Farmers program. Participants will have access to plots starting at ¼ acre up to 1.5 acres, depending on experience, as well as shared access to infrastructure including irrigation, equipment, tools, and storage. Program fees vary depending on plot size and start at \$500 per year.



To learn more or apply, visit their website [here](#).

Applications are due November 18th.



## New Interactive Online Map Showcases Local Agricultural Market Program (LAMP) Grants across US

The USDA Agricultural Marketing Service (AMS) has introduced a new interactive online map that conveys all AMS grant programs within the Local Agricultural Market Program (LAMP) from 2006-2020. Users can also search by grant type and theme. There are several Colorado-based projects highlighted in this map, including some very recent winners from our state announced in October 2022.

See various Colorado winners for 2022 here:

[Regional Food System Partnerships](#)  
[Local Foods Promotion Program](#)  
[Farmers Market Promotion Program](#)

Access the new tool to see all past and current winners [here](#).

## New Consumer Food Insights

To better understand how the COVID-19 pandemic has altered the future of food systems, Colorado State University, the University of Kentucky, and USDA AMS conducted a national survey of more than 5,000 households in 2020 and a follow up survey in fall 2021.



The [Consumer Food Insights Series](#) recently added five new briefs that are now listed on [localfoodeconomics.com](https://localfoodeconomics.com). Use the links below to explore each area of research:

### 1. 2.0 Survey Overview

2. **An Overview of Online Shopping Trends**
3. **Changes in Expenditures at Local Food Market Channels in Different Sized Communities**
4. **Exploring Awareness and Promotional Linkages to New Market Channels**
5. **Food Acquisition by School Meal Program Participants during the COVID-19 Pandemic**

For more on these trends, visit the [Consumer Food Insights Page](#).



## New Guide to USDA Resources for Historically Underserved Farmers and Ranchers

As part of their efforts to improve equity and access to USDA programs, the Natural Resources Conservation Service (NRCS) has published a new guide designed to help historically underserved farmers and ranchers navigate the many available programs. The guide encompasses a wealth of information on farm loans, the conservation planning process, risk management, and the specifics of various USDA programs.

The guide, "Get Started: A Guide to USDA Resources for Historically Underserved Farmers and Ranchers", is available online as a **digital download**. Additionally, the guide can be downloaded in **Spanish, Hmong, Korean, Vietnamese, Thai, and Chinese**. Other languages are available upon request.



## From Our Communities

### Grow and Give: Modern Victory Garden Project

Grow and Give is a statewide gardening project that was created to address food insecurity in Colorado by connecting backyard and community gardens to food donation sites across the state. So far in 2022, Coloradans have provided almost 29,000 pounds of food to communities around the state.

Learn more [here](#). Register to participate [here](#).





# ABOUT FOOD SYSTEMS

at Colorado State University

Food systems are the connections between natural resources, the agricultural and food industries, and the buyers, consumers, and communities to which they contribute. Research, extension and education identify and inform opportunities to bridge how production, supply chains, and eaters respond to changing markets, policy, and the environment. At CSU, we focus on these key areas to train, influence, and communicate ways to connect food-related roles and foster healthy communities, economies, and individuals.



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