

Grazefest Minnesota 2007 “A Day for Eaters”: It’s not just for farmers anymore!

Grazefest Minnesota 2007: “A Day for Eaters” has something for both farmers and consumers, combining on-farm education with tours, demos, music and tasty treats. This Sustainable Farming Association of Minnesota (SFA of MN) event is being held on Saturday, July 21st at Cedar Summit Farm, rural New Prague, MN from 1:00 p.m. to 6:00 p.m.

SFA of MN is hosting Grazefest Minnesota to promote the health benefits of pasture-raised foods, the positive environmental impact of grazing and the economic growth from local, pasture-raised food. This event will also highlight how farmers can benefit from grazing systems through healthier animals, a healthier working environment, and healthier land.

Grazefest Minnesota will feature pasture walks lead by experienced and well-known graziers such as Jim VanDerPol and Ralph Lentz. Throughout the afternoon there will be cooking demos presented by chef Philip Dorwart of Create Catering. Dave and Florence Minar, Cedar Summit Farm; Mike Lorentz, Lorentz Meats; and Mary Jo Forbord, Executive Director of SFA of MN, will also speak about the benefits of pasture-raised foods. Chuck Suchy and the Roe Family Singers are providing musical entertainment. Chuck Suchy is a “Folksinger, farmer, songwriter, storyteller...a man who many describe as the “Voice of the Upper Great Plains.” The Roe Family Singers are an indie roots music and folk group from the Twin Cities. There will also be delicious locally produced food available for purchase and exhibitors of all kinds.

Tickets are available online at www.sfa-mn.org before July 13th or by sending a check to SFA of MN, c/o Mary Jo Forbord, 29731 302nd St., Starbuck, MN 56381. The cost is \$6 per adult before July 13th. After July 13th and at the gate the cost is \$9 per adult. Tickets are \$3 per child ages 7-17 years old and admission is free for children under 6 years old.

For more information contact Anne at SFA of MN, (320) 226-6318 or communications@sfa-mn.org. For sponsorship or exhibitor information contact Mary Jo Forbord, Executive Director of SFA of MN, at (866) 760-8732 or mforbord@sfa-mn.org. Check www.sfa-mn.org for updates.

The sponsors of Grazefest Minnesota 2007 are: the Sustainable Farming Association of Minnesota (SFA of MN), Natural Resources Conservation Service (NRCS), Grazing Lands Conservation Initiative (GLCI), Minnesota Department of Agriculture, Eating Fresh Publications, Cedar Summit Farms, Lorentz Meats, Edible Twin Cities, Midwest Organic and Sustainable Education Service and Ag Resource Consulting.