



THE *Heart* OF THE TRIANGLE

Sharing the vision and supporting the mission of the Triangle area non-profit community.

Support Local Startup Farming Initiatives at Good Hope Farm

by Judy Liu, MPH

When your hands or feet are in direct contact with the earth you experience a connection to our natural environment. You can achieve this by gardening, walking barefoot in the grass or participating in many farming activities. These “grounding” activities have been shown to relieve anxiety and promote stress-reducing hormone production in the body.

If you are interested in volunteering at a local farm, please consider the Good Hope Farm. The goal of Good Hope Farm is to honor Cary’s agricultural heritage while increasing the community’s access to farmland and connecting its residents to local, healthy food. Good Hope Farm licenses plots up to two acres to new and expanding farmers, with all necessary equipment and infrastructure available on site. The farm features a demonstration garden and offers agricultural and nutritional educational programming.

Good Hope Farm is located at the center of Carpenter. Carpenter was a thriving agricultural community in the late 19th and early 20th centuries and the farm has been in production for over 100 years. Owned by the A.M. Howard family during most of this time, many of the buildings on the property date from the early 20th century and are in the Carpenter National Register Historic District. The Town of Cary purchased the farm in 2008 to preserve a portion of Carpenter’s



agricultural past. The farm is currently leased by Piedmont Conservation Council to provide land access to a new generation of farmers and connect the community to local agriculture.

The Piedmont Conservation Council, Inc. (PCC) is an independent, non-partisan, non-profit organization. PCC addresses natural resource conservation and development issues in its service area, which includes Alamance, Caswell, Chatham, Durham, Guilford, Orange, Person, Randolph, Rockingham and Wake Counties of North Carolina. Their mission is to leverage people and resources for innovative projects that promote conservation and sustainable communities.

PCC actively engages with the community through planning efforts and daily sustainable initiatives by offering: Grant Writing, Project Management, Strategic Planning and Workshops. Their projects aim to promote Natural Resource Conservation and Management, Water Quality,

Farmland Preservation, Recreation, Tourism, Economic Development, Community Improvement and Job Creation/Retention. PCC seeks to promote equity, access, and inclusiveness to all persons for all programs and services without regard to race, gender, age, ethnicity, socioeconomic status, marital status, or disability.

PCC was established in 1967, authorized by Congress in October of 1968, incorporated in 1986 and received 501(c)(3) status in March of 1987. PCC was part of the Resource Conservation & Development (RC&D) program, which was a service of the USDA until defunded in April 2011. PCC remains a member of the National Association of RC&D Councils, which continues to support the RC&D Councils throughout the country that continue working without federal support. The Council and councils throughout the country continue to thrive and serve our communities as completely independent organizations.

Each month, there is a Volunteer Day for volunteers to help gardening and farming efforts at the farm. Donations can be sent to Good Hope Farm, c/o Piedmont Conservation Council, 721 Foster St, Room 228, Durham, NC 27701

For information about Good Hope Farm, like their Facebook page at www.facebook.com/goodhopefarmnc/ Contact Farm Manager, Thomas Saile, at thomas@piedmontconservation.org or 919-616-9764.

Natural Awakenings supports Triangle area non-profits by offering a free full-page feature article each month. It is a very visible platform from which an organization can tell its story and detail the services it offers. Please let us know if you would like for your non-profit organization to be considered for inclusion in an upcoming issue. Call 919-342-2831 or email TrianglePublisher@NaturalAwakeningsMag.com.