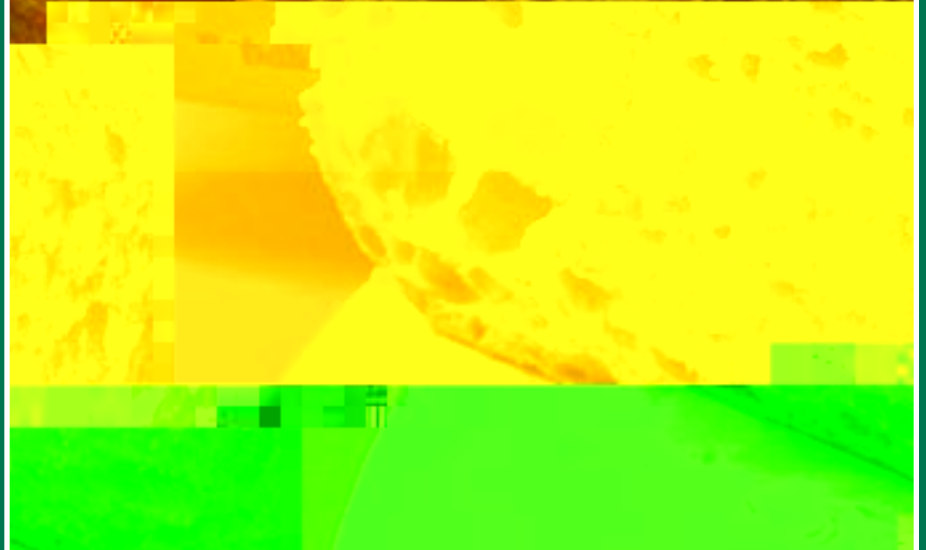
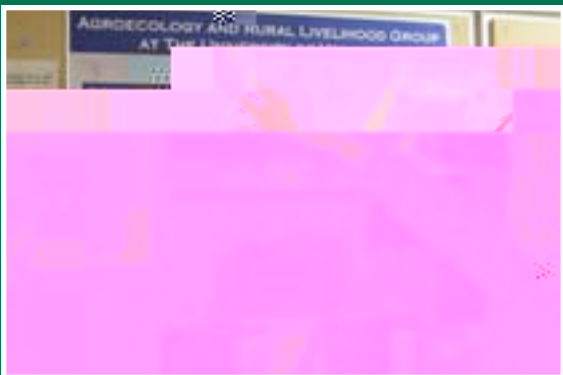


ANNUAL REPORT

for the Fiscal Year 2010



Working Together
For Common Goals





AGRICULTURE

Connecting New Farmers to Relevant Resources

By Lisa Halvorsen

It all began with a cow. After a huge government beef recall, Lila Bennett, then a preschool teacher, grew concerned about the beef being served at local schools. So she offered to raise a cow for meat for her daughter's elementary school.

"When I began, I didn't realize how much I didn't know, but that desire to provide fresh, locally raised meat was the catalyst for us becoming fulltime farmers," says Bennett who, with her husband David Robb, started Tangletown Farm, a diversified, pasture-based livestock operation in Middlesex two years ago. Today the farm sells 100-percent free-range, pasture-fed and ethically raised meats, supplying meat and eggs to two elementary schools, as well as selling to consumers.

"We decided to do a meat CSA (Community Supported Agriculture) to help pay for the cow. At the same time we were trying to buy some land. We contacted the Women's Agricultural Network for help with funding grants."

Her connection with that UVM Extension program, one of several under the umbrella of the Center for Sustainable Agriculture's Vermont New Farmer Project, led to her enrollment in Growing Places, a course for individuals contemplating starting an ag-related business. Since then she's completed a nine-month whole farm planning class and recently was accepted into the Vermont Farm Viability Program, which she learned about through the New Farmer Project.

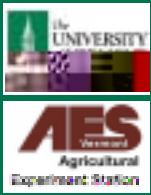
"We consolidated all UVM Extension is doing for and with new farmers under one portal," explains Mary Peabody, UVM Extension community development specialist, "organizing it around four key categories that new farmers need: 1) Business Plan Development, 2) Marketing, 3) Financial Management, and 4) Legal and Regulatory Compliance."

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Placing Value on VT Farms' Hidden Assets

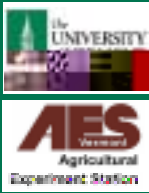
by Cheryl Dorschner

Vermont's working landscape" – say that phrase to most people, and they'll describe the patchwork of grazed, mowed, planted and built landscapes. What's left over in their minds is the wild, natural forest. Oh sure, there's a little woodland tended for sugarbush, woodlot or lumber, but, by and



ENVIRONMENT

Helping Vegetable Growers Fight Late Blight



NUTRITION, HEALTH & FOOD SAFETY

No Sugar-Coating These Health Warnings

By Cheryl Dorschner

For most of civilized history, sweet treats were just that – treats. Hand made with care, delicious, decadent, exquisite, colorful, lavish confectionaries of all kinds were either rare or dear enough to be reserved only for special occasions.

Somehow, for many reasons related to the industrialization of food processing, today cheap sweets dominate the American diet, edging out the three square meals a day and ruining the health of young and old alike.

Soft drinks and other sugar-sweetened beverages, such as fruit drinks, energy and sport drinks, are the number one source of added sugars in the diet, followed by grain-based desserts, such as cakes, cookies and pies. In just the past 40 years, daily sugar consumption per person in the U.S. has risen more than 70 percent. Over the past 50 years, soft drink consumption has risen more than 50 percent, researchers say.

Americans are eating and drinking an average of 22.2 teaspoons of added sugars a day, or 355 calories, says Rachel Johnson, PhD, MPH, RD, a nutrition professor at the University of Vermont and lead author of a stricter scientific statement by the American Heart Association (AHA) released in August 2009 to the tune of 68 million media impressions. The AHA recommended that women limit added sugar intake to 6 teaspoons and men to 9 teaspoons per day. Sugar-sweetened beverages should not exceed 36 ounces per week.

Added sugars have no nutritional value other than providing calories. Research shows that high added sugars intake is inversely associated with reduced intake of several vitamins, minerals and fiber. In other words, people eat sugary foods and drinks instead of nutrition-dense

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UVM is the Hub of Food Systems Research

by Cheryl Dorschner

Jane Kolodinsky is helping to position the University of Vermont to be a food systems leader nationwide. And she's not the only one.

The phrase "food systems" is as prevalent in research circles nowadays as "ecological" and "sustainable" were before it. The USDA, NSF and other major research funders have targeted food systems in their requests for major proposals.

"UVM and Vermont are leaders in food systems right now, but the rest of the country is running fast to catch up," says Kolodinsky, who in 2010 was named chair of UVM's steering committee on interdisciplinary food systems research. "We need to stake our claim, we need to be the people that people want to

Youth Ag Project Empowers VT Teens

by Lisa Halvorsen

The grass is still damp with dew as a group of sleepy teens gather on a cool summer morning to harvest zucchini, green beans and other ripe vegetables from

Govt. Investment Helps Us Serve Vermonters

State and federal investments in UVM Extension and the Vermont Agricultural Experiment Station (VT-AES) are critically important to maintaining an infrastructure of people and facilities that serve the state every day. These investments provide a foundation upon which our faculty and staff can compete for other funds to extend and expand the work to meet the needs of more Vermonters.

Leveraging federal and state funds through additional grants allowed UVM Extension to expand its work in food safety, farm business planning, local access to local food, farm safety and other areas.

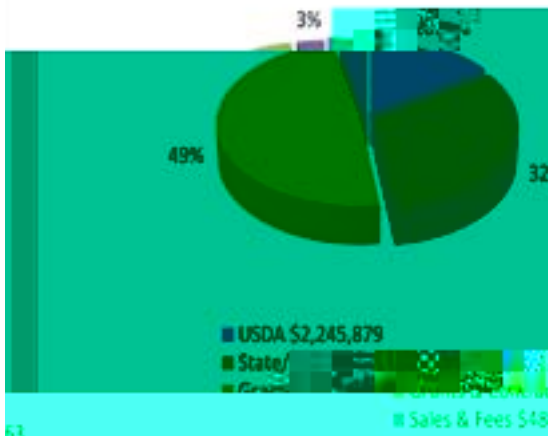
Similar leveraging of VT-AES-funded research allowed more efforts in key areas such as childhood obesity, water pollution,

sustainable energy and the effects of climate change on our natural resources.

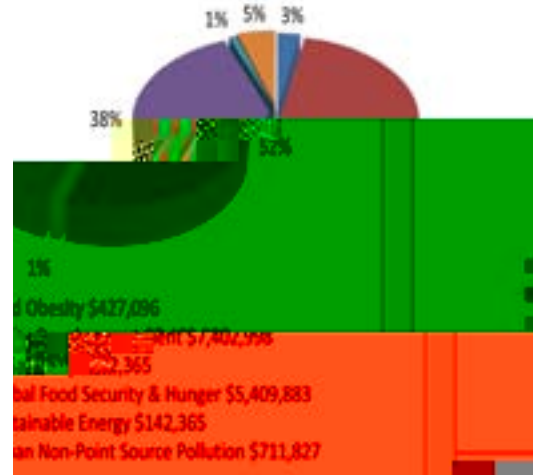
Our success in leveraging state and federal dollars is easily visualized in the VT-AES fiscal year 2010 budget, which totals nearly \$12 million and UVM Extension's \$14.2 million budget.

This solid performance means that both UVM Extension and the Agricultural Experiment Station are well positioned to deploy critically needed resources to expand efforts in supporting and growing the agricultural economy of the state, and create a brighter future for all Vermonters. Visit our websites for further details of our financial reporting for fiscal year 2010 which runs from Oct. 1, 2009 through Sept. 30, 2010.

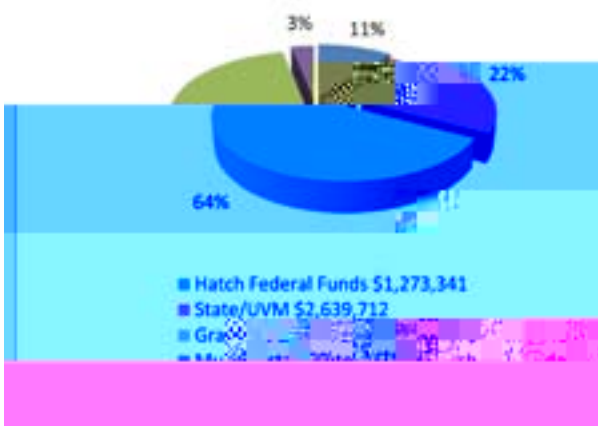
UVM Extension Budgeted Dollars FY 2010



UVM Extension Budgeted Dollars By National Goal Area FY 2010

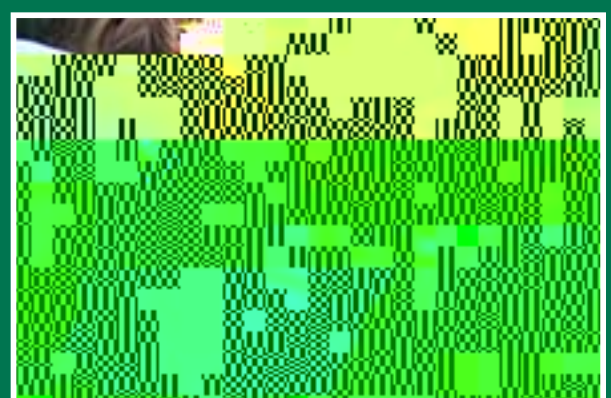
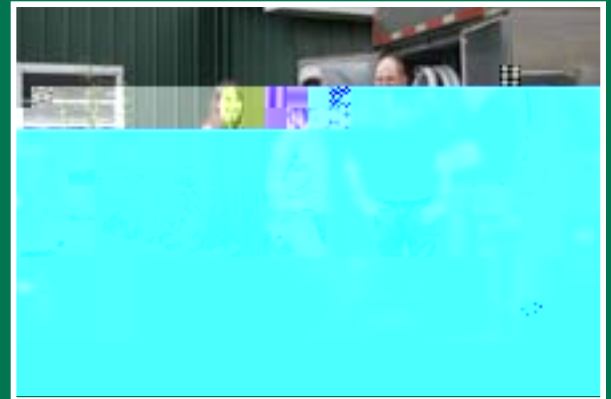
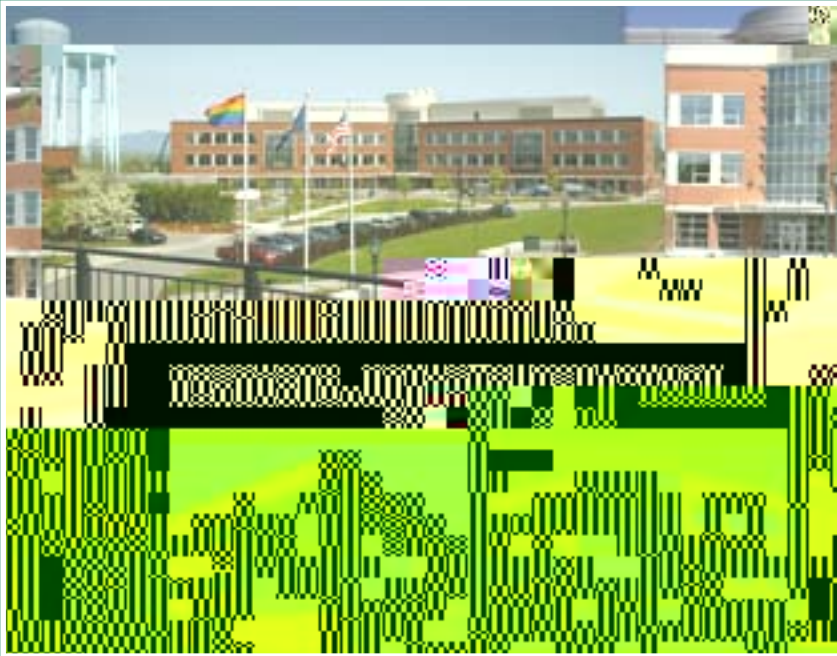


VT Agricultural Experiment Station Budgeted Dollars FY 2010



VT Agricultural Experiment Station Budgeted Dollars FY 2010





Contact us



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