





# Growing Local: Supporting the Next Generation of Urban and Regional Farmers in New Orleans

Recirculating Farms is a collaborative group of farmers, educators, food justice organizations and many others in the Greater New Orleans Area. To enhance food security, economic development and ecological sustainability we provide education and resources to emerging growers committed to creating a robust and equitable local food system.

## Supporting Emerging Local Growers

We support limited-resource farmers, veterans, BIPOC individuals, women, and young people interested in participating in our local food system.



Presented by:  

### Introduction to Aquaponics

Join us and Pardeep Vedi of Sahib Aquaponics and learn about basic aquaponic design and function!

Register at: [bit.ly/rfcaquaponics](https://bit.ly/rfcaquaponics)  
Questions? [dcelis@recirculatingfarms.org](mailto:dcelis@recirculatingfarms.org)

**Where:** This workshop will be live streamed virtually.  
**When:** Tuesday October 4th, at 6:00pm  
This workshop is FREE courtesy of the USDA's Beginning Farmer and Rancher Development Program!  
Even if you're unable to make it, be sure to sign up to get the recording!



## How to Start Seeds



Learn about starting seeds with our Farm Manager Michael Richard @ [bit.ly/startingseeds101](https://bit.ly/startingseeds101)



## A Diverse Range of Topics

A wide variety of classes from technical assistance to the nontraditional.

- Cover Cropping
- Integrated Pest Management
- Aquaponics
- Legal Liability
- Marketing Tools
- Beekeeping
- Mushroom Cultivation
- Tropical Plant Propagation

## Offered Through Multiple Platforms

Accommodating the health and needs of our community to learn safely and within their schedules.

- Outdoor Classes
- Video Tutorials
- Interactive Webinars
- Access To Recordings Of In Person Classes And Webinars
- Tool And Resource Distribution

### Identify Your Insects



**Identification is Important!**

- Some common arthropods look alike, but may be harmful
- Know the larval stages of beneficial and detrimental insects
- Know the IPM (Integrated Pest Management) thresholds
- Some damage is fine, most damage is harmless
- Proper ID of pests makes treatment more targeted
- Protect pollinators and other beneficial species
- Our gardens are a part of the larger habitat, providing Ecological Services