

Everybody Eats

GardenShare's Quarterly Newsletter | Vol. 11 No. 3 | Summer 2011

Getting Students Involved

Youth Summit Brings Food Issues to High School Students

Food Day—October 24, 2011—is a nationwide event that aims to change the way Americans eat and think about food. Organized by the Center for Science in the Public Interest, Food Day will showcase activities around the country that encourage Americans to “eat real” and support healthy, affordable food grown in a sustainable, humane way.

On Food Day in the North Country, GardenShare will bring together high school students from around the region for a day of workshops, films, discussions, and networking with the goal of engaging students with important food issues including diet & health, sustainable farming, hunger, and marketing to kids.

As the North Country coordinator for Food Day 2011, GardenShare is partnering with the Health Initiative to organize the Food Day Youth Summit. Our day-long event will be held on the campus of SUNY Potsdam.

Headlined by Mark Kimball, the day promises to be an engaging event including student lead workshops, demonstrations and an afternoon of planning and action commitments.

Watch GardenShare.org for more details about the summit and email summit@gardenshare.org to find out how your school can participate. The summit also has it's own Facebook page.

Funding for the event is being provided by Alcoa Foundation, Grasseroots Fund, Adirondack Community Trust, and other local sponsors.



Making CSA Affordable

Boxfuls of Bonus Bucks

Our second season of Bonus Bucks brought more members to CSA than anticipated.

Community Supported Agriculture is a partnership between a farmer and local consumers. In CSA, you buy a membership (a “share”) in a nearby farm, and then each week you go to a designated site to pick up your box of the farm’s harvest—vegetables or meat or perhaps an assortment of veggies, fruit, meat, eggs, maple syrup, and other wholesome farm food.

For more detailed information about the benefits of CSA, take a look at the St. Lawrence Health Initiative’s five minute YouTube video *What Is Community Supported Agriculture?*

GardenShare’s “CSA Bonus Bucks” program helps make CSA affordable for people on limited incomes by offering a \$150 discount off the cost of a share with participating CSAs for qualifying households. The program works double duty by introducing new markets to our small CSA farmers.

For the 2011 season, we had hoped to grow CSA Bonus Bucks participation by 30 percent over 2010, but as the season closes, we have grown by 40 percent over last year. We hope to double the number of families served for next year.

Email summit@gardenshare.org to find out how your school can participate.

Mark Kimball of Essex Farm to Open Summit

Mark and Kristin Kimball founded their Essex, NY farm in 2003. They created a Community Supported Agriculture model farm that provides a full and varied year-round diet to their members, and uses draft horses instead of tractors whenever possible.

Mark has a degree in Agricultural Science. After college he toured the country on bicycle working on all kinds of farms before he started his own CSA in Pennsylvania, and later purchased the farm in the North Country near Lake Champlain with his wife Kristin. He’s a dynamic speaker with a unique perspective on our food system who will inspire students to look at the food system as a whole, and their role in it, with new eyes.



Mark Kimball

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GardenShare

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GardenShare is a locally led, nonprofit organization seeking to end hunger and strengthen the local food network in the North Country.

Our Mission

GardenShare works to build a North Country where all of us have enough to eat and enough to share—where our food choices are healthy for us, for our communities, and for the environment.

Board of Directors

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GardenShare is a 501(c)(3) nonprofit, so your donations are tax deductible.

For more information or to donate online visit
www.GardenShare.org.

Find us on Facebook. 

Phil Harnden Honored by SLU

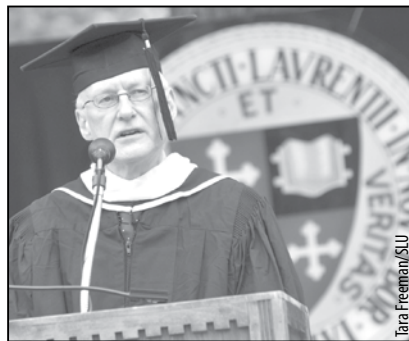
GardenShare founder Phil Harnden was awarded Saint Lawrence University's North Country Citation for contributing in special ways to improving the quality of life and fostering a sense of community in the region. Phil's heartfelt remarks on accepting the award moved us all. "I am smiling with wonder, amazement, and pride," said board member Daisy Cox. "I have a ton I could learn from you, Phil." As do we all.

"I stand here this morning mindful of the many men and women in our communities who struggle daily to put food on the table for their families. With dignity and determination, they do the hard and the hidden work."

Sowing Seeds in Schools

Thanks to the generosity of Jeanne Emery of Watertown, GardenShare received a \$500 grant through the Northern New York Community Foundation for school garden projects in Jefferson County. After inviting applications from schools across the county, GardenShare awarded two \$250 grants this spring.

The first grant went to Sackets Harbor Central School to expand its garden with planting boxes, an arbor, and a sitting bench. Four grades are currently involved in this garden, and community volunteers are helping maintain the garden over the summer. Last year the garden donated its harvest to a local food pantry and also used tomatoes and



Lara Freeman/SLU

"They are the ones who at this moment are washing the dishes from which we ate this morning. They are cleaning the rooms and making up the beds in which we will sleep this evening. And long into the night, they will be stocking the shelves of the stores in which we will shop tomorrow."

"So I say this to them: It is you who render the greatest service."

"You should be standing here instead of me. I salute you. And, at least in my own mind, I accept this citation on your behalf."

"Thank you."

other vegetables in the school cafeteria.

The second grant was awarded to the Alexandria Central School garden project in Alex Bay. With this grant, the gardeners there purchased seeds, plants, hose, trellis, two fruit trees, and seed-starting materials for their 10'x50' garden. Third and fourth graders started the seeds; high schoolers helped plant and will help harvest. The agriculture teacher and senior citizens are caring for the garden over the summer. In the fall, the cafeteria staff will feature garden produce on the menu.

We're grateful to Ms. Emery and the Foundation for giving GardenShare this opportunity to help introduce children to the delights of growing, eating, and sharing healthy food.

SEEDS

Open Board Seat Filled

GardenShare welcomes new board member Carol Pynchon. Carol lives in Canton, works at TAUNY and has been an active volunteer in many community endeavors. As a strong advocate on community food issues, Carol has volunteered at GardenShare's EBT booth at the Canton Farmers' Market, on the Unitarian Universalist Church's USH-are project, at Free Will Dinners and has campaigned for healthier food in Canton Schools. She brings a professional background in communications and strong community organizer skills to GardenShare. Thank you Carol!



We Need YOU

Help us get the word out! New volunteers are needed to staff GardenShare tables or booths at area events. GardenShare's programs link fairness and food and cover a variety of interests, so it helps to be outgoing, curious and passionate about at least part of GardenShare's mission. Volunteers participate in an orientation to learn more about the organization. For information or to sign up, email info@gardenshare.org, or call 315-261-8054.



Keep in touch

Don't miss our bi-monthly email newsletter starting February 2012, or occasional action alerts regarding sustainable agriculture and hunger issues—sure to be important as Farm Bill 2012 starts to hit Congress!

Make sure we have your email address by emailing info@gardenshare.org.

GardenShare at the Local Living Festival

Local Living Festival 2011 will take place the weekend of September 24, 2011. The Festival is a grassroots celebration of all things local—rural life skills, small-scale agriculture, renewable energy and more, and GardenShare will be there. In addition to an information booth about our programs that will be staffed periodically on Saturday, September 24, Sarah Bentley-Garfinkel, GardenShare board Vice-President, and Aviva Gold, GardenShare Associate Director will be leading workshops at the festival.

■ Saturday, Sept. 24, 1:00pm

Tweens & Teens Only!

French Fries and the Food System

Where'd your breakfast come from? How'd that french fry end up on your tray, and who put it there? Together we'll explore our food's journey, from farm to table and every stop in between. And we'll ask, "Do I have any say in what I eat?"

■ Sunday, Sept. 25, 11:00am

NOFA-NY Locavore Challenge Fellowship Speaker

MORE Than Local

The North Country's Community-Based Food System

A local food system takes more than just a few farmers. We need policy, access, and market infrastructures to support that system. Join us for a lively participatory workshop designed to describe our current regional food system and spark debate about its future.

Festival Details:

September 24 & 25, 2011 9 am to 5 pm
Cornell Cooperative Extension Learning Farm
2043 Route 68, Canton, NY

\$5 per person, per day admission, Free under 16.
Free to those who arrive via alternative transportation (fossil fuel free!)

The Local Living Festival
is a zero waste event.



Potsdam Farmers' Market Joins Canton Accepting EBT (Food Stamps)

GardenShare's amazing volunteers have staffed another farmers' market EBT booth, making it possible for people to use their foodstamp benefits at Potsdam's Farmers' Market as well as Canton's Market this season.

Shoppers can use SNAP/EBT benefits to buy fruits, vegetables, meats, fish, poultry, dairy, maple syrup and other maple products, honey, breads, baked goods, jams and jellies, processed foods, and even seeds and plants that produce food.

A study released earlier this year by the Northeast Organic Farming Association of Vermont, found that prices at farmers' markets for organic items were lower than supermarket prices, and

farmers' markets prices beat many conventionally produced supermarket prices as well.

In addition to lower prices, the produce at farmers' markets is often picked just earlier that day, so it's as fresh tasting as possible. You will often find varieties of fruits and vegetables at the market that are not sold in stores, and farmers love to share



Volunteer Winnie Sachno kicked off the Potsdam market season. GardenShare volunteers will donate 404 hours for EBT at the Farmers' Markets this season.

information and recipes for what they've grown.

"It's not just customers who benefit when they use their SNAP/EBT cards at farmers' markets. Farmers and vendors also benefit from the increase in customers and sales," says Phil Harneden, executive director of GardenShare.

EBT sales at Potsdam's market are already comparable to EBT sales at the Canton market. This season's slow start in general due to the cold wet spring seems to have slowed EBT sales at both markets compared with last year, but are on par with 2009, our biggest year to date for EBT sales. We are hoping to improve those numbers with a promotional push this month.

Your tax deductible donations are always welcome.

I would love to contribute to GardenShare in the amount of: \$500 \$250 \$100 \$60 \$30 Other: _____.

I would prefer to make an annual contribution totaling \$_____ with a monthly charge to my credit card of \$_____.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

My check is enclosed

Please charge my credit card: VISA MC Disc AmEx

Card Number: _____

Expiration: _____ CSC: _____

Please return this form to:

GardenShare • PO Box 516 • Canton NY 13617

OR, if you prefer, you can make your donation online anytime at gardenshare.org.



CALENDAR

September 1-30

NY Locavore Challenge
Commit to a 250 mile local and organic diet for either a day, a week, or for the full month.

September 24 & 25

Local Living Festival
9:00am-5:00pm
CCE Learning Farm, Rt 68, Canton
A celebration of old and new skills. More information at www.sustainablelivingproject.net/local-living-festival

September 24, 2011

Food Policy Summit
Time and Location: TBA

October 7 & 8, 2011

The Adirondack Coast Wine, Cider & Food Festival
Crete Civic Center, Plattsburgh

October 16, 2011

Building Healthy Soils with Pastured Livestock & Organic Livestock

Processing in the North Country

1:30-4:30 pm
Sugar Hill Farm, 116 Rice Rd, DeKalb Junction, NY
Offered by: NOFA-NY and Sugar Hill Farm. Join Renee and Roy Smith for a tour of their farm and discussion of how to promote soil health by using pastured livestock.

October 24, 2011

North Country Food Day Youth Summit
SUNY Potsdam
Offered by: GardenShare
A day of workshops, films, discussions, and networking for high school students from around the North Country.

November 10, 2011

GardenShare Harvest Social
7pm Thatcher Hall, SUNY Potsdam Campus. FREE.

More information about these and other events at www.gardenshare.org



GardenShare Harvest Social

Thursday, November 10th
7pm at Thatcher Hall
on the SUNY Potsdam campus.

Join us for an evening of fun, socializing, and eating some perennial fall favorite pies cooked up by the local food champions at SUNY Potsdam on Thursday, November 10 at 7pm at Thatcher Hall on the SUNY Potsdam campus.

We'll also be serving up our annual Growing Community Award to Katherine Lang for her tremendous contributions to North Country farmers and eaters alike.



Katherine Lang is this year's Growing Community Award Recipient.

Helping sustain the local economy for over 100 years.



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