

# Everybody Eats

GardenShare's Quarterly Newsletter | Vol. 11 No. 4 | Fall 2011

## Students Getting Involved

### Food Day Youth Summit Inspires Students

On national Food Day, October 24, twenty-nine North Country high schools sent teams of students and adults to GardenShare's Food Day Youth Summit. More than 200 people arrived from across the Adirondack-North Country region—from Alexandria Bay and Schroon Lake, Copenhagen and Keene Valley, Westport and Ogdensburg, and elsewhere in between. Our day of dynamic workshops explored:

- Enjoying healthy food & creating healthy diets
- Considering alternatives in local agriculture
- Ending hunger & making food affordable
- Understanding our food system
- Curbing junk-food marketing to kids

Each team returned home having designed a Food Action Project to implement at their school. Their projects ranged from



Sadie Smith answers questions about life on the farm during the My Big Farm/My Small Farm workshop at the Summit.

volunteering at a garden for senior citizens to raising a pig fed on food scraps from the school cafeteria.

In addition, two out of three students reported being "more interested in eating a healthy diet" and "more aware of the structure of our food system" as a result of the summit. Nearly half said, "I intend to improve my home nutrition environment" and "I am more interested in cooking at home."



The Food Day Youth Summit was produced with our partner, the **Health Initiative**, and was made possible thanks to the generosity of several key supporters.

The **Alcoa Foundation** provided a leadership grant for this event and the **Grassroots Fund of the Northern New York Community Foundation** and the **Evergreen Fund of the Adirondack Community Trust** provided major gifts.

For complete descriptions of our funders and partners, visit **GardenShare.org**.

**For more information** about how you can help sponsor next year's Food Day Youth Summit, email Aviva Gold at [aviva@gardenshare.org](mailto:aviva@gardenshare.org) or call (315) 261-8054.

### Food Action Projects

Here is a sampling of projects the teams will implement in their own schools. For a complete list, visit [GardenShare.org](http://GardenShare.org).

#### **Delhi Central School**

Raise a pig using food scraps from the school cafeteria.

#### **Edwards-Knox Central School**

Advocate healthy snacks for school athletes traveling to away games.

#### **Elizabethtown-Lewis Central School**

Apply for an American Salad Bar grant to upgrade the school salad bar.

#### **Lake Clear Home-School Group**

Work with seniors in the garden at their senior housing facility.

#### **Long Lake Central School**

Expand the school garden so it can supply food to school and community members.

#### **Schroon Lake Central School**

Create a school garden and a composting program.

#### **Tupper Lake High School**

Organize a school wellness committee to promote that "students have a right to eat healthy foods."



*"Great info.  
I intend to write my  
college admission essay  
based on today's workshops.  
Thank you."*

*"The workshop  
'Justice or Just Us?'  
really brought the problem  
of local hunger to life."*



*"It made me  
more conscious  
about what I eat."*



*"Awesome.  
Very informative."*



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### GardenShare

PO Box 516  
Canton, NY 13617  
(315)261-8054  
info@gardenshare.org  
www.gardenshare.org

**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

Heather Sullivan-Catlin,  
*President*  
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Daisy Cox, *Secretary*  
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*Associate Director*  
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*Office Manager*

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

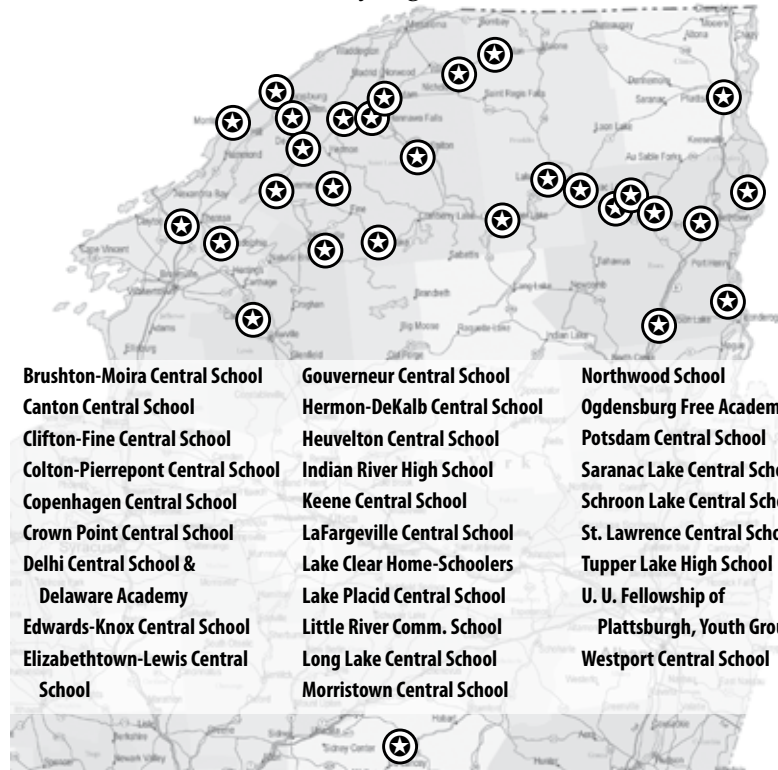
For more information or to donate online visit  
**www.GardenShare.org.**

Find us on Facebook. 

More about the Youth Summit

## A Big Boost for Small Budgets

**S**chool budget cuts have made it unaffordable for most schools to send students to regional educational events. But the generosity of our funders enabled us to reimburse schools for travel expenses, so the Food Day Youth Summit provided a unique opportunity for students to interact with their peers across the Adirondack–North Country region.



<b>Brushton-Moira Central School</b>	<b>Gouverneur Central School</b>	<b>Northwood School</b>
<b>Canton Central School</b>	<b>Hermon-DeKalb Central School</b>	<b>Ogdensburg Free Academy</b>
<b>Clifton-Fine Central School</b>	<b>Heuvelton Central School</b>	<b>Potsdam Central School</b>
<b>Colton-Pierrepont Central School</b>	<b>Indian River High School</b>	<b>Saranac Lake Central School</b>
<b>Copenhagen Central School</b>	<b>Keene Central School</b>	<b>Schroon Lake Central School</b>
<b>Crown Point Central School</b>	<b>LaFargeville Central School</b>	<b>St. Lawrence Central School</b>
<b>Delhi Central School &amp; Delaware Academy</b>	<b>Lake Clear Home-Schoolers</b>	<b>Tupper Lake High School</b>
<b>Edwards-Knox Central School</b>	<b>Lake Placid Central School</b>	<b>U. U. Fellowship of Plattsburgh, Youth Group</b>
<b>Elizabethtown-Lewis Central School</b>	<b>Little River Comm. School</b>	<b>Westport Central School</b>
	<b>Long Lake Central School</b>	
	<b>Morristown Central School</b>	

Free Fun For All

## Harvest Social Honors Local Heroes

**I**f you missed GardenShare's Harvest Social on November 10, you missed a great party. SUNY-Postdam Executive Chef Steve Maiocco spoiled us with an incomparable array of desserts, made with local ingredients whenever possible. We're still raving about the pot d'crème and the apple pie, among others.

GardenShare's ninth annual Growing Community Award was presented to Katherine Lang for her incredible work building our local food system in the North Country.

The Harvest Social also surprised GardenShare founder and Executive Director Phil Harnden with a farewell trib-



Heather Sullivan-Catlin presents GardenShare's ninth annual Growing Community Award to Katherine Lang.

ute by Board President Heather Sullivan-Catlin, thanking him for sharing his talent, skills, time, humor and vision. The tribute culminated in a group singing of The Garden Song (Inch by Inch, Row by Row), led by Dan Sullivan-Catlin.

Great food, great company, great fun. Don't miss next year.

### SEEDS

## Free Will Meals



The Free Will Dinner in Canton serves dinner at the United Methodist Church on the second, third, and fourth Wednesdays of each month. There is no charge for the meal but donations are welcome. Volunteers are always needed, and GardenShare staff and board helped out on August 24. Pictured are John Casserly, M.J. Heisey, and Daisy Cox. To find out how you can help with Canton's Free Will Dinner, contact Carlton Doane at 386-4281. Many other North Country communities have similar programs.

## Edible Centerpieces

Organizations across the U.S. are encouraging people to replace their usual floral holiday centerpieces with edible centerpiece baskets created from whole fruits or squashes that can then be donated to the nearest local food pantry after holiday meals.

Most pantries have limited hours, and cannot always accept your donations, so prior contact is recommended. For contact information for your nearest food assistance program, see [gardenshare.org](http://gardenshare.org), or, if you are outside St. Lawrence County, try [amplenharvest.org](http://amplenharvest.org).

## 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 negotiations get underway in Congress! **Make sure we have your email address** by emailing [info@gardenshare.org](mailto:info@gardenshare.org).

## The Gift That Keeps On Giving CSA = Food on the Table

GardenShare's CSA Bonus Bucks program offers a \$150 incentive so that families can join the CSA of their choice. This year, CSA Bonus Bucks was an unqualified success, bringing Community Supported Agriculture to 40 households and 12 farms in St. Lawrence County!

We work with farms and other service agencies to recruit families that may want to join CSA but are facing financial barriers. CSA Bonus Bucks gives them the opportunity to find a CSA farm that works for them and join. We get a lot of great feedback from participants in the program, and hope to continue to run Bonus Bucks for years to come.

"We love our Amish farm. We do a book exchange every week with their children..."  
— a family in Nicholville

"This is an amazing program that does so much good in our community"  
—from a farmer in Canton

"I won't need Bonus Bucks next year. I got a job! So send me a form to donate to bonus bucks. I'd like to return the favor to others in need!"  
— from a family in Gouverneur

"Thank you for making this possible for our family!"  
— from a family in Madrid

## What's So Great About CSA?



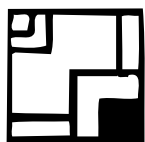
Community Supported Agriculture is a relatively new, but fast growing, way to buy food directly from a farmer. At the beginning of the season, participants purchase a "share" of whatever the farm produces for that season, and each week they get a box of food; typically it's vegetables, but it can also be fruit, meat, maple syrup, eggs, herbs, whatever the farm grows.

If this idea is new to you, you might be thinking, "Why would anyone do that?" Well, there are a lot of reasons.

CSA payments help farmers plan for the season and make

the early season purchases needed to get going. Participants develop a greater connection with their food by dealing directly with the farmer who grows it. The food in that weekly share is fresh from the field, typically picked earlier that very day, and food that is that fresh tastes great! Food that hasn't been bred for early picking and long travel tastes better too. And since food loses nutrients the longer it sits on a shelf, the food in a CSA share is healthier. CSA members also learn about new foods, and how to cook with them. Supporting sustainable farming helps protect the environment. The list goes on and on, and everyone who joins CSA has a different set of reasons for doing so.

But lower-income families often do not have the option to make that choice. It can be hard to come up with the money all at once for a season's worth of produce. And that's where GardenShare's CSA Bonus Bucks comes in.



To make a special gift to support CSA Bonus Bucks, check the box in the form below. If you'd like to make that gift in honor of someone, or as a holiday gift, we'll gladly send them a card acknowledging that. Just send us a note with the form, give us a call at 315-261-8054, or email [aviva@gardenshare.org](mailto:aviva@gardenshare.org).

## Your tax deductible donations are always welcome.

Here is my contribution 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 \$\_\_\_\_\_.

☐ **I want to help limited-income families join the CSA of their choice! Please designate my gift for CSA Bonus Bucks.**

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,** make your donation online  
anytime at **[gardenshare.org](http://gardenshare.org)**.





## CALENDAR

Tuesdays through  
December 5, 2011

### **Canton Farmers' Winter Market**

9:00am - 2:00pm  
SUNY Canton's new athletic building, Roos House

Saturdays through  
December 15, 2011

### **Ogdensburg Farmers' Winter Market**

9:00am - 1:00pm  
First Presbyterian Church,  
311 Franklin St, Ogdensburg

January 20-22, 2012

### **2012 NOFA-NY Winter Conference**

Saratoga, NY  
For more information visit  
[www.nofany.org](http://www.nofany.org).

Jan. 12 - Feb. 16, 2012

### **Annie's Project: Risk Management for Women in Agriculture**

9:00am - 2:00pm  
Lowville, NY at the Cornell  
Cooperative Extension Of-  
fice of Lewis County

North Country farmwomen are invited to a special program for women to become involved business partners on the farm. Six weekly sessions will be held and cover topics in production, marketing, financial, legal and human resources. To register, or for more information, call 315-376-5270.

March 19, 2012

### **Dig In! Food & Garden Conference**

Potsdam, NY  
Offered by the St. Lawrence Health Initiative Teachers, food service staff, parents and others are encouraged to attend for inspiration, information and resources about food and gardens. For more information contact [sarah@gethealthyslc.org](mailto:sarah@gethealthyslc.org) or visit [www.gethealthyslc.org](http://www.gethealthyslc.org).

**More information about these and other events at [www.gardenshare.org](http://www.gardenshare.org)**



Information and Inspiration

## **Dig In!: Resources for food-based projects**

GARDENSHARE IS PROUD TO collaborate with the Health Initiative on the Dig In! Conference to be held March 19, 2012 on Clarkson University's campus. The conference will provide information, inspiration and resources to develop and strengthen food-based proj-

ects at the organizational level in the North Country, including gardening, composting, and nutrition education in schools, businesses and communities. By focusing on institutional programs, Dig In! promotes cultural and environmental change. For more information contact [sarah@gethealthyslc.org](mailto:sarah@gethealthyslc.org).

## **Farmer Wholesale Workshop Coming in March**

GARDENSHARE HAS PARTNERED with FamilyFarmed.org to bring a Wholesale Success workshop to North Country specialty crop farmers. This free workshop includes topics in finance, negotiating, crop selection and planning, post-harvest handling, grading, packaging, marketing, safety, and will include a meet-the-buyers reception and a 255 page Wholesale

Success manual. Details coming soon.

The Wholesale Success manual will be available to farmers who cannot attend the workshop as well. Contact [aviva@garden-share.org](mailto:aviva@garden-share.org), or call 261-8054 for more information.



RETURN SERVICE REQUESTED

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Richville, NY 13681

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