



FRESH IDEAS

Fresh Food for a Fresh Start

A Publication of the Fresh Food Partnership

Fresh Food Partnership: *Fighting Hunger, Promoting Wellness with Locally Grown Solutions*

The Fresh Food Partnership has a two-fold mission:

1. **Provide healthy fresh food** to people in need through the food pantries, shelters and community meals programs in Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties.
2. **Support local agriculture** by purchasing fresh produce from area farms at fair market prices.

Our efforts go beyond simply alleviating hunger. We want to assure that people in emergency situations receive the best and most nutritious food our region has to offer. Good nutrition is vital to good health and disease prevention, and is essential for healthy growth in our children. More and more studies are revealing the link between poverty to lower quality diets. Today's rise in chronic diseases that have been linked to diet such as, cardiovascular disease, type II diabetes, and obesity leaves those in need particularly at risk. Our goal at the Fresh Food Partnership is to promote healthier diets by supplementing our current emergency food system with fresh fruits and vegetables, foods that are generally not as available to those with lower food expenditures.

“People love the fresh food. They are so thankful to see it when they get here because they usually get only canned or dry goods.”

*-Jill Fenton,
Grace Episcopal pantry volunteer*

The Need

According to figures provided by Val Stone of Northwest Michigan

Community Action Agency, the numbers of people served by the region's food pantries, shelters, and community meal programs through September has increased from 141,000 in 2008 to 174,000 this year, an increase of 33,000.

This year **Fresh Food Partnership** has purchased and donated over 60,000 pounds of fresh and local produce to the region's food pantry, shelter and community meal programs. By paying our farmers for the produce, \$30,000 has been reinvested back into our local economy.

We at the Fresh Food Partnership believe that it is also just as important to support our region's rich farming heritage and local economy while we assist in helping with our community's emergency food system. By purchasing locally grown fresh produce from our farmers we are reinvesting dollars back into our local economy. Across the nation there is a growing trend to shift back to pre-industrialized food systems as communities, city and urban planners realize the wisdom and economic sense of supporting local, healthy and self-sufficient food systems. We are fortunate in this region to have access to an abundance of locally grown food during the growing season.

Fresh Food Partnership depends largely on individual donations to our program. To meet the growing demand our community faces, we need your help. Please consider learning more about our program and donating this holiday season. We dedicate this newsletter to those in our community who have made this program possible, our donors, volunteers, growers and friends.

Raven's Child's Charitable Sale



Raven's Child clothes boutique store owner Laurie Loomis has started the spirit of giving before the holidays have

even started. Since November 1st she has been giving her customers a 20% discount if they will donate \$5.00 per item to Laurie's two chosen organizations to benefit from the sale, Father Fred and the Fresh Food Partnership. "It's been great. I get a little sale, the customers get a little discount and the organizations get a little donation. A lot of people are giving beyond the \$5.00. I've even had people that haven't bought anything give a donation. This has been fun! I feel like

I'm getting more that I'm giving." Many are familiar with Raven's Child's beautiful vintage-inspired dresses and unique clothing, jewelry and accessories boutique on 22 E. Front Street, Traverse City.

Fresh Food Partnership wishes to thank Laurie for her donations and on her heart felt generosity. **Her sale-benefit goes until December 31st.**

We congratulate her on her innovative idea for giving to her community.

Pugsley Correctional Facility Extends its Assistance

Fresh Food Partnership values its relationship with the Pugsley Correctional facility. The minimum security state prison camp near Kingsley has inmates who have grown and donated thousands of pounds of produce to our region's emergency food network these past two growing seasons. It is definitely a worthwhile program, benefiting both inmates and community.

This year the facility has extended its assistance to benefit a few of our local farmers that endured a challenging year with fruit surpluses this season. A plum farmer who faced the issue of donating all of his plums or letting them go to waste on the ground was given a third option once Michael Burgess, Food Director at the facility, heard of his plight through Fresh Food Partnership. Burgess purchased a large portion of the farmer's crop and distributed the plums throughout the Michigan Prison system and the farmer still donated over 700

pounds of his plums to FFP. Burgess was able to do the same for a local apple farmer. "I'd much rather spend dollars locally when possible," states Burgess.

When a Northport apple farmer called the FFP looking for a work crew to help harvest his apples for a large donation to the Detroit area pantries, the facility was willing to help him out. Pugsley inmates picked a large portion of the 33,800 pounds of apples that were sent to the Detroit area's pantries.

Michigan State University Extension will be offering a certified Master Gardener Program to the inmates at the facility. Due to budget cuts, inmates will have to pay for the course themselves, donations are encouraged to assist with this program.



Camp Pugsley inmates harvesting apples.

Pugsley wish list:

Garden tools Fertilizers Hoses

Someone to start seedlings, especially for those early crops

Donations for an irrigation system

If you are able to help with any of these things, please contact Michael Burgess at 231.263.5253 ext. 1710 or burgesmi@michigan.gov

Bob Siera

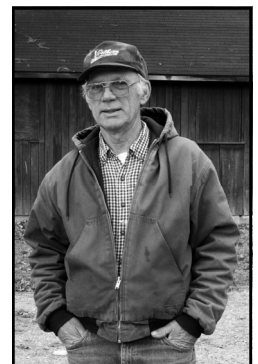
Fresh Food Partnership would like to honor the life of our good friend, teacher and farmer, Bob Siera of Leelanau Produce. Bob passed away recently at his home in the company of his loving wife Meeghan and family on September 22, 2009. He was 66 years old.

Bob became involved with the Fresh Food Partnership in 2005. He valued the philosophy of providing local and fresh produce to the region's pantries, shelters and community meal programs. Bob took great pride in his beautiful produce, understandably so, because our hallways were filled with vibrant color and sheen when he dropped off his

produce. We at Fresh Food Partnership would also feel proud when we saw it leaving out the door to its destination pantries.

We are deeply saddened by Bob's death and we will miss his sense of humor, his support and friendship. We will continue to work with Meeghan and family as they carry on Bob's farming tradition, an exemplary example of this region's rich agricultural heritage.

Bob Siera,



Thank You to Our Dedicated 2009 Volunteers!

Trudy Aardema
 Jackie Adams
 Florie Alandt
 Nancy Allen
 Jamal Al-Shamma
 Willow Al-Shamma
 Cyndi Ansoerge
 Abby Clark
 Josephine Arrowood
 Morgan Arrowood
 Barbara Auer
 Bob Ayala
 Yolanda Ayala
 John & Dorothy Barker
 Yogi Beare
 Addy Bruder
 Karen Braun
 Denny & Kathy Cantwell
 Mary & Timothy Clulo
 Josh Concannon
 Patrick Concannon
 Penny Concannon
 Rachel Concannon
 Kathy & Al Connor-Herrera
 Janette Davis
 Terri Delfilippo
 Diane Delickta
 Donna DeSoto
 Bette Donahue
 Nancy Dow
 Rosie Duell
 Mary Dueueke

Judy Dunmire
 John Ellinger
 Debbie Ellis
 Clara Ellis
 Caroline Ellis
 Stacy Eastway
 Charlie Eggl
 Sue Eggl
 Leigh Fairey
 Deb Gleason
 Helen Glover
 Mary Gribbon
 Rachel Goodman
 Kelly Guttenberg
 Emery Gyr
 Jack and Dianne Gyr
 Brendan Hall
 Patty Hamel
 Tim & Sally Hanley
 Anne Hansen
 Joe Harris
 Nancy Harris
 Alison Heins
 Sharon & Dick Hill
 Caroline Hirth
 Ken Homa
 Katy Jenks
 Jill Jennings
 Alicia Jewell
 Melissa Johnson
 Bronwyn Jones
 Ed Jones

Jeffie Jones
 Jeff Jordan
 Maishelle King
 Amy Kinney
 Larry Kinney
 Kaye Krapohl
 Barbara Krause
 Mandy LaBarre
 Michelle Lurvey
 Ty Lurvey
 Raquel Malocha
 Bonnie McCaslin
 Sharon McCue
 George McCue
 Kim McLain
 Susan Melton
 Anjanette Merriweather
 Mark Messing
 Tally Middleton
 Krystal Miller
 Rob Minnema
 Madeline Mitchell-Ward
 Jennifer Morgan
 Jim Morse
 Abbie Nelson
 Ann Oberschulte
 Julia Otwell
 Laura Otwell
 Larry Panek
 Donna & John Parker
 Margy Patchin
 Joanna Pepe

Mary Pierce
 Mark Plump
 Edith Plumb
 Matthew Posner
 Amy Pullen
 Casey Ressler
 Paul and Anita Riess
 Joni Robb
 Jo & Pug Rundio
 Nancy Shreve
 Meeghan Siera
 Jan Sikorski
 Beryl Skrocki
 Lewis Sokolowski
 Holly Sorenson
 Val Stone
 Karen Sundberg
 Dylan Sundberg
 Ryan Sundberg
 Sandra Svec
 Kathy Tomey
 Ruth Torres
 Tom Ulrich
 Lindy Ulrich
 Joe VanderMeulen
 David Vandyke
 Pat Vandyke
 Jill Webb
 Bonnie Willings
 Pamela Wolz
 William Wolz
 Jay Youngflesh



Nancy Shreve helps sort tomatoes this past fall at Fresh Food Partnership office.



Casey Ressler

Fresh Food Partnership wishes the best to Casey Ressler, former program coordinator for the FFP. Casey has moved on to pursue a full-time position as AmeriCorps Coordinator for the Huron Pines Americorps program. She was with FFP for about a year and a half. During her time here she developed a system for increased communication with the volunteers; she also worked with the Pugsley Correctional Facility to deliver even more produce to pantries and increased farming connections to Antrim Co. pantries. We wish Casey the best with her new endeavor. We will still be able to see her on occasion volunteering for Fresh Food Partnership events.

Feed the Hungry and Support Local Agriculture . . .

Please help us feed the hungry and support local farming in the Grand Traverse Region. Consider making a tax-deductible donation today. To make your donation, please select the amount, fill out the form below, and send your check to: **Fresh Food Partnership**, 324 Munson Avenue, Traverse City, MI 49686.

\$10 \$25 \$50 \$75 (MICS #28868)
 \$100 \$500 \$ _____ (other amount) SP2009

Name _____

Address _____

City/State/Zip _____

Email _____ Phone _____

YES! Send me more information about volunteering. *Visit our website for online payment via PayPal.*

Land Information Access Association (LIAA)
324 Munson Avenue
Traverse City, MI 49686
(231) 929-3696

Nonprofit Org.
U.S. Postage
PAID
Traverse City, MI
Permit No. 456

RETURN SERVICE REQUESTED



Purchasing locally grown fresh foods to serve people in need.

Send to:

Partners:

LIAA
Michigan State University—Extension
Northwest Michigan Community Action Agency
Traverse City Area Chamber of Commerce
United Way of Northwest Michigan

Art Babes Benefit Fresh Food Partnership

Don't miss the 9th annual Art Babes Holiday show. The show is known for its high quality fine art and craft. The Art Babes are otherwise know as: Kimberly K. Bazemore (jewelry), Sarah Bearup-Neal (studio quilts), Carol Spaulding (oil painting) and Paula Wisniewski (ceramics). This year the babes are featuring some of their male "friends" artwork: Larry Fox's constructions, Matt Joppich's Fine Furniture, Matt McGovern's functional pottery and small bird sculpture by Rod Bearup.

The Art Babes Holiday Show begins on Friday, December 4th starting at 12 noon at the City Studio at 1202 E. Eight

Street. From 5 to 8pm that night, the Babes will combine forces with Fish Studios (230 W. Fourteenth)

for the fabulous "Babes + Fishes Conjunction Function, an opening that will help you to launch the holiday season at both locations. The Art Babes Holiday show will continue at the City Studio location, Dec 5th through the 6th 11am-6pm, and then the 9th through the 13th 11am-6pm. The Babes will donate a percentage of their proceeds to the FFP.



Faith Reformed, Grateful for Fresh Produce

Trudy Aardema Faith Reformed community meal volunteer, observes the number of people that attends her Thursday community dinner grow. On the average she and her group of volunteers serve on the average 60 to 70 people on Thursday, the number increasing towards the end of the month when many people's food stamps run out. Last year the number was around 50 people. Trudy appreciates the Fresh Food Partnership saying it helps them provide fresh fruits and veggies at their community meals as well as helping their finances. We appreciate Trudy as well for her continuous dedication to the community in helping those in need.

"Fresh Food Partnership is a wonderful thing. It has helped us tremendously. We are able to provide fresh fruits and veggies at our community meals. It has helped us financially as well as supplying fresh nourishing food."

Trudy Aardema, Faith Reformed community meals volunteer