



FRESH IDEAS

Fresh Food for a Fresh Start

A Publication of the Fresh Food Partnership

Join us for the 2010 Empty Bowls™ Benefit on April 18th at the Hagerty

The **Fresh Food Partnership (FFP)** will host its 8th Annual Empty Bowls™ Benefit on **April 18th from 11:00 am to 2:00 pm at the Hagerty Center**. The event features delicious soups and breads donated by the area's finest restaurants and bakeries. Local bands entertain with toe-tappin' music. And everyone is invited to take one of the beautiful handmade bowls contributed by local artists and students as a reminder of all the empty bowls in the world. Tickets for this joyous community celebration are only \$15. All proceeds go to helping improve the health and welfare of people in need. *We look forward to seeing you*

Area Artists Rise to the Empty Bowls Occasion

In 1990, a high school art teacher in Bloomfield Hills, Michigan, helped his students solve a problem. They were searching for a way to raise money to support a local food drive. What evolved was a class project to make ceramic bowls for a fund-raising, community meal. Since then, similar artist-inspired events have been held in hundreds of communities, raising money and awareness to fight hunger worldwide. Empty Bowls™ is trademarked by the Imagine Render Group, a 501(c)3 organization created by the event's originators.

This year the FFP, along with our project partner **Art Center Traverse City**, put out a plea to our region's artists to become more involved in this event. The result is inspiring. Despite the difficult economic times, artists from across the region are donating hundreds of bowls, giving not only their time, but their clay, glazes, and kiln firings as well.

High school and college art students, the originators of this type of event, are also rising to the cause. After listening to presentations about Empty Bowls and the **Fresh Food Partnership**, Michael Torre and his ceramic classes at Northwestern Michigan College have been working hard to help us meet our goal of 700 bowls. At the Interlochen Arts Academy, Matt McGovern, resident ceramic artist, held an all day open studio for students and faculty to create over 50 bowls to donate to the event.

This event reminds us of the hunger and empty bowls in the world, while offering an example of community spirit and generosity in addressing our own serious local needs.



Once again this year, we have been thrilled to receive at least 50 bowls donated by the **Michigan Wood Turners Club**. The club's membership is comprised of both hobbyists and professionals with a wide variety of skills and experience who create artistic wood products primarily on a wood lathe. The wood turners are inviting new members to join them in learning and enhancing skills while fostering new friendships in the common interest of woodturning. For further information visit their website at www.teturners.org.

Visit our website www.freshfoodpartnership.org for a complete list of contributing artists and schools for both bowls and silent auction gifts. Please remember to support these generous local artists. We are grateful for their willingness to give so much to our community through this event by helping to support local farmers and assuring that people in need can receive the freshest food possible.

The Hagerty Center and Great Lakes Culinary Institute Contribute to Empty Bowls Success

This is the second year, the Fresh Food Partnership's **Empty Bowls™** Benefit will be held at the spectacular lakeside Hagerty Center. As a partner for the event, the **Great Lakes Culinary Institute** works with Empty Bowls volunteers to help make this great event run smoothly for all 650 attendees. We greatly appreciate their support!

Director and Chef Fred Laughlin and the **Great Lakes Culinary Institute** crew have been leaders in the effort to increase the use of locally grown foods. The Institute is now re-vamping its entire menu to make greater use of local, seasonal foods. The new menu even includes the names of farms and farmers in effort to help promote their businesses.

A Note from One of our Farmers *Sweeter Song Farm – Winter Work and a salute to our “Partner”*

During the winter at Sweeter Song Farm, we slow down and take stock of the previous produce season, prepare our annual organic certification application, order our seeds, plan next year's plantings and rotations, contact our CSA members and wholesale purchasers, and much more. In addition, this fall and winter, we have spent time building a potting shed off of our greenhouse and converting an old garage into a large storage/cooler area near our pickup spot. Although not on the 14-hour a day pace of the summer season, we find that farming is definitely a year-round occupation!

Jim and I at Sweeter Song Farm have been proud providers to the Fresh Food Partnership for the past 8 years. And as we plan our budget for next year, the Fresh Food Partnership plays an important role. Along with all the other farmers who supply locally grown produce to the Partnership, we greatly appreciate the extra money we receive from our sales to this wonderful organization.



Helping to provide healthful, fresh produce to those in need is in itself a wonderful thing. And, then, to get a fair market price for that produce is amazing! That's what the Fresh Food Partnership is all about – feeding those in need while supporting local agriculture. We truly appreciate all the Partnership does and look forward to “partnering” for another positive, productive season.

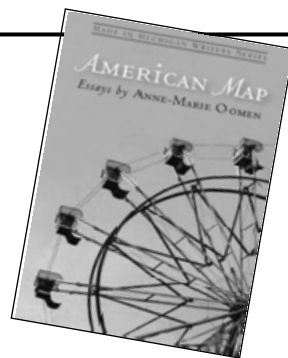
Judy Reinhardt and Jim Schwantes
Sweeter Song Farm
Cedar, MI 49621

Author Reading to Benefit the FFP!

Find award-winning Northern Michigan author, Anne-Marie Oomen at the Top of the Park (Park Place Hotel) for a Mother's Day themed reading on Saturday, May 8th, from 3 to 5pm. Anne-

Marie will read from her new book of essays, *An American Map*. We will have copies of her book for sale and all proceeds will benefit the Fresh Food Partnership.

Hors D'oeuvres and a cash bar. RSVP if you can by email to coordinao@freshfoodpartnership.org or call 231.929.3696 for information.



Locally Grown Food Throughout the Winter Season

The Fresh Food Partnership has expanded its efforts to deliver locally grown food throughout the winter months. As some farmers' apple and potato storage capacities grow and summer residents are no longer here to buy the eggs the chickens continue to lay, the amount of local food available appears to be increasing each winter. That means the FFP can purchase more from local farms to help people with emergency food needs. The increasing use of hoop houses has also expanded the capacity of farmers to grow certain crops throughout the winter months. So, with continuing donor support, we hope to increase the amount of locally grown food available to people in need all year round.

Traverse House Clubhouse Welcomes Fresh Food!

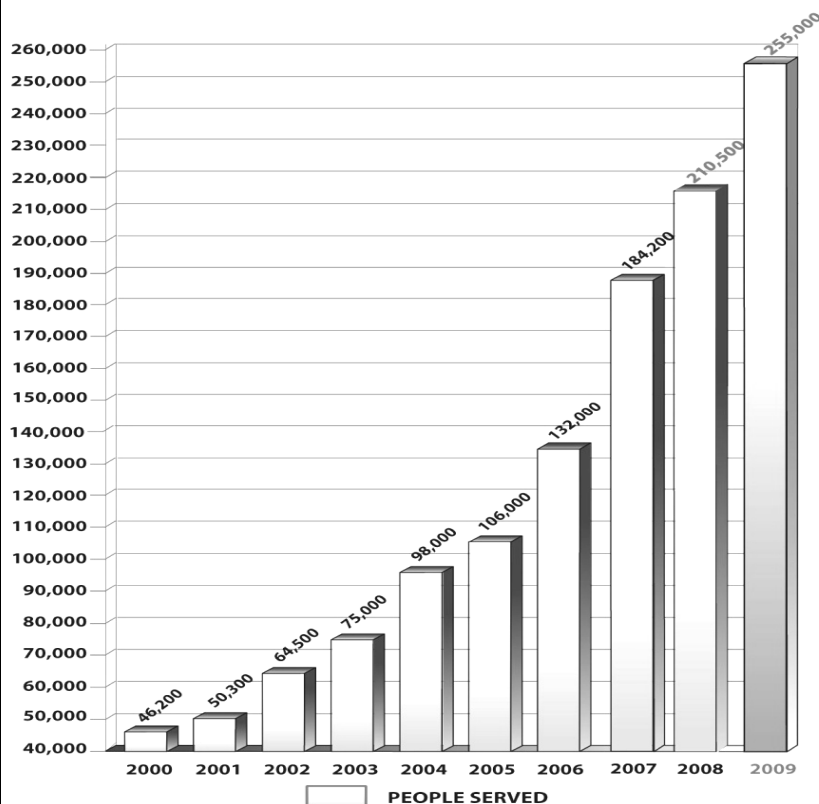
Northwest Michigan Food Coalition member, the Traverse House Clubhouse has greatly reduced the salty and sugary snacks from its shelves to promote better eating habits among its members. The Clubhouse is a psychosocial rehabilitation program for adults with chronic mental illness who are earnestly working on their recoveries.

The move to reduce unhealthy snacks and provide its members a lunch program that is filled with healthy food contributes to an increasing awareness of better nutrition. "Medical providers usually only focus on their medication treatment and nutrition is often overlooked. Some of their medications can even cause type II diabetes," states Clubhouse Director Signe Ruddy. Ruddy appreciates the fresh fruits and vegetables donated by the Fresh Food Partnership and so do Clubhouse members. With the encouragement of the members, Ruddy is adding to her repertoire of delicious, local food recipes.

Call 231.935.2060 or email trahse06@yahoo.com with any questions about the Traverse House or its services.

Food Emergency Need Continues to Rise

According to figures compiled by the Northwest Food Coalition, at least 255,000 visitors were served by the regional Emergency Food System in the last year. This represents an increase of 46,000 visits in just one year. With the help of hundreds of individual donations, community foundation support and dozens of our dedicated volunteers, the FFP was able to deliver over 64,000 pounds of locally grown fresh produce to help meet that growing demand in 2009.



Help Us Meet the Need While Supporting 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

\$100

\$500

\$ _____ (other amount)

(MICS #28868)
SP2009

Name _____

Address _____

City/State/Zip _____

Email _____ Phone _____

Visit our website for online payment via PayPal or credit card

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

Still Time to Sponsor an Empty Bowls' Table

If you or your business would like to be a Table Sponsor for \$200 or be a Co-Table sponsor for \$100 at the **Empty Bowls™** event please call 231.929.3696 for details. Your donation will be publicized and these donations are tax deductible.

Thank you Because You make It Possible!

Campbell Endowment Fund

Genuine Leelanau Charitable Foundation

The John and Matilda Schumsky Foundation

The Oleson Foundation

United Way of Northwest Michigan

*Thank you to all
of our Individual Donors*

*....and of course, all of our
Dedicated Volunteers!*