

Another Successful Season!

Thanks to Volunteers, Farmers, and Supporters



With the enthusiasm and hard work of over 35 volunteers, the **Fresh Food Partnership** delivered nearly 35,000 pounds of fruits, vegetables and other fresh produce to 27 of our area's food pantries, shelters and community meals programs during the 2006 growing season. Purchased from over 20 farms in five counties, this healthy fresh food served to reduce the hunger and hardship of over 7,000 children and adults throughout the Grand Traverse Region.

We are proud of these impressive statistics. These numbers show that the **Fresh Food Partnership** is making a real contribution to the health and well-being of people struggling with poverty and emergency food needs. These numbers also

indicate the breadth of support provided by people throughout our region.

We are grateful for the generous contributions made by the people of Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau Counties. Donations from individuals, area businesses, and funding organizations make it possible for the **Fresh Food Partnership** to purchase locally grown produce, providing support to local farmers while helping to reduce hunger. We are also thankful for the program support provided by the Shumsky and W.K. Kellogg Foundations, Rotary Good Works Fund, the Little Traverse Bands of Odawa Indians, and the Leelanau Women's Foundation.

Even as the farmers complete their field work for the season, they are making plans for the coming year, and the **Fresh Food Partnership** is doing the same. Having addressed only a small fraction of local food needs, we are challenged to do more. Indeed the number of visitors to local food pantries, shelters and community meals programs remains very high (estimated to be over 110,000 visits for 2006).

So, we are working even harder to raise funds to purchase fresh produce in the coming year. Volunteers and students are helping to raise money by selling special local food products (see page 2). New requests for support from local foundations are pending. And this month, we begin planning the next **Empty Bowls™** benefit, scheduled for April 22, 2007. Would you like to help the Fresh Food Partnership? Please give us a call (929-3696) or visit www.freshfoodpartnership.org.

"Freshtacular!" Event a Success

The *TLC Tomato Farm* was a natural setting for the first *Freshtacular "Dinner on the Farm"* fundraiser held on September 8.

The evening was all about celebrating and sharing the bounty of the fall harvest while raising awareness and funds in support of the **Fresh Food Partnership**. Set in the rolling landscape of Leelanau County, a renovated barn sheltered over 90 guests as they enjoyed great food and

entertainment. The cool stormy weather, didn't dampen the spirits of the gathering as our hearty supporters enjoyed each other's warmth and camaraderie.

A huge thank you goes out to the musical duo, *Luumappi*, featuring Norm Wheeler and Patrick Niemisto, for providing foot stompin' music. We also thank the *Beach Bards* for their delightfully witty stories and poems.

Thanks to all for a wonderful time!



Friends gather and enjoy great food.

Get Fresh & Get Jammin' Fund Raiser

Area students from the *Grand Traverse Academy* and *Traverse Bay Area-Career Tech Center* got out of the classroom and experienced first hand what goes into producing a local agricultural product. As part of a community service fundraising project, more than two dozen 11th grade students cored, peeled and chopped over 1,600 pounds of apples at the *Food for Thought Cannery* in Honor. Donated by Bruce Walton and Bruce Holland-Mortiz, the locally grown organic apples are the main ingredient in this unique product to be sold as a fund raiser for the *Fresh Food Partnership*.

This "farm to market" project gives students many learning opportunities as they find out about organic and sustainable farming practices. Through this project, the students are helping to create and sell a local agricultural



Two delicious ideas for gifts! Each jar is \$5.00 and supports a good cause!

product, discovering marketing and entrepreneurial skills and gaining the satisfaction of giving back to the community.

The *Get Jammin', Organic Apple Jam* is not the only product offered to support the Fresh Food Partnership. *Get Fresh, Cherry Marinara Sauce*, produced at *Food for Thought*, is also available as part of this fundraising and learning effort. Students from the *Leelanau School* were involved in picking the tomatoes, generously donated by Leelanau County farmer, Millie Hathaway.



Leelanau School students pick tomatoes.

Please consider purchasing these local food products for your own use or as holiday gifts. Over half of the purchase price of \$5.00 each, will return to the Fresh Food Partnership to help buy locally grown produce for people in need.

You can purchase these tasty, local foods from the students of *Grand Traverse Academy*, *TBA-Career Tech*, or *Pathfinder School*. Both products will also be on sale at *Oryana Organic Food Store*. To find out more, call the *Fresh Food Partnership* at 929-3696 or visit www.freshfoodpartnership.org.

Get Fresh Cooking Tips at the Free Fresh Food Workshops



Chef Robert George demonstrates cooking techniques.

Young, old, experienced and not-so experienced cooks had an opportunity to learn simple techniques to prepare and preserve our wonderful local fresh produce. Professionally trained chef, Robert George, led a

workshop at *Grace Episcopal Church*, which emphasized the use of seasonal local fresh fruits and vegetables. He demonstrated cooking techniques for delicious, easy to prepare, and nutritious dishes. The best part was at the end when everyone enjoyed the fruits of their labor and shared a meal together. This workshop and others have been made possible through a grant by the *Kellogg Foundation*.

Additional workshops will be held at *St. Francis* and *Faith Reformed Church*. Everyone is welcome to attend these free fun workshops. Watch the web site for updates and call Laura at 929-3696 or email, coordinator@freshfoodpartnership.org to register.

Roasted Acorn Squash with Chile Vinaigrette *Serves 8*

Ingredients:

<i>4 acorn squash</i>	<i>1 tsp black pepper</i>
<i>2 tsp salt</i>	<i>¾ cup olive oil</i>
<i>2 cloves garlic</i>	<i>3 TBSP lime juice (can swap for other citrus)</i>
<i>2 – 4 tsp finely chopped (minced) hot red chile (use gloves)</i>	<i>4 TBSP chopped fresh cilantro</i>

Method:

1. Move oven racks to upper and lower thirds of oven.
2. Preheat oven to 450 F.
3. Cut squash in half lengthwise and remove stem ends.
4. Remove seeds and cut squash (lengthwise) into ¾ inch wedges.
5. In a large bowl, mix together ¼ cup of the olive oil, 1½ tsp of the salt, and the black pepper.
6. Add squash to the bowl and toss to coat.
7. Place squash cut side down on baking sheets.
8. Roast in oven – switching positions of pans halfway through – until squash is tender and underside is golden brown, about 25 –35 minutes.
9. While squash roasts, make vinaigrette: mince and smash garlic to a paste with remaining salt. Place garlic in a bowl (or jar) and add lime juice, chile (to taste), cilantro, and remaining ½ cup oil. Whisk (or if in a jar, shake) vinaigrette together (emulsify).

When squash is roasted, transfer to a platter/plate/bowl browned side up and drizzle with vinaigrette.



Your Gifts Make the Difference . . .

With a gift of \$50, you will ensure that three families of four people each (12 people) receive a three-day supply of fresh food. A \$50 purchase of local food might include:

10 pounds tomatoes	3 pounds carrots	3 pounds lettuce
12 pounds broccoli	10 pounds summer squash	6 pounds green beans

Please help us feed hungry people and support local farming in the Grand Traverse Region. Make a tax-deductible donation to the **Fresh Food Partnership** today. Please select the amount, fill out the form below, and send your check to:

Fresh Food Partnership, 324 Munson Avenue, Traverse City, MI 49686.

You may also make a donation on-line by visiting our web site: www.freshfoodpartnership.org.

\$10.00	\$25.00	\$50.00	\$75.00
\$100.00	\$500.00	\$_____ (other amount)	

Name _____ Address _____

City/State/Zip _____

electronic-mail _____ Phone _____

Heartfelt Thank You!

Thank you to volunteers: **Larry Panek, Florie Alandt, Donna DeSoto, Bob Otwell** and lots of **LIAA staff** that helped put labels on the 1,920 jars of "Get Fresh" Cherry Marinara Sauce.

Thanks to **Oryana** for their continued support of our efforts. This past summer they again allowed us a Saturday to set up a display table to talk with and educate customers. They also supported FFP financially as 10% of the days' proceeds were donated to our cause. Thanks also to **Donna DeSoto** for manning the display table.

Thanks go to **Grace Episcopal Church** for hosting a Fresh Food Workshop. St. Francis and Faith Reformed churches in Traverse City will be hosting future workshops.

Thanks to all of the **volunteers** that have helped us transport fresh food this season. Thanks to the farmers that have worked with us this past season, many of which not only grow the food, but also help transport it. Many have also been very generous in donating produce.



Donna DeSoto answers questions at Oryana

A Tribute to Esperanza Baltazar



Esperanza Baltazar

Our community lost a tremendous advocate for migrant workers and an inspiration to all that knew her. Esperanza Baltazar was killed in a car accident in October. She will be remembered as a person who spread her goodwill through her actions of helping others and the quiet warmth of her smile. As a volunteer for the Fresh Food Partnership, she always had time to fit a delivery of produce or eggs into her schedule on top of her work at Telamon Corporation and being the mother of five children. She always knew of a family that could benefit from the produce and saw that it got to migrant families in the camps. Esperanza and her children were always ready to dish out soup or do whatever else was needed at the Empty Bowls™ Event. She was a tremendous asset to the community and will be greatly missed. A memorial fund has been established for her children and may be sent to: Esperanza Baltazar Memorial Fund, Attn: Jane O'Brien, Huntington National Bank, P.O. Box 1220, Traverse City, MI 49685.

Land Information Access Association

324 Munson Avenue
Traverse City, MI 49686
Phone: 231-929-3696

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Permit No. 456



Purchasing locally grown fresh foods to serve people in need.

The *Fresh Food Partnership* is a program of:
Land Information Access Association
Michigan State University—Extension
Northwest Michigan Human Services Agency
Traverse City Area Chamber of Commerce
United Way of Northwest Michigan

Send to:

Don't Go Dormant!
Help out with winter *Fresh Food Partnership* projects. Volunteers are needed to help plan the Empty Bowls™ Event, send out mailings and other activities. Please call Laura at (231) 929-3696 if you are interested and have time to share.

Bob Siera of Leelanau Produce - A *Fresh Food Partnership* Provider

Bob Siera began growing vegetables in Elmwood Township on Cherry Bend Road back in 1965. What started as a home garden has expanded over the years to an operation with about 20 acres in production. Eight of these 20 acres are part of the Louis DeYoung property recently purchased for preservation by the Leelanau Conservancy. Over the years, Bob has raised a wide variety of produce including sweet corn, tomatoes, peppers, eggplant, cabbage, potatoes, squash, melons, cucumbers and herbs.

As his farming operation grew, so did his roadside stand. Beginning with a card table, Bob now has a building that houses a produce market and bakery. Indeed, the *Leelanau Produce Market* is a familiar stop for a growing number of local residents and visitors.

In 2005, Bob became involved as a grower for the *Fresh Food Partnership*. Bob appreciates the additional market for his produce and values the opportunity to offer local produce to people in need through the pantries, community meal programs and shelters.

Recently, Bob worked with the *Fresh Food Partnership* and other farmers to create a special *farm market* for members of the *Northwest Michigan Food Coalition* after its monthly meetings. At this market, pantry representatives have been able to pick up a wide variety of produce in large quantities for their pantries and meals programs. By bringing their produce to this farm market for pantries, Bob and the other farmers donate delivery services and help increase the efficiency of the *Fresh Food Partnership*.



Bob Siera, Leelanau Produce Market

Bob says the *Fresh Food Partnership* has a good approach that helps local producers. The program “enriches the whole area and harkens to days of an almost forgotten era of the small local farm. Sometimes we need to look to the past in our quest for a better future.”