

# FRESH IDEAS

## Fresh Food for a Fresh Start

A Publication of the Fresh Food Partnership

### 7th Annual Empty Bowls™ *Our Best Year Yet!*

The new venue worked! In just three hours, volunteers and Great Lakes Culinary Institute students served over 600 guests at the 7th Annual Empty Bowls™ event on Sunday, April 19 at the Hagerty Center in Traverse City. While there, guests had the chance to try soups from 34 local restaurants. From Maybing's Vegan Coconut Curry to The Catch's Cuban Black Bean, we had it all. In addition, we had a variety of artistic, handmade bowls coming from all over the 5-county area.

The unique opportunity for guests to have a delicious, meal while listening to live music, take home a handmade bowl, have a chance to win unique, handcrafted local art *and* make a difference makes the Empty Bowls™ event truly special. Thank you to everyone involved for being part of this wonderful event. Funds raised will help the Fresh Food Partnership fight hunger and support local agriculture.



Thank you Traverse City ArtCenter and Pamela Dueweke for hosting the Bowl Making Workshop in March. Volunteers created over 110 handmade bowls for the Empty Bowls™ event.



Empty Bowls™ is an internationally recognized program available for raising awareness of hunger and to help feed the hungry within local communities. The Empty Bowls™ concept was created by an artist/teacher in Bloomfield Hills in 1990.

To learn more, visit [www.emptybowls.org](http://www.emptybowls.org)

### Youth in Farming– Little Artshram

We would like to tell you about a great opportunity for youth with one of our growers. Little Artshram's Beehive Art-Farm Camp at the Community Gardens in Traverse City is a program designed for children and youth ages 6 and older to have a fun outdoor experience while learning about ecological principles.

Campers learn about and tend a teaching garden with vegetables, flowers and herbs and assist the Youth-Market gardeners who are growing food for the Friday Village Market and the Fresh Food Partnership.

The Art-Farm Program follows the permaculture practice of carefully studying natural patterns, cycles and diversities. Focus areas include: food, water, shelter and community. The Art-Farm curriculum is a blend of learning ecological principles through art and music-making, organic and forest gardening, natural building projects, nature awareness and a weekly puppet show.

For more information, please visit:  
[www.littleartshram.org](http://www.littleartshram.org)





# THANK YOU

## EVENT SPONSORS

**Dr. Katherine Roth**  
Integrative Health  
and Wellbeing

**Oryana**  
Natural Foods Market

**Dr. Raymond J. Dean  
& Dr. Joan M. Griner**  
of Associates in Dermatology  
of Traverse City PC

### TABLE SPONSORS

Cherry Republic  
Food Rescue of  
Northwest Michigan

Hair Force One  
Dr. David Heimburger, MD  
Doug and Lynne Luciani  
Plamondon Shoes

Right Brain Brewery  
Traverse City Area  
Chamber of Commerce  
Traverse Dental Associates

Unitarian Universalist  
Congregation  
Watershed Church

### CO-TABLE SPONSORS

Access Dental Group  
Becky Thatcher Designs  
Chateau Chantal Winery and B&B

Food for Thought  
Ford Insurance Agency  
Leelanau Farmers Market

Old Town Optical  
Oleson Food Stores  
Northwest Food Coalition

Traverse City State Bank  
Sweeter Song Farm

### FOOD SPONSORS

Amical  
Art's Tavern  
Bay Bread Co.  
Bubba's  
By the Light of Day  
Crystal Lake Catering Company  
Earth & Hearth  
Freshwater Lodge  
Grand Traverse Bagel & Bakery  
Great Lakes Culinary Institute

Green House Café  
Gusto Ristorante  
Ham Bonz  
Hanna  
Higher Grounds Trading Company  
Homegrown Organic Eatery  
Kejara's Bridge  
Mackinaw Brewing Company  
Maybing's  
Old Mission Tavern

Oryana Natural Foods Market  
Pearl's  
Pleasanton Brick Oven Bakery  
Radish  
Red Ginger  
Red Mesa Grill  
Riverside Inn  
Scott's Harbor Grill  
Serenity Tea Bar and Café  
Shetler Family Dairy

Siren Hall  
The Bake Shoppe  
The Catch  
The Dish  
The Firefly  
The Manor  
Trattoria Stella  
Traverse City Big Boy  
U & I Lounge  
Underground Cheesecake Co.

### SUPPORTERS

ArtCenter Traverse City  
Black Star Farms  
Bay Area Recycling  
BookWear  
Cabin Fever

EarthShell  
Edible Grand Traverse  
Great Lakes Culinary Institute  
Hagerty Center  
Northern Express

Outdoor Adventures Down Outlet  
Record Eagle  
TC Celtic  
Valley City Linens  
WJXQ 92.9 FM The Breeze

WNMC 90.7 FM  
WTCM News Talk 580 AM  
106.7 YOU-FM  
Mary in the Morning

### ARTISTS & SCHOOLS

Kathryn and Johnny Alford Brady  
Marcia Borell  
Ben Bricker  
Melissa Brown  
Julie Chai  
Nancy Crisp

Pamela Dueweke  
Judy Dunmire  
Sam Foster  
Nancy Frisby  
John Huston  
Nichole Wagner Jones

Rachel Jones  
Bronwyn Jones  
The Ceramic House of Northport  
Ben Maier  
Sally Mitchell  
Carol Olson

Marianne Priest  
Tom Priest  
Diane Rolinski  
Julie Sanco - Last Straw Studio  
Ron & Cynthia Tschudy

Forest Area Community Schools  
Glen Lake High School  
GTACS St. Elizabeth Ann Seton Middle School  
GTACS St. Francis High School

Interlochen Arts Academy  
Interlochen Pathfinder School  
Kinsley Schools  
Leland High School  
Mesick High School

Northwestern Michigan College Pottery Dept.  
St. Mary's Lake Leelanau  
Suttons Bay High School  
Traverse City East Middle School  
Traverse City West Senior High School

### PLANNING COMMITTEE

Kathy Connor  
McCord and Andrea Henry

Bronwyn Jones  
Krystal Miller

Nancy Miller  
Jim Morse

Dianne Navarro  
Judy Reinhardt

Diane Rolinski  
Joe VanderMeulen

## Interested in Volunteering?

Driving, sorting, shopping, mailing, or speaking with a smile—we need you!

As we prepare to transport 60,000+ pounds of fresh produce this year, we are seeking additional volunteers to drive fresh produce from farm to pantry. We work with farms and pantries in the 5-county area. So, if you are from Northport or Ellsworth, we could use your help.

In addition, we need volunteers to assist with outreach at local events and help with office tasks. Or, if you have a particular skill you would like to contribute, please let us know.

We have a number of weekly opportunities to get involved. The time commitment is as much or as little as your schedule permits.

If you would like more information or to sign up to receive our volunteer emails, please contact our office.

**Fresh Food Partnership**  
324 Munson Ave.  
Traverse City, MI 49686  
(231) 929-3696

Email:  
coordinator@freshfood  
partnership.org

**Thank you for helping us in the fight against hunger.**

# Fresh Food at the Women's Resource Center By Valerie Kirn-Duensing

It's a sunny Tuesday morning. The kitchen of Helen's House emergency domestic violence shelter in Traverse City is filled with the sweet smell of a cake baking in the oven. The sounds of laughter and conversation drift in from the dining room as residents and staff gather to share in a celebratory lunch to honor the hard work of long-time shelter volunteer Terry Osinski, a foster grandparent for children at the Women's Resource Center shelter for five years.

The menu consists of a fresh salad, seasonal fruits and a masterpiece of a cake, all prepared by shelter residents. Helen's House relies heavily on community food donations to provide three meals a day, seven days a week, to the 22 residents, all women and children.

Before the Fresh Food Partnership, donations mainly consisted of boxes of highly processed food. Fresh fruits and vegetable were a luxury that had to be purchased.

"We always had fresh fruits and vegetables," said Shelter Manager Jenny Allen. "But we had to buy them at the grocery store and pay retail prices. The expense was always a challenge."

Thanks to the Fresh Food Partnership, Helen's House was able to cut its grocery bills, sometimes nearly in half. When there is an abundance of a crop like tomatoes - Allen says she shares with the other residential homes.

Sara's House and Madeleine's House are "transition homes" where clients reside for up to two years. Residents are required to purchase their own food, but Allen likes to be

able to lend a helping hand, especially with fresh foods. The variety of fresh food that arrives weekly adds healthful excitement to the meals and residents enjoy stretching their culinary talents. Residents say they love the fresh food and look forward to cooking meals.



## Fresh Fruit & Cream Cake

- 1 box white cake mix, prepared and baked in 9x12 pan
- 2 cups fresh strawberries
- 1 cup fresh blueberries
- 1 cup fresh or 1 can of pineapple, chopped finely
- 2 cups heavy whipping cream
- 1 tsp. pure vanilla extract
- 2 tbsps. sugar

*To make whipped cream filling and frosting:* In a large mixing bowl place the whipping cream, vanilla extract, and sugar. Stir to combine. Cover and chill in the refrigerator for at least 30 minutes. When chilled, beat the mixture until stiff peaks form.

*To make decorated cake:* Slice baked cake in half horizontally. Divide whipped cream in half. In one half, mix pineapple and 1 cup sliced strawberries. Spread whipped cream and fruit on bottom half of cake. Carefully replace top half of cake. Spread remaining whipped cream frosting on sides and top of cake. Decorate with fruit slices to resemble flowers.

## 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  
\$100

\$25  
\$500

\$50

\$75

\$ \_\_\_\_\_ (other amount)

(MICS #28868)  
SP2009

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

YES! Send me more information about volunteering.

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.*

Partners:

LIAA

Michigan State University—Extension

Northwest Michigan Community Action Agency

Traverse City Area Chamber of Commerce

United Way of Northwest Michigan

Send to:

## Help Growers at the Pugsley Correctional Facility— Farm Wish List

Last year, Senator Allen, the Pugsley Correctional Facility in Kingsley and a number of community partners started the Pugsley Garden Program. In their first year, the inmates grew over 18,000 pounds of fresh food. All of this produce was donated to the Fresh Food Partnership for delivery to local pantries, shelters and community meals programs.

Many of the inmates participated in the Master Gardener training program this past winter. Now, they're ready to get growing again. They added several new beds and hope to deliver even more fresh produce this year.

We hope you can help. The program is seeking donations of seeds/seedlings and new and/or gently used farm equipment.

### WISH LIST

Tools, shovels, rakes, etc...

Fertilizer/Manure

Vegetable Seedlings

Seeds:

Carrots - 3 1/2 pounds

Radishes - 2 pounds

Summer Squash - 1/2 pound

Zucchini - 1 pound

Green Beans (no pole) - 2 pounds

Irrigation equipment - hoping to run water from existing buildings to frost free well heads

If you can help, please contact Michael Burgess, Food Service Director at the Pugsley Correctional Facility, at (231) 263-5253 ext 1710 or email [burgesml@michigan.gov](mailto:burgesml@michigan.gov).

