

## 5<sup>th</sup> Annual Empty Bowls™ Event *Overflowing Success*

The community came together again in overwhelming support of the 5<sup>th</sup> Annual Empty Bowls™ Event, held on April 22 at the Park Place Dome in Traverse City. Area artisans, restaurants, businesses and volunteers joined together for this joyous community gathering of support for the Fresh Food Partnership. Over 400 people attended the event that raised awareness and funds to fight hunger in the Grand Traverse region. Those attending enjoyed a simple meal of delicious soups and breads and were entertained by great foot stompin' music. As is the tradition of the Empty Bowls™ Event, each person also picked from an array of handmade beautiful bowls as a keepsake in remembrance of all of the empty bowls in the world.

Empty Bowls™ is an internationally recognized program available for individual communities to use in an effort to raise hunger awareness and to help feed the hungry within their

community. The fundraising concept has a second mission: to advocate for arts education. *The Potters and Sculptors Guild, artcenter* Traverse City spearheaded the event, providing donations of one of a kind bowls from local artisans and students. Proceeds from the event will be put to work by the FFP to purchase and distribute locally grown fruits and vegetables from area farmers to local food pantries for people in need.



*Cabin Fever entertains guests with lively music.*



### Abby VanDusen Senior Project: Empty Bowls

A sincere thank you goes to Abby VanDusen, graduating senior at Northport Senior High School, for successfully organizing an Empty Bowls™ Event for the community of Northport. As part of Abby's Senior Project that focused on hunger issues, she organized the event by holding bowl making workshops for students and community members, soliciting soup and bread donations, and rounding up high school musicians to provide entertainment. These efforts paid off with a hugely successful event that raised nearly \$2000 and brought the community together as they raised awareness of hunger issues in our area. **Thank You Abby!**

*Abby dishes up hot soup in Northport.*

## Grand Traverse Baby Pantry One of the Recipients of Fresh Food

At a time when young families budgets are stretched to the max, the Grand Traverse Baby Pantry offers a helping hand. The pantry, open twice a month since 2002 in the basement of the Emmanuel United Methodist Church, is set up like a store. They offer their clients children's clothing through size 3T, diapers, toys, equipment for children and even fresh produce. The pantry is open to all families in need with a child three years of age and younger, residing in Grand Traverse

County. Sally Hanley, Pantry manager, indicated that at this time, they have over 500 families registered. Sally said, "About 70-80 families visit each time, and when there's produce, over 50% take some. We often hear comments like, "Oh, this lettuce is beautiful!" and "I'm going to make a salad tonight." Though some of the children are too young for the fruits and vegetables, their parents can set an example and a standard of healthy eating. The fresh eggs are also a big hit!"

The Grand Traverse Baby Pantry would like to thank the farmers, donors, and volunteers of Fresh Food Partnership for the opportunity to participate as a distribution site. Their goal is to help parents get off to a good start, and providing healthy food is a key intervention they wholeheartedly support.

## Move Food and Make a Difference Be an FFP Volunteer

Friendly and familiar faces of volunteers from past years are returning and new ones are generously joining in to help transport the fresh fruits and vegetables. Starting in early May and June, volunteers have been hauling crates of tender asparagus, flats of red ripe strawberries, hydroponic tomatoes and lettuce, farm fresh eggs and other tasty treats. And there is much more on the way. The abundance of the growing season gradually builds to an overflowing cornucopia as we busily move food while at their peak of freshness.

We are always in need of volunteers and hope you will consider joining this wonderful group of dedicated folks that have a passion to help others. The time commitment is as much or as little as your schedule allows. FFP volunteers visit local farms, markets and other central drop spots as they transport fresh produce to area pantries, shelters and community meal programs. Deliveries are made throughout a five county area, but we keep driving distances to a minimum and schedule trips close to your home or work. You will also receive training on our user friendly web site specifically designed to help us keep track of product



availability, volunteers and food demands on a weekly basis. Please consider being a FFP volunteer.

If you would like to learn more about volunteer opportunities or have any questions, please email us at [coordinator@freshfoodpartnership.org](mailto:coordinator@freshfoodpartnership.org) or call Laura Otwell at (231) 929-3696.

*Volunteer, David Jaymes, loads up for a run to a local food pantry.*

*“Being a volunteer adds that little extra joy in my life, knowing such small effort, and little time can bring such benefits to so many. The Fresh Food Partnership, a genial concept of bringing local growers' produce directly to pantries, shelters, group meals, seals the bond between the bounties of the land and the recipients whose budgets preclude home-grown fruit and vegetables.”*

*Volunteer Florie*

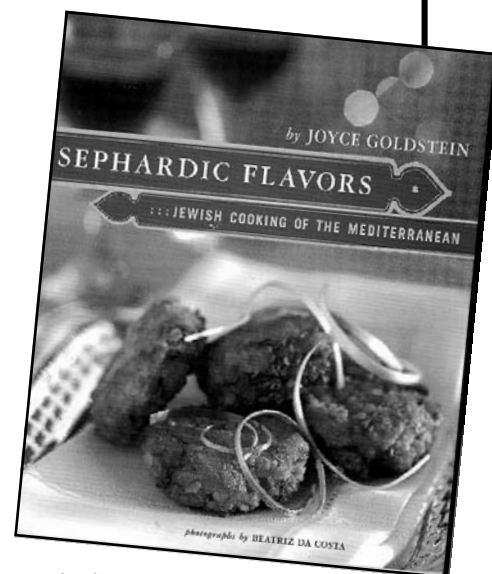
## Shepherd's Salad

### Ingredients:

- 3 large, ripe tomatoes, peeled, seeded and chopped – or just chopped*
- 1 large (or 2 small) cucumber(s), peeled, seeded and chopped*
- 1 red onion, finely minced*
- 2 cloves garlic, minced (optional)*
- ½ cup parsley (preferably flat-leaf), chopped*
- ¼ cup fresh mint, chopped (optional)*
- 1 small bell pepper, any color, seeded and chopped*
- 4-6 Tablespoons extra virgin olive oil*
- ½ cup red wine vinegar (or more to taste)*
- Salt and pepper to taste*

### To make:

- 1. Combine tomatoes, cucumber(s), red onion, garlic, parsley, mint, and bell pepper.*
- 2. Drizzle with olive oil and vinegar and toss well.*
- 3. Season with salt and pepper. Toss again*
- 4. Serve immediately*



*This and other recipe's are available in Joyce Goldstein's book: Sephardic Flavors.*



## 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:

<i>10 pounds tomatoes</i>	<i>3 pounds carrots</i>	<i>3 pounds lettuce</i>
<i>12 pounds broccoli</i>	<i>10 pounds summer squash</i>	<i>6 pounds green beans</i>

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](http://www.freshfoodpartnership.org).

\$10	\$25	\$50	\$75
\$100	\$500	\$ _____	(other amount)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

electronic-mail \_\_\_\_\_ Phone \_\_\_\_\_

## Heartfelt Thank You!

### New Grant for Fresh Food: *HUGE Thanks to the GT Band of Ottawa and Chippewa Indians*

Our goal of purchasing over 50,000 pounds of produce this growing season is within reach thanks to a generous donation made by the Grand Traverse Band of Ottawa and Chippewa Indians. The Band approved a grant application in their January 2007 cycle for \$20,000 to purchase locally grown fruits and vegetables.

### Fried Green Asparagus Raises Dough at Empire Asparagus Festival

To the delight and enjoyment of Empire Asparagus Festival goers, Chris Walter and his mother Judy served up fried asparagus for the third consecutive year. Not only are they participating in a great community event, they have also found a way to act locally and make a positive impact. To celebrate the harvest, they have offered fried asparagus as well as asparagus ice cream. The Walter family also supports local farmers and people in need by donating the proceeds from their sales to the Fresh Food Partnership. They have found a very special way to continue the circle of giving and we at FFP are grateful for their hard work, and creativity in giving! **Thank you Walter's family!**



*Chris Walter and his mother Judy serving up the asparagus!*

## Appetizing Appeal

Please consider a donation to the Fresh Food Partnership and see your contribution do double duty. Your donation allows the same dollar to simultaneously assist local farmers and people of limited means. We are creating a new market for local farmers while people

in need are given access to healthy nutritious food.

Who are people in need? Statistics say that the number of households suffering from food insecurity (those with uncertain availability of food) is more than 11%. But people in need are more than statistics. They are folks that have fallen on hard

times for a variety of reasons. They may be temporarily unemployed, or underemployed because work hours are cut back as the company they work for tries to survive in a slow economy. They are seniors, disabled persons, our neighbors, and friends. They are anyone who needs a hand and deserves access to healthy, fresh local food.

Land Information Access Association  
324 Munson Avenue  
Traverse City, MI 49686  
Phone: 231-929-3696

Nonprofit Org.  
U.S. Postage  
**PAID**  
Traverse City, MI  
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:

## Get Fresh and Get Jammin’

**Get Fresh, Cherry Marinara Sauce** and **Get Jammin’, Organic Apple Jam** products are available for purchase at \$5.00 each. The local products were made collaboratively with labor donated by area students, apples and tomatoes donated from farmers at the local canning facility, Food for Thought. The products peaked interest by a local restaurant, Blue Tractor in Traverse City, as they sought to add local flavor to their bill of fare. The products have also been available for sale at the Leelanau Produce Farm Market on Cherry Bend Road, Black Star Farms Market (near Suttons Bay), and at Bill and Millie Hathaway’s stand at local farm markets.



## A Fresh Look for the Web

Check out the fresh look of the Fresh Food Partnership web site. Kaye Krapohl, graphic artist extraordinaire, gave the site a fresh new look and Jim Muratzki, web site design guru, made it easier to navigate. The site allows farmers to announce the produce they have available along with the quantity and price, while volunteers can indicate when they have time available to help out. The FFP coordinator can then easily connect the farmer, volunteer and pantry with healthy fresh fruits and vegetables. Other features of the web site include monthly seasonal recipes, meet the volunteers section and an update on special ongoing projects.

Visit [www.freshfoodpartnership.org](http://www.freshfoodpartnership.org) today!

## Wish List

Telamon Corporation, a national farm workers job program, assisting local migrant families, is looking for a refrigerator for their office to increase the storage capacity of fresh produce.

The Fresh Food Partnership also seeks storage coolers.

