

# FRESH IDEAS

## Fresh Food for a Fresh Start

A Publication of the Fresh Food Partnership

## 6<sup>th</sup> Annual Empty Bowls™ Event—Mark Your Calendars!



*Cabin Fever entertains guests with lively music during the 2007 event.*

Once Again area artisans, restaurants, businesses, and volunteers are coming together for the 6th Annual Empty Bowls™ Event to be held **Sunday, April 27th, 11:00 am to 2:00 pm** at the Park Place

Dome in Traverse City. The Empty Bowls™ Event is both a joyous community gathering and an opportunity to show support for the **Fresh Food Partnership**. Organizers anticipate over 500 people will contribute \$15 each to join in a delicious meal of soup, bread, and beverages as they are entertained by TC Celtic and Cabin Fever. The food will be donated by the Grand Traverse Area's finest restaurants and producers. Before leaving, everyone will be invited to select a hand-made ceramic bowl donated by a local student or artist as a reminder of all the empty bowls in the world.

The *ArtCenter Traverse City* will again co-sponsor this event that promises to be bigger and better than ever. All money raised at the event will be “put to work” by the **Fresh Food Partnership** to deliver fresh produce to the food pantries, shelters and community meal programs throughout our six-county region. Thanks to the **Fresh Food Partnership** and Empty Bowls, literally thousands of people will be able to eat better food while also benefiting local farmers.

For information, please contact the **Fresh Food Partnership** at [coordinator@freshfoodpartnership.org](mailto:coordinator@freshfoodpartnership.org).

*We would like to thank the hard working committee members who have worked behind the scenes to make this event happen:*

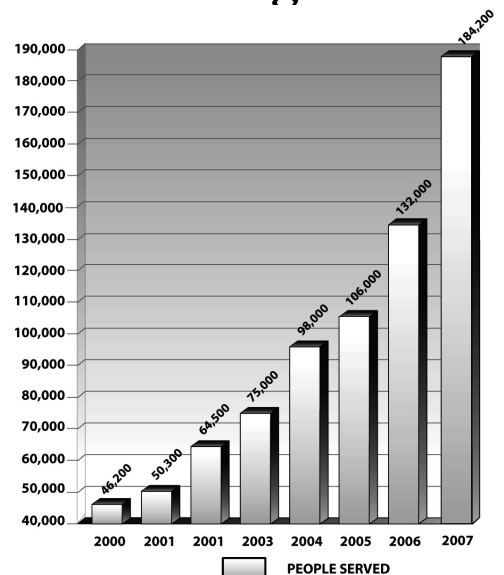
*Judy Reinhardt, Chairperson  
Bronwyn Jones  
Robin Nance  
Pamela Dueweke  
David Jaymes  
Krystal Miller  
Harriet Jones*

*Laura Otwell  
Maureen Voss  
Joe VanderMeulen  
Dan Lisuk  
Annette Sedlar*

## Fresh Food Partnership Responding to Growing Needs

During 2007, people across our region felt the financial pain of rapidly increasing fuel costs even as unemployment and under-employment continued to rise. As a result, many more local residents found it impossible to make ends meet without help. Clearly, the number of people with emergency food needs in our region has increased. As shown in the chart, the number of visitors to area food pantries, shelters and community meal programs has increased three-fold since 2000. According to the Northwest Food Coalition, more than 184,000 visitors received assistance during 2007 alone.

The **Fresh Food Partnership** also worked harder than ever last year to meet at least some of the growing emergency food needs in our region. Thanks to the many donations and gifts received, we were able to purchase for donation over 55,000 pounds of locally grown fresh produce. Then, with the help of over 50 volunteers, we transported all of these nutritious fruits and vegetables to over 30 different pantries, shelters and community meals program throughout our region. With continued support, the **Fresh Food Partnership** will distribute even more fresh produce this year.



## The Community Food Pantry Program (Benzie Food Partners)

The *Community Food Pantry Program (Benzie Food Partners)* is organized to operate a small food pantry for low income Benzie County residents, as well as those with emergent needs. Working through a network of growers and volunteers, they are prepared to assist in meeting the nutritional needs of county residents and neighbors. Centrally located in downtown Honor, the pantry is designed to be “user friendly”, where the privacy and dignity of the shopper is held at a high priority. Partnering with local schools and area resources, the pantry is a haven of relief to many in the community.

Jeffie Lynch-Jones, secretary and treasurer of the Pantry, is also an avid **Fresh Food Partnership** volunteer. “Benzie Food Partners has been a recipient of the **Fresh Food Partnership** since it’s inception, in coordination with the Northwest Food Coalition. Our consumers are thrilled to receive fresh produce provided through the collaboration with local growers. This project provides us the opportunity to distribute fresh, healthy produce to those in need.”

Jeffie is exuberant in her community spirit as well as her support of FFP. She adds, “It offers people a more healthy and balanced meal content. The concept of partnering growers with pantries and their consumers has been a welcome and empowering event. We are gratified to be part of this project and look forward to June when the new harvest begins.”



*Jeffie Lynch-Jones, a Benzie Food volunteer helps to unload a carload of potatoes from FFP for the pantry this past November.*

**Fresh Food Partnership** is pleased to have been able to assist the *Benzie Food Partners* by donating hundreds of pounds of sweet corn, tomatoes and various other seasonal offerings in 2007. Open the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month, *Benzie Food Partners* is located at the corner of Main and Henry Streets in Honor. For more information please contact Jeffie Lynch-Jones at 231-325-2936

*“The concept of partnering growers with pantries and their consumers has been a welcome and empowering event.”*  
—Jeffie Lynch-Jones

### Pickled Wild Leeks *by Chef-educator and writer Nancy Krcek Allen*

Spring is around the corner. What better tonic than leeks from your own backyard? Pickle them and you'll have them for 6 months longer...

**Pickled Wild Leeks**—*Makes about 1 to 1 1/2 quarts*

#### Ingredients:

*2 pounds wild leeks  
1 1/2 tablespoons Kosher salt  
1 1/2 cups rice vinegar  
1/2 cup water  
1/2 cup sugar*

#### To make:

Heat a pot of water to a boil. Trim the green leaves from the white of the leeks and leave about 1 inch of green. Compost the greens. Wash the leeks thoroughly and trim the root end, but don't cut it away completely, it will help hold the leeks together.

Drop the leeks in the boiling water for 10 seconds and drain. Toss the leeks with the salt in a bowl and leave them overnight in the refrigerator.

Pour the vinegar, water and sugar in to a small saucepan and bring to a boil to melt the sugar. Drain the leeks. Pack them into quart glass canning jars and pour the vinegar-sugar mixture over the top of them. They will turn bright pink. Leave them for several days to a week and they are ready to eat.





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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

(MICS #28868)

## Heartfelt Thank You to Left Foot Charley's!

### Soup to Nuts

*Fundraiser Makes a Local Difference*

This past November, **Left Foot Charley's**, a local winery, sponsored a series of classes focusing on everything from **Soup to Nuts**. In partnership with Chef Myles Anton from **Trattoria Stella**, they presented a series of cooking classes aimed at teaching participants to go beyond the recipe and create dishes to savor.



*(From left to right) Chef Myles Anton, Trattoria Stella; Val Stone, NW Human Services Agency; Joe VanderMeulen, Land Information Access Association; and Bryan Ulbrich, Left Foot Charley's.*

The **Soup to Nuts** clinics provided a generous gift of \$1,505 to the **Fresh Food Partnership**. Not only was it a great fundraiser for **Fresh Food Partnership** but it helped to celebrate great local foods by connecting them with local chefs while giving back to the community at large.



## Laura Otwell Takes on New Challenges

With this newsletter, we send our many thanks and very best wishes to Laura Otwell as

she starts a new phase in her professional career. Over the past two years, she has been a sincere and compassionate voice for the **Fresh Food Partnership** as well as a faithful advocate for people in need.

As the **Fresh Food Partnership Program Coordinator**, Laura was a consummate match maker, connecting dozens of widely dispersed farms to dozens of dispersed food pantries, shelters and community meals programs. Coordinating over 50 volunteers, Laura was able to guide the purchase and movement of over 50,000 pounds of fresh fruits and vegetables to people in need all across the region.

Throughout her tenure, Laura worked to improve the program and support our volunteer community. She organized fund raising efforts, wrote grant requests, and made presentations to many community groups. All of us at the **Fresh Food Partnership** will miss her support and kindness. We wish her the very best.

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

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***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:

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## ***Fresh Food Partnership Making Connections for Goodwill***

A call from our friend Josh Jones, produce manager at Oryana, often means a generous donation of fresh, organic produce for a grateful local pantry. Excellent food that might go to waste is so appreciated during these dark months when vegetables are too often from a can.

Recently, 140 pounds of greens, peppers, potatoes and assorted items were delivered to residents at the Goodwill Inn. Enthusiastic employees, residents and volunteers assisted in hauling and storing the crates as many residents watched and even applauded. Tammy Moore, a Human Services worker noted, “***The Fresh Food Partnership*** makes a big difference to our program that is awesome.” We look forward to working with the Goodwill Inn and providing nutritious produce from local producers throughout the growing season.

*(Right) Josh Jones,  
Oryana Produce  
Manager.*



*(Left) Tammy Moore  
accepts the fresh produce  
for Goodwill.*

