

Community Supported Agriculture in Central Lake



The Fresh Food Partnership is connecting pantries with farms to help increase the flow of fresh healthy produce to those in need. Several Community Supported Agriculture (CSA) farms sell part of their harvest to bring locally grown fruits and veggies into the food pantry system.

What is a CSA?

Community Supported Agriculture is a concept of farming that helps to connect people with farms and farmers. Essentially, members of the community become subscribers by purchasing shares of a farm before the season begins. Then, throughout the growing season, subscribers receive a portion of the harvest at regular intervals. By buying directly from farmers, subscribers

develop a relationship with producers and they are more aware of eating fresh seasonal produce. CSA farms grow a variety of produce and some also provide eggs, poultry and meat.

Providence Farm CSA, Central Lake, MI

The Romeyn family moved to Eastport last winter and opened the doors of Providence Farm CSA this spring. Ryan has over 6 years of experience with CSA. Andrea takes care of all the phone calls, newsletters and brochures. They are also raising four children.

Subscribers pay from \$325-500 for approximately 18 weeks worth of produce (depending on the first heavy frost). The produce starts out light in the early summer with herbs, lettuces and greens. By late summer, shares can include up to 25 pounds of fruits and veggies.

Andrea stated, "We love being involved with Fresh Food Partnership. We have always wanted to make more of our specialty produce available to those in need. The whole concept of supporting local farmers as well as local families is amazing and long-sighted."

Providence Farm works closely with the Good Samaritan Food Pantry in Ellsworth and the Community Lighthouse in Mancelona.

Mancelona Food Pantry

For the last 5 years, the *Mancelona Food Pantry & Resale* has helped community needs in Antrim County. Operating 364 days a year, this family run pantry has been a place to turn to for those in need.

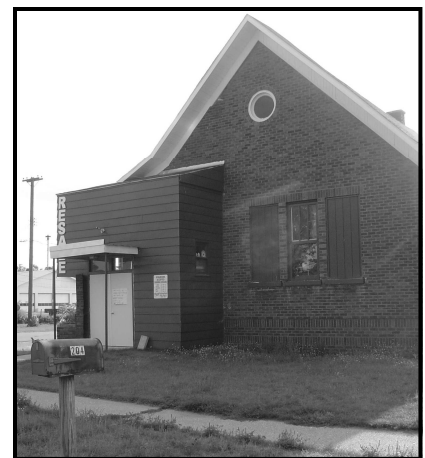
"We don't let anyone walk away without food," said Randy Bechtol, who has been there since the beginning. "When people really need help, they know they can come to us and they won't walk empty handed."

This spring, the DURA Automotive factory announced they will be closing, leaving nearly 300 people without work. "In the last 8 months we have

seen a real increase," noted Bechtol. Combined with the already dampened economic conditions, the pantry is critical for those facing rough times.

When people come to the pantry, they can find boxes of food that include provisions for breakfast, lunch and dinner. They also sell clothing and furniture to help fund the purchase food.

In addition, the pantry provides emergency assistance for families. For example, after a fire, they will donate clothing, furniture and whatever else the family may need.



The Mancelona Food Pantry is open Tuesday-Friday 9am-4pm and Saturdays 9am-2pm.

Volunteer with the Fresh Food Partnership

This year's harvest is in full swing as Northern Michigan's farmers bring in a wonderful bounty. Our dedicated group of volunteers has been busy transporting thousands of pounds of produce and there is much more to come!

We greatly appreciate the work of our volunteers. If you are interested in getting more involved, consider volunteering with the Fresh Food Partnership. Volunteers help with a variety of activities including the sorting and delivery of produce, office assistance, mailings, and special events such as the *Empty Bowls™* fundraiser. The time commitment is as much or as little as your schedule permits.

To learn more about upcoming volunteer opportunities and to begin receiving our weekly volunteer schedule,

please email coordinator@freshfoodpartnership.org or call (231) 929-3696.



Teens Enjoy Fresh Local Produce

By: Pam Simons, House of Hope

Northwest Michigan House of Hope is so very grateful to be the recipient of the many fresh and varied fruits and vegetables provided by the Fresh Food Partnership.



House of Hope is home for many teen girls and boys who find not only spiritual nurturing here at the school but physical nurturing as well. Cooking and serving fresh produce helps provide healthy, balanced meals for them. Many of the students were used to fast food and unbalanced diets prior to coming to House of Hope.

Our staff and students are so blessed and grateful to have the products given to us by the Fresh Food Partnership. The difference in the meals is not only with increased nutrition but in taste and presentation as well.

The teens also have an opportunity to participate in the cooking process which allows them a greater appreciation of fresh produce. They all love salads and the locally grown vegetables and fruits. Their physical stamina is greater, general health is improved and it also positively affects their ability to concentrate on their school work.

The cooks incorporate the fresh produce into salads, casseroles, soups, sauces, and sometimes we just eat the produce raw.

To learn more about the House of Hope, visit www.houseofhopetc.com.

Fighting Hunger with Tips— Radish Makes a Difference

The employees at the innovative new restaurant *Radish* are using their tip money for a local cause. *Radish* and its employees recently donated over \$1,500 to the Fresh Food Partnership to help purchase local produce for area pantries. The money was raised by patron tips and generously matched by *Radish* owners Jacquie, Meagan and Micha Thomas.

The cozy new café takes a community approach to their business. *Radish* features a fresh salad bar with an

emphasis on providing a great variety of produce using organic and local when possible.

Located at **408 Union Street** in Traverse City, *Radish* is making great food available to customers as well as fighting hunger through contributions to area food pantries. *Radish* chose the Fresh Food Partnership because both of our organizations provide fresh, healthy foods.

Thank you Radish!



Apple Sauce *By LIAA's Kim McNeil*

The apples are coming! Get ready for the harvest and cook up some delicious apple sauce. Put it in the freezer and eat it all year!

Ingredients:

6-8 medium apples– peeled, cored & quartered
1/2 cup of water
1 tsp. cinnamon, if desired

To make:

In large saucepan, combine apples and water. Bring to boil. Cover and simmer over low heat for 15-20 minutes or until apples are tender. Stir occasionally. Stir in cinnamon and cook until thoroughly heated. For a smoother applesauce, blend in blender or food processor until desired consistence is reached. Makes 6 servings.

Notes:

For color, try using Cortland apples and boil the unpeeled apples. Then mash the apples through a colander or sieve to separate the peels out.



To retain the apple pieces, add sugar to the water before adding apples. Then continue with the above directions. Most fruits keep their shape when cooked in a sugar-water mixture.

If you are looking to spice things up a bit, try adding a 1/4 cup of crystallized/candied ginger in place of the cinnamon. To make cherry, apple sauce, add 2 Tbl of cherry juice concentrate for an antioxidant packed apple sauce.

Special Thanks to all of our Supporters!

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New Program Coordinator

An energetic new staff member has joined the Land Information Access Association (LIAA). Casey Ressel started in May as Program Coordinator for the *Fresh Food Partnership*.

A Traverse City native, she recently moved back from Ann Arbor after receiving a bachelor's degree in history

and environmental science from the University of Michigan.

As an AmeriCorps volunteer in Grayling, her service inspired her to continue being involved in community work.

Casey is also active in the Master Gardener program and enjoys getting her hands in the dirt in her spare time.



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.

Partners:
Land Information Access Association
Michigan State University—Extension
Northwest Michigan Human Services Agency
Traverse City Area Chamber of Commerce
United Way of Northwest Michigan

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.

Please help us **feed hungry people** and **support local farming** in the Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties. 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.



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