

Harvest Dinners on the Farm

to support

Healthy Food for All

FIELDS OF PLENTY
 BY ZOL BECKER
 PHOTO BY JO GRAVELY
HEALTHY FOOD FOR ALL
Harvest Dinner, Fresh from the Farm

Like a good idea, it started with a need. "I hear do we provide access to fresh, local produce for low-income families in our area?" The idea is one several community-supported agriculture (CSA) farmers in Loudoun County, namely the folks behind Tul. Place Collective, Jostville, Early Morning and West Haven farms.

By teaming up with the Finger Lakes Culture Beauty (FLCB), they came up with an innovative program in which low-income families receive subsidized or lower cost membership in a program where the farmers provide the food. The FLCB organizes the membership and ensures that the farmers receive fair pay for their goods and labor. In addition to the vegetables, the families receive cooking classes and nutrition workshops throughout the growing season to learn what to do with their produce and what's great about eating the fresh food they're getting. The FLCB handles marketing, setting up food storage systems and promoting the program to CSA farmers and low-income families.

As you can imagine, such a program is expensive to run. So hardly where you, the community, come in. To fund this program, each of

these farmers teamed up with a local chef and wine maker, as seen below, to host a gourmet dinner on their farm during the next four months. Tables will be set, wine will be poured, candles will be lit, all in the fields 'til the farmers so carefully tend throughout the year. And the food will be served, fresh from the farm, fresh from the sun, dew, gills, right to your plate. Not only will you get to see the people behind the food, you'll be surrounded by the very things from

The farmers, chefs and wine makers are busy planning your meal based on what produce is available the day of the dinner, what wine is best paired with the different cuisines and what time, what time will be available for dinner. All proceeds from the dinners will go to fund the Healthy Food for All program and connect that more and more families in the Finger Lakes get the chance to enjoy a CSA membership.

To purchase your seat at the table and enjoy what it is to be one of you, most are available on all cities and regions. The Healthy Food for All program, please visit the www.fingerlakes.org website and look for the Harvest Dinners link. For appetit!

Pictured from left to right: Evangeline Sarat, Sweet Land Farm; Christina McKeough, Hazelcutt Kitchen; Anton Burkett, Early Morning Farm; Sean O'Hara, Willow; Nancy Tisch, Her the Farm.

Todd McLane, West Haven Farm; Jen Erwin, Jostville; Jackie Sahnstrom, King Ferry Winery; Chaw Chang, Arick and Anne Farms; Hovee Barber, Watercrest; Kelly O'Neill, Silver Thread Vineyards; missing from picture, Vinny Aliperti, Arwater Vineyards.

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Building Community Health, Food Equity & Farm Viability



"I feel a lot of gratitude for my community who helped us have such good quality food that we normally wouldn't be able to afford. Thank you!"



Healthy Food for All provides WIC & Food Stamp eligible community members with access to a variety of fresh, locally grown produce at a price they can afford through subsidized Community Supported Agriculture shares.

Participants and their children can take free cooking and nutrition classes to learn how to make delicious and healthy meals using the local produce from their shares.

Farmers get a fair price to support their sustainable, organic farming practices.

A partnership of Local Farms & Cooperative Extension

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2006 - 18 shares, 3 farms

2007 - 36 shares, 4 farms

2008 - 63 shares, 6 farms

2009 - 124 shares, 8 farms

Participating Farms

- Full Plate Farm Collective
(Stick & Stone, Remembrance, Three Swallows)
- Sweet Land Farm
- Early Morning Farm
- West Haven Farm
- Three Sisters Farm
- Kestrel Perch Berries

Our only limitation is funding - help more low-income families have access to healthy food and help local farms stay viable by supporting Healthy Food for All today!

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Barriers Addressed

- **Affordability**- Low-income families pay what they can afford & can use their food stamps
- **Cooking Skills**- Free nutritional cooking classes help the whole family learn how to make healthy meals using the produce they get every week in their CSA share
- **Familiarity w/ farms & food**- Lots of fun workshops, u-pick field trips & community events to bring consumers & farmers together so everyone can make the most of their CSA
- **Transportation**- Convenient pick-up locations, organized carpooling and home delivery for disabled participants so everyone has easy access to healthy food!

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How does Healthy Food for All impact our community?

Impact

Low-income families report the **elimination of food scarcity** in their homes during the growing season and an average increase in consumption of fresh produce by over 12 servings a week!

Over \$55,000/yr is kept circulating locally and is invested in our local farms to keep our land in production and our environment healthy and beautiful!

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What makes this all possible?

Harvest Dinners on the Farm

Harvest Dinners on the Farm provide a memorable culinary experience while raising funds for the Healthy Food for All program

100% of the proceeds go to local farms to subsidize CSA shares for low-income families - for every \$285 raised a family will have access to fresh healthy food next year!

Harvest Dinners on the Farm

Snapshots of 2008

West Haven Farm,
King Ferry Winery &
Just a Taste



Nancy Tisch, Bet the Farm Wines & Kit Kalfs, Sheldrake Point greeting guests



Guests perusing the fields before dinner at Early Morning Farm



Stick & Stone w/ Silver Thread
Vineyards & Chef Hans Butler

Harvest Dinners on the Farm

to Support Healthy Food for All



A unique team of farmers, winemakers & chefs

A menu featuring the freshest ingredients from the host and adjacent farms and local specialty producers

Wine pairings with a local vineyard

The stories of the farmers, winemakers, producers and chefs themselves throughout the evening

~75 guests/dinner from around the Finger Lakes & beyond

\$75/ticket (limited complimentary tickets are provided to substantial donors to the dinner and media reps)

Extensive media & social networking coverage including feature articles, PSAs, twitter, food blogs, radio interviews, pod casts and more!

Guests receive printed programs with detailed info about the farms, wineries and specialty producers

Thanks for your support!



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