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Tab 26

Solid Ground – Marra Farm

Fremont neighborhood of metro Seattle, Washington

Lead Organizations: Solid Ground (formerly Fremont Public Association) and affiliated FamilyWorks Food Bank in partnership with Concord Elementary School, Seattle Youth Garden Works, Columbia City Farmers Market and City of Seattle Department of Neighborhoods P Patch Program

Target At Risk Residents: Low-income predominantly Hispanic neighborhood and Soldi Ground shelters provides services for over 500 homeless families each year.

Project: In 1997, Solid Ground developed 4-acre Marra Farm, which annually produced 13,000 pounds of organic produce by 2006. Developed FamilyWorks food bank to provide nutritious groceries to area residents. Previously area suffered from lack of access to healthy foods and has no supermarket serving area. Developed Eating Right and healthy nutritional cooking classes to help to residents learn how to plan affordable, balanced, low fat meals. Partner with Concord Elementary School to provide on-site children's gardening and nutrition programs.

Website: <http://www.fremontpublic.org>

References:

- Solid Ground website (<http://www.fremontpublic.org>)
- Lettuce Link website (<http://www.cityfarmer.org/lettucelink.html>)
- P Patch Community Gardens (<http://www.cityofseattle.net/neighborhoods/ppatch/>)
- Robson, Mary. "How to share your harvest with those who are hungry", Seattle Times, Saturday, August 26, 2006

Tab 27

Anacostia Farmers Market – Urban Oasis Community Garden

Anacostia and Congress Heights neighborhood of Washington DC

Lead Organizations:

Anacostia Farmers Market was developed by the From the Ground Up (FGU) and Capital Area Food bank, Community Harvest and Union Temple Baptist Church. Urban Oasis Community Garden was developed on grounds of St. Elizabeth Hospital by Community Harvest, Americorps and DC Cares.

Target At Risk Residents:

The Anacostia neighborhood is the lowest-income ward in metro Washington D.C. The market provides food for a predominantly Afro-American community, along with homeless and public housing residents.

Project:

In October of 1998, this neighborhood lost its only supermarket. Anacostia Farmers Market and the related Urban Oasis Community Garden were created to help fill the gap with access to lower cost (or free to food banks) fruits and vegetables. The Anacostia Farmers Market offers low cost healthy foods from 10 vendors, including Urban Oasis. The Farmers Market enables qualified low-income residents to use WIC Nutritional Program Vouchers and WIC food stamps for payment.

Website:

<http://www.localharvest.org/farmers-markets/M3201>

References:

- Anacostia Farmers Market website, (<http://www.localharvest.org/farmers-markets/M3201>)
- A USDA Case Study, "Improving and Facilitating Farmers Markets in Low-Income Urban Neighborhoods" United States Department of Agriculture, December 2001, (www.ams.usda.gov/tmd/MSB/PDFpubList/anacostia.pdf)
- Cohn, D'Vera, "Anacostia's Urban Oasis Community Farm Thrives On Help of Neighborhood And Corporate Volunteers", Washington Post, Thursday, July 8, 1999
- USDA Case Study, "Improving and Facilitating Farmers Markets in Low-Income Urban Neighborhoods" United States Department of Agriculture, December 2001, (www.ams.usda.gov/tmd/MSB/PDFpubList/anacostia.pdf)
- Urban Oasis Community Farm and Learning Center, (http://www.rachel.org/bestPrac/detail.cfm?bestPrac_ID=58)

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Tab 28

Growing Home

Chicago, Illinois

Lead Organizations: Growing Home and Farm-City Market Basket Program

Target At Risk Residents: Low-income, homeless, ex-offenders and substance abuse rehabilitation transitional persons

Project: In 1998, Growing Home added organic farming operations to its transitional employment program for persons who are homeless, ex-offenders and/or dealing with substance abuse. The participants learn life-skills and job training, as well as gain valuable hands-on experience with organic agriculture. The program has discovered that *“for participants struggling with substance abuse or homelessness, the process of growing organic vegetables—deeply rooted and free of dangerous chemicals—can mirror their own transformation”*. The program has provided services over 100 persons with a success rate of about 65% in being able to find full-time work in the retail, landscaping, and food service industries or placement in further training or educational programs.

Website: <http://www.growinghomeinc.org>

References:

- Growing Home website (<http://www.growinghomeinc.org>)
- Lazarus, Chris, “The Power of Planning: Growing Home”, New Village Press, Issue 2 Community Scale Economics.
- Chicago Jobs Council, “Sprouting Roots: Social Enterprises in Landscaping and Horticulture”, (http://www.cjc.net/industry_insider_sp07_sprouting.php)
- Chicago Sun-Times, “Growing Home supplies restaurants; helps homeless”, August 6, 2006

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Tab 29

Growing Power – Community Food Center

Milwaukee, Wisconsin

Lead Organizations:

Growing Power, Inc. in partnership with Walnut Way Conservation Corps and Greater Milwaukee Foundation

Target At Risk Residents:

Provide affordable nutritious foods for low-income residents of Milwaukee

Project:

Non-profit has worked with youth corps program to convert vacant debris filled lots into productive community gardens. The Community Food Center is a model food production facility to provide affordable and subsidized nutritious food for low-income residents. Growing Power's Market Basket program provides approximately 100 food-baskets a week to 35 different sites in the Milwaukee area. It has 7 greenhouses, tilapia fish tanks, aquaponics vegetable gardens, and vermiculture programs. The center also provides nutrition and agricultural training for schools and gardeners.

Website:

<http://www.growingpower.org>

References:

- Growing Power website, (<http://www.growingpower.org>)
- Walnut Way Conservation Corp website, (<http://www.walnutway.org>)

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Tab 30

ReVision Urban Farm

Dorchester, MA

Lead Organizations: Revision House, a non-profit shelter for young single mothers, in partnership with Riley Foundation and CDBG grant funding.

Target At Risk Residents: The ReVision Urban Farm works in conjunction with ReVision House, a shelter for homeless single mothers 16 to 21 and their children located in the Franklin Field neighborhood of Dorchester.

Project: In 1997, ReVision Urban Farm was created by converted backside of the women's shelter and developing an adjacent 1.2 acre community garden. The backside of the shelter was transformed into a 3-story bioshelter with aquaculture tilapia fish tanks with terraced organic vegetable gardens. The organic food products sold are sold at an on-site farmers market and at the Milton farmers market. As well as at the Icarus upscale restaurant in South End and the Square Café in Hingham.

Website: <http://www.vpi.org/Re-VisionFarm>

References:

- ReVision Urban Farm website, (<http://www.vpi.org/Re-VisionFarm>)
- Stocker, Carol, "From homeless to home and a garden", Boston Globe, March 13, 2003.
- Moore, Galen, "Boston Women Till Urban Soil, Harvest a Future", Women E News, October, 9, 2003

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Tab 31

The Food Project

Dorchester and Lexington, Massachusetts
<http://www.thefoodproject.org>

Lead Organizations:

Since 1991, the Food Project has built a national model of engaging young people in personal and social change through sustainable agriculture. Each year, we work with over a hundred teens and thousands of volunteers to farm on 31 acres in rural Lincoln, MA and on several lots in urban Boston.

Target At Risk Residents:

The Food Project Farms recruits low-income youth and works in conjunction youth from the low-income neighborhood of Dorchester.

Project:

Each season, we grow nearly a quarter-million pounds of food without chemical pesticides, donating half to local shelters. We sell the remainder of our produce through Community Supported Agriculture (CSA) crop "shares" and farmers' markets. We market our own Farm-Fresh Salsa, holiday pies, and other value added products. Locally, we also partner with urban gardeners to help them remediate their lead-contaminated soil and grow healthier food. In Boston, we grow on 3 pieces of land in the city's Dudley neighborhood and manage a rooftop production garden at the Boston Medical Center. The Food Project Rural Farm is currently operated on thirty-one acres of conservation land approximately 15 miles outside of Boston, in the town of Lincoln, Massachusetts. Twenty-seven acres of this are available for vegetable production and the remaining four acres include a composting area, greenhouse, tractor storage area, irrigation pond, and our CSA distribution area.

Website:

<http://www.thefoodproject.org>

References:

- Food Project website, (<http://www.thefoodproject.org>)

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Tab 32

Nuestras Raíces Community Gardens

Holyoke, Massachusetts
www.nuestras-raices.org

Lead Organizations: Founded in 1992, Nuestras Raíces currently manages 8 community gardens and two youth gardens, and plans to expand the network of gardens each year. Presently there are over 100 families participating, 1 homeless shelter, and 5 children plots.

Target At Risk Residents: Providing gardening and farmers markets for low-income, predominately persons of Puerto Rican descent.

Project: Intergenerational connections are strengthened when children, teenagers, adults, and elders are able to partake in a common project and learn from each other. Most of the elder gardeners come from rural regions of Puerto Rico and have grown up farming. They are proud to pass along their knowledge to Puerto Rican youth, both improving their neighborhoods and strengthening knowledge of their heritage. Older residents who have experienced unmet promises from the government, and who have witnessed the abandonment and disintegration of both the physical aspects of Holyoke and community relationships, have regained a faith in their neighborhoods and a sense of inspiration leading to their participation in gardening. They feel empowered by taking part in revitalizing vacant lots

Website: www.nuestras-raices.org

References:

- Nuestras Raíces website (www.nuestras-raices.org)
- By Corby Kummer, "A Papaya Grows in Holyoke", Atlantic Monthly, April 2008
- Best Practices: Nuestras Raíces, (http://www.livable.com/prgms_model/place/Nuestras_Raices.html)

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Tab 33

Added Value - Red Hook Farmers Market

Brooklyn, New York

- Lead Organizations: Added Value in partnership with Red Hook Farmers Market, Cornell University, Cornell Cooperative Extension, Good Shepherd Social Services, The Gowanus Canal Community Development Corporation, the King Street Block Association, and funding from Heifer International, City Parks Foundation, EchoingGreen Foundation, Independence Community Foundation, Jesse Smith Noyes Foundation, JM Kaplan Fund, New York City Department of Parks and Recreation, Petra Foundation, Robert Wood Johnson Foundation, and Wellmet Gr
- Target At Risk Residents: The low-income Red Hook neighborhood that lost its last supermarket in 2001, nearly 80% of the population living in public housing and an average household income of \$14,000 year for a family of four.
- Project: Working with youth 14 to 19, Added Value has transformed once dilapidated playground into a 2.75 acre urban farm. The community gardens have provided \$60,000 of food benefits to low-income mothers via WIVC vouchers and donated an additional \$15,000 worth of vegetables to individuals in need. The program has provided meaningful work for over 85 Red Hook teenagers. Because much of the land is paved or contaminated, Added Value brings in soil and compost to build raised beds for planting. The Bronx Zoo provides the compost and soil.
- Website: <http://added-value.org>
- References:
- Added Value website (<http://added-value.org>)
 - Skater, Jill, "A Farm in the Asphalt Heart of Brooklyn", Seasonal Chef, October, 2005, <http://www.seasonalchef.com/farmredhook.htm>
 - Wurwarg, Jessica, "Urban Agriculture Cures Many Ills", <http://www.sustainablefood.org/article/articleview/11054/1/484>
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Tab 34

East NY Farms

Brooklyn, New York

Lead Organizations:

East NY Farms in partnership with local residents, regional family farmers, United Community Centers, Pratt Institute for Community Development and Cornell University Cooperative Education.

Target At Risk Residents:

East NY Farms is very low-income neighborhood that was severely devastated in the 1970s and has poor food access for low cost healthy foods..

Project:

Founded in 1995, East NY Farms is an intercity farmers market in Brooklyn, where urban youth and adult entrepreneurs sell locally-grown products side by side with upstate New York farmers. In 2005, East New York urban gardens grew over 10,500 pounds of fresh, healthy, organically grown produce. East NY Farms grow food for the community, engage youth in hands-on agriculture learning and leadership training, develop economic development opportunities for regional farmers, local gardeners, and other small entrepreneurs through a neighborhood farmers market, preserve community gardens as open space, and educate residents about healthy food and healthy environments. ENY Youth Make a Difference farms program annually uses 20 youth interns. Low-income residents can produce healthy food using WIC and senior farmers' market coupon programs and most of our participating farmers are also eligible to accept EBT (electronic benefits transfer).

Website:

www.eastnewyorkfarms.org

References:

- East New York Farms website (www.eastnewyorkfarms.org)
- East New York Farms (<http://www.neighborhoodlink.com/org/enyfarms>)
- Wurwarg, Jessica, "Urban Agriculture Cures Many Ills", <http://www.sustainablefood.org/article/articleview/11054/1/484>

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Tab 35

Isles' Community Gardens Program

Trenton, NJ

- Lead Organizations: Isles Community Development Corporation in partnership with Princeton University and Mercer County Community College.
- Target At Risk Residents: Provide low cost, nutritious food to low-income neighborhoods in Trenton
- Project: Isles CDC was founded in 1981 to serve at risk youth and adults in Trenton. In 1998, CDC created community garden on 5 acres of land within the Mercer County Community College campus. Over time, Isles CDC has expanded program to 56 community gardens and 7 school based gardens. The Isle Community Gardens annually produces 120,000 pounds of food products. The Isle - Mercer County Community College farm annually produces 10,000 pounds of organic produce with 80% distributed to low-income neighborhoods and 20% sold for a profit to farmers markets that are staffed by JTPA youth and to Urban Word Café,
- Website: <http://www.isles.org/progs.html>

References:

- Isles' Community Gardens Program website, (<http://www.isles.org/progs.html>)
- Lazarus, Chris, "When CDC and Schools Collaborate: Isles Community Farm", New Village Press, Issue 2 Community Scale Economics

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Tab 36

Greensgrow Farm

Philadelphia, PA

- Lead Organizations: Greensgrow Philadelphia Project is a community based non-profit that created the Greensgrow Farm in conjunction with Neighborhood Urban Agriculture Coalition, Farm Stands, and funding from an US EPA grant
- Target At Risk Residents: Provide affordable nutritious foods for low-income residents and restaurants of Philadelphia
- Project: Greensgrow Philadelphia Project used U.S. Department of Environmental Protection Agency grant funds to help develop hydroponics greenhouse community gardens and $\frac{3}{4}$ acre former contaminated site of the demolished galvanized steel plant. The hydroponics system grows vegetables without use of soil and is above ground in aquaponics tanks, which enables the gardens to be raised above contaminated soil. The Greensgrow Farm vegetables and herbs for sales at urban Farm Stands in low-income neighborhoods for the purpose of increasing urban consumers' access to and education about locally produced foods.. In addition to vegetables and herbs, Greensgrow Farm raises worms and bees. The bees help pollinate the garden, along with making honey for sale at the Farm Stands, The worms eat waste from the plants grown, then produce their own waste called "castings" that the Farm uses as fertilizer.
- Website: <http://www.greengrow.org>

References:

- Greengrows Farm website, (<http://www.greengrow.org>)
- Corboy, Mary, "Greensgrow Philadelphia Project", City Farmer, Canada's Office of Urban Agriculture: Urban Agriculture Notes, August, 2002 (<http://www.cityfarmer.org/greengrow.html>)
- Anne Carter and Peter Mann, "Farming from the City Center to the Urban Fringe: Urban Planning and Food Security", Food Security Coalition, (www.foodsecurity.org/FarmingCitytoFringe.pdf)

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Tab 37	Crenshaw High School Community Garden - Food from the Hood Los Angeles, CA
Lead Organizations:	Crenshaw High School Community in partnership with City of Los Angeles Community Development Department
Target At Risk Residents:	Low-income predominantly Afro-American neighborhood in South Central Los Angeles
Project:	In 1992, just after the Los Angeles riots, Tammy Bird, a Crenshaw High School biology teacher, worked with her students to convert a weed infested ¼ acre site into a community garden. One year later, they expanded the program to selling food to local farmers markets and providing food for the homeless. The student run program expanded into sales of Food from the Hood salad dressings, which were sold in over 2,000 stores. In addition to growing food, the students take classes in entrepreneurial training, and personal finance. The program has generated over \$200,000 in college scholarships to 77 former students who participated in the program.
Website:	http://www.foodfromthehood.com
References:	<ul style="list-style-type: none">• Crenshaw High School Community Garden website, (http://www.foodfromthehood.com)• Oprah Winfrey Show, "Food from the Hood", (http://www2.oprah.com/uy/angel/uy_angel_20020524_f.jhtml)• Madison, Jeffrey, "A green thumb: students from South Central are growing Food From the Hood", Black Enterprise, December, 1994.

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Tab 38

Tohono O'odham Community Action

Tohono O'odham Nation, Arizona

- Lead Organizations: Tohono O'odham Community Action (TOCA) in partnership with Tohono O'odham Nation and University of Arizona
- Target At Risk Residents: Low-income Native American community that has suffers from more than 50% of adults having adult-onset diabetes and high levels of gang violence.
- Project: Founded as a non-profit in 1996, TOCA has developed an 80-acre Papago Farms that produces healthier traditional foods, fruits and vegetables for tribal community of 24,000. TOCA seeks to create sustainable and culturally-appropriate economic development through food system development. According to many studies, the consumption of traditional O'odham foods decreases both the rate and severity of diabetes. Using their Kellogg Foundation grant, TOCA purchased equipment to cultivate land for native foods. With the cooperation of tribal elders, TOCA also has secured farmland that should eventually produce enough food to feed the entire community. Scientific studies have indicated that traditional O'odham foods – including tepary beans, mesquite beans, cholla (cactus) buds and chia seeds – help regulate blood sugar and significantly reduce the effects of diabetes.”
- Website: <http://www.tocaonline.org>
- References:
- Tohono O'odham Community Action website (<http://www.tocaonline.org>)
 - Interview of Tohono O'odham Community Action, W.K. Kellogg Foundation, Food Systems and Rural Development, <http://www.wkkf.org/default.aspx?tabid=68&CID=4&ProjCID=19&ProjID=120&TID=1247&NID=32&LanguageID=0>
 - W.K. Kellogg Foundation, Food Systems and Rural Development, “Fighting Diabetes with Native Foods” <http://www.wkkf.org/Default.aspx?tabid=90&CID=4&ItemID=40232&NID=50232&LanguageID=0>
-

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Tab 39	Community Garden Storytelling Project of Flint Flint, Michigan
Lead Organizations:	Various neighborhood associations in partnership with Flint Urban Gardening, Neighborhood Violence Prevention Collaborative, and U-M Institute for Research on Women and Gender
Target At Risk Residents:	Low-income predominantly Afro-American neighborhoods
Project:	Develop community gardens to help to supply nutritious foods to neighborhoods and complement crime prevention programs. Professor Alaimo, University of Michigan discovered that “ <i>the gardens have led to neighbors meeting each other and, in some cases, to preventing violence and improving the reporting of crimes</i> ”.
Website:	http://www.sph.umich.edu/yvpc/projects/garden/
References:	<ul style="list-style-type: none">• Flint’s Youth Violence Prevention Center, Flint Community Garden Storytelling Project, (http://www.sph.umich.edu/yvpc/projects/garden/)• Gazella, Katie, “Gardens grow vegetables, sense of community in Flint”, University of Michigan News Service, July 28, 2003• W. K. Kellogg Foundation - Community Health Scholar Interview: Katherine Alaimo, University of Michigan, Principal Investigator of the Flint Community Storytelling Project, October 1, 2003 (http://wkkf.org/default.aspx/default.aspx?tabid=68&CID=377&ProjCID=377&ProjID=59&TID=779&NID=32&LanguageID=2)

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Tab 40

Developing Innovations in Navajo Education, Inc.

Navajo Nation (also known as Diné Nation, Arizona, New Mexico, and Utah)

Lead Organizations:

Developing Innovations in Navajo Education, Inc. (Diné, Inc) in partnership with Navajo (Diné) Nation, Seba Dalkai elementary school, Diné Southwest High School (charter school), Center for Sustainable Environments at Northern Arizona University , and funding from US Department of Agriculture's Community Food Project, First Nations, and Andrus Foundation

Target At Risk Residents:

Low-income Diné Nation Native American community, where 60 percent of residents live under the poverty rate, the employment rate hovers around 50 percent, and median annual income is \$4,500.

Project:

Founded as a non-profit in 1997, Diné, Inc initially focused on education helping develop the Seba Dalkai elementary school and the Diné Southwest High School. Diné, Inc boardened its scope to include agricultural support. The Diné Community Foods Project assists Navajo families in the Southwestern Navajo Nation to revitalize traditional dryland agriculture. It made farming more attractive and feasible through stipends for youth who farm with their parents and through providing technical assistance with pest control, water catchments, and drip irrigation. The funding also enabled the community to invest in larger-scale equipment, such as a communal corn grinder.

Website:

<http://navajofarms.org>

References:

- Developing Innovations in Navajo Education, Inc website (<http://navajofarms.org>)
- Community Food Project Profile: Developing Innovations in Navajo Education, http://www.worldhungeryear.org/cfp/cfp_display.asp?ria_ndx=458
- Native Agriculture and Food Systems Initiative, First Nations, Developing Innovations in Navajo Education, Inc., <http://www.firstnations.org/arizona.asp>