

The Food Source

Serving Member Anti Hunger Programs and Agencies Throughout Westchester County



June 2009

www.foodbankforwestchester.org

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Nutrition Not Just Calories

Greenleaf Gardens

Michal T. Winter

The Food Bank is committed to increasing the ways our agencies can promote healthy eating, by getting fresh foods to their clients. One of the ways we are doing this is by supporting local community gardens throughout Westchester. These gardens are growing fresh produce with the help of Greenleaf Gardens, under the direction of Russell Greenleaf. And this produce is then distributed to our agencies, getting these healthy fruits and vegetables to the clients who need them. Not only is this a healthier alternative, but it is better for the environment because there is virtually no petroleum used in organic farming. This is due to using manure instead of fertilizers, and little or no transportation to bring the products to the stores.

One of these gardens is the Department of Corrections Horticulture Vocational Program in Valhalla. This garden is 1 acre - and uses 4-6 prisoners who work from 8am - noon, 3 days a week. Here, they not only produce fresh, healthy produce, but also teach the prisoners horticultural techniques. While this garden is under the direction of Greenleaf Gardens, they are grateful to have the dedication of Bill Scazero - a volunteer who, in his 80's, manages every aspect of the growing process. Last year, this farm donated 3000 - 4000 pounds to the food bank, including zucchini, beans, cantaloupe, corn, potatoes, tomatoes (4 varieties) lettuce, Kale, Collard greens, hot peppers, bell peppers, carrots and radish.

Last summer was the first season for the farm at Scarsdale High School. This garden is 7500 square feet, and gleaned 3000 pounds of produce. 1500 lbs of that were donated to the Food Bank to be used by



Early spring plantings at the Scarsdale High School Community Garden

our member agencies. The garden produced zucchini, squash, lettuce, radishes, kale, celery, tomatoes, parsley, eggplant, watermelon, chives and string beans. This season's goal is to grow 5000-6000 lbs and donate 3000 lbs.

Mr. Greenleaf is very excited about the Yacon, which he is cultivating at the High School garden. Yacon is a Peruvian ground apple which is related to a Sunflower. Each plant makes 40 lbs if tuber (like a giant potato). Yacon tastes like an Asian Pear, but the best part is that the sugar in it can be digested by diabetics. Last season, Scarsdale H.S. was one of the first places on the East Coast to grow this, and they are hoping to increase the harvest this season.

At this time Russell will be over seeing 2 more gardens other than the Department of Corrections Horticulture Vocational Program, for the food bank, increasing the amount of local produce available to member agencies. With plans to expand that to more next year.

With the help of Mr. Greenleaf, the food bank is able to get locally grown produce, which is the healthiest option, to your agency. And in turn you are able to get this fresh and beneficial produce to your clients to enable them to eat healthy meals.

Buying Local

Toby Pidgeon

The concept of buying local is simply to buy food (or any good or service) produced, grown, or raised as close to your home as possible. With industrialization, our food is now grown and processed in fewer and fewer locations, meaning it has to travel further to reach the average consumer's refrigerator. Although this method of production is considered efficient and economically profitable for large agribusiness corporations, it is harmful to the environment, consumers and rural communities.

Food Miles and the Environment

"Food miles" refer to the distance a food item travels from the farm to your home. The food miles for items you buy in the grocery store tend to be 27 times higher than the food miles for goods bought from local sources. In the U.S., the average grocery store's produce travels nearly 1,500 miles between the farm where it was grown and your refrigerator. About 40% of our fruit is produced overseas and, even though broccoli is likely grown within 20 miles of the average American's house, the broccoli we buy at the supermarket travels an average 1,800 miles to get there. So how does our food travel from farm field to grocery store? It's trucked across the country, hauled in freighter ships over oceans, and flown around the world. This requires a tremendous amount of fossil fuel to be used which results in the release of pollutants into the atmosphere, contributing to global climate change, acid rain, smog and air pollution.

Food processors also use a large amount of paper and plastic packaging to keep food fresh (or at least

continued on page 2



Hunger Heroes Award Winners 2008



Service Provider Award Winner—
Sunny Donut Breakfast Program,
accepted by Jeanne Blum



Donor Award Winner—
Wakefern/ShopRite, accepted by
Cindi Bowman and Tom Urtz



Volunteer Award Winner—New
York State United Teachers, ac-
cepted by Marc Laffer

Message from the Executive Director



Dear Food Bank members:

We are heading into the food growing season. Soon we will have lovely greens and later in the season, radishes, carrots, tomatoes and cabbage just to name a few. Added to what the Food Bank will be growing in its three garden projects this year, we are also anticipating donations of produce from two corporate gardens as well as the traditional supporters such as Maryknoll and family gardens.

I want you guys to be prepared to receive this wonderful bounty of the earth and share it with the hungry people in your community.

I know that produce straight from a garden is sometimes not as easily handled as pre packaged stuff from the supermarket...but it is obedient and can be organized into a distributable/usable bundle. Often however we need you to do that at your end, as Food Bank staff may not have the time to do it for you. So I want you to be prepared and that means flexible, creative and determined. Not that you all are not that already.

All of you should be able to take this home grown product whether you give out as part of a grocery bag or incorporate into meals. Some of you may even be able to give out the "keepers" as part of the Backpack program for kids.

The point I am trying to make is that home grown produce is the healthiest it can possibly be; it is grown using only natural sustainable methods and is fresh....it can't get any better than that.

If you are interested in receiving this produce please call Michal so you can be added to the recipient list. Once the product starts coming in we will make sure you get some.

Christina

PS: DO not forget to join us at the Hunger Heroes Awards Breakfast, June 9, 2009 at 8:30 am.show your support and appreciation for the who help us do our job.

SEE YOU ON THE 9th!

Buying Local continued from page 1

looking fresh) for a longer period. Food processors also use a large amount of paper and plastic packaging to keep food fresh (or at least looking fresh) for a longer period of time. This packaging eventually becomes waste that is difficult, if not impossible, to reuse or recycle.

Small, local farms tend to be run by farmers who live on their land and work hard to preserve it. Buying local means you can talk directly to the farmer growing your food and find out what they do and how they do it. Do they grow their food organically? If they're not certified organic, ask them why. Many small farms, even if they haven't taken the certification step, still utilize sustainable or organic farming methods that help protect the air, soil and water.

Health and Nutrition

Buying food from local farms means getting food when it's at its prime. Fresh food from local farms tends to be healthier than industrially-farmed products because the food doesn't spend days in trucks and on store shelves losing nutrients. Local food has less of an opportunity to wilt and rot whereas large-scale food manufacturers must go to extreme lengths to extend shelf-life since there is such a delay between harvest and consumption. Preservatives are commonly used to keep foods stable longer, and may be potentially hazardous to human health. Industrially-produced foods are also difficult to grow without pesticides, chemical fertilizers, antibiotics and growth hormones, all of which can be damaging to both the environment and human health.

By purchasing local foods, you eliminate the environmental damage caused by shipping foods thousands of miles, your food dollar

goes directly to the farmer, and your family will be able to enjoy the health benefits of eating fresh, unprocessed fruits and vegetables. Buying seasonal produce also provides an exciting opportunity to try new foods and to experiment with seasonal recipes. And it simply tastes better!

What You Can Do

Buy food directly from your local farmer at a farm stand or a farmers market. Or join a CSA group and get a farm share.

Encourage your local grocery store to stock food from local farmers.

Ask for our "Seasonal Produce" flyer to find when foods are in season in our area.



Green Thumb

- Jun.1 - 5** Cauliflower/Broccoli, Green Peppers, Potatoes (white)/ Egg plant, Spinach/Swiss Chard, Radish, Peaches/Oranges, Kiwi/ Cherries/Apples
- Jun. 8 - 12** Cilantro, Broccoli/Bell Peppers. Carrots, Cucumbers, Tomatoes, Onions/Scallions, Mango/Oranges/Avocados, Cantaloupe/ Lime
- Jun. 15 - 19** Celery/Collards, Mushrooms, Red Leaf Lettuce, Zucchini, Tomatoes, Nectarines, Honeydew melon/apples
- Jun. 22- 26** Beets/Cucumbers, Corn/Cabbage, Lettuce (Romaine), Tomatoes, Peaches/Pineapples, Pears
- Jun. 29- Jul. 2** Cilantro/Scallions, Garlic, Spinach/Swiss Chard, Potatoes/ Onions, Tomatoes, Avocados/Plums, Oranges/Limes

Order your fresh produce by the case
Wednesdays between 8:30 am—3pm.

Ask for Michal, Pat or Suzanne



Remember: All Cancellations of your Green Thumb Order must be made 2 weeks in advance! all green thumb items are subject to availability and prices may vary. You will be notified of the case price the day you order .

Products Available:

**60895FS - Frozen Salmon Patties -
14/2 lb bags**

Donated Products

50479CS - Bush's Garbanzo Beans - 12/16oz cns

50522DS - ASST. Pasta 1 lb. bags

Assorted Spices - Check on line for varieties

50124DS - All Purpose Flour - 8/5 lb bags



Dates to Remember

Sat., June 6 Repack

June 9th is the 2009 Hunger Heroes Awards Breakfast!

Wed., June 10 May Monthly Reports Due

Tues., June 30 Inventory, No Orders

Fri. July 3 Food Bank Closed for Independence Day

Fri. July 10 June Monthly Reports Due

Sat., July 11 Repack

Fri., July 31 Inventory - No Orders

Agency News:

Congratulations to **Pat Coleman of Union Food For Life** in White Plains, as she begins her well deserved retirement! But don't worry - although retired from the church - she will remain active with the Soup Kitchen, Thank you, Pat and enjoy!

Congratulations to **Jean Anderson of Union Baptist Church** on becoming a very young, Great Grandmother!

Sunshine Social Club would love a donation of a charcoal grill, if you can help, contact **Susan Merkin at 528.6995.**

Many Get well wishes are being sent to **Reverend Yousef of Yonkers Hungry People**, And we hope to see him out of the Hospital and back on his feet soon!

Grants Available:

The Food, Nutrition and Conservation Act of 2008 (also known as the Farm Bill) authorized \$20 million for pilot projects to evaluate health and nutrition promotion in the Supplemental Nutrition Assistance Program (SNAP) to determine if incentives provided to SNAP recipients at the point-of-sale increase the purchase of fruits, vegetables or other healthful foods. FNS refers to this effort as the Healthy Incentives Pilot or HIP. SNAP was formerly known as the Food Stamp Program.

On May 6, FNS launched the Healthy Incentives Pilot (HIP) Website. The website contains information on basic HIP facts, the pilot and evaluation timelines and selected research reports, and grants available. For more information please visit: <http://www.fns.usda.gov/snap/hip/>

JUNE HEARTY HELPINGS

June Land and Sea Combo Box: \$26:

1 -- 2lb pkg. Jumbo Tiger Shrimp (26/30 peeled & deveined)

1 - 2 lb pkg. Wild Caught Salmon Filets
(individually wrapped)

1 - 2 lb pkg. Crab Claws (scored)

2 - 14 oz Tyson Cornish Hens (individually wrapped)

GRILLIN' SPECIALS:

#1 -- 1 lb. Pkg. Ham Steaks
(2 - 8oz steaks) **\$1.80**

#2 -- 1 lb. Pkg. Bratwurst
(German Sausages) 4 links
"Dearborn Brand" **\$2.50**

Orders in by: Tuesday, June 9th

Pick up: Friday, June 26th

Host Sites:

St. Joseph of Arimathea (Elmsford) - Joan Cameron @ 347.8207

Ossining CAP Doris Goodson @ 923.6380

Peekskill CAP Mary Rainey @ 739.1451

Greater Centennial Church - Mt. Vernon - Virginia Douglas or
Jean Kirkland @ 664-1838

San Andreas Church - Yonkers - Beatrice Castrillon @ 963.9523

Tarrytown COC - Janice Walters - @ 631.7340

Port Chester Carver Center - Tarin or Fran Parkman - @ 939.4464



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