



HOME

ABOUT

BLOG

EVENTS

SNAIL OF APPROVAL

CONTACT

GET INVOLVED

Get Involved

Want to get involved in one of our next events, assist with planting a community garden or donate time or resources? We've begun assembling a few ways below, feel free to [email us](#) for more info and ideas.

Donate or Volunteer at the Food Bank for Westchester

The mission of the Food Bank for Westchester is to lead, engage and educate Westchester County in creating a hunger-free environment. Since 1988, the Food Bank has served as the backbone of the county's emergency food distribution network. It takes donations (food, fresh or canned/boxed, diapers, toothpaste...), please email [Katy Coppinger](#) at or [Toby Pidgeon](#) to make arrangements.

Want to volunteer in the warehouse or at the farm? [Email SFMN Resident Farmer Doug DeCandia](#). Read more about the important work of the Food Bank at <http://foodbankforwestchester.org>

Join the Lower Hudson Crop Mob

SFMN Board Member Deb Taft organizes this group, which serves the farms, community gardens, school gardens and related food-growing efforts in the Lower Hudson area with volunteer labor. They mob whomever needs help with big projects, especially those who use organic/sustainable methods. This is a great place to meet cool people, learn about growing food, and get dirty! View their [Facebook page](#) for more.

Check back soon for more Slow resources, how-to's, guides to local and regional farm and food sources, ideas and other ways to learn and share information about Slow, sustainable food.

Slow Events

Stay tuned for upcoming Slow Food events and community gatherings. Want to host an event or suggest an idea? [Email us](#), we'd love to hear from you.

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Last Name:

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⋮ Our farmer friend Deb Taft writes: "I sure could use some extra hand! ... If you have a couple of hours almost... <http://fb.me/vhCcA09b> 2 days ago

⋮ June Slow Food Metro North Newsletter - <http://eepurl.com/ebRGT> 3 days ago

⋮ Fast food chains said yes, Trader Joe's says no to raising FL farmworker wages 1 cent a pound <http://t.co/JFSVKOV> #fairfood #workersrights 4 days ago

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[Snail of Approval](#)

[Contact](#)

[Feed Me Fresh/Mt Kisco Child Care Center](#)

[Get Involved](#)

[Events](#)

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