2011

CULTIVATING COMMUNITY

A Year of Food in Kalamazoo
APARIES
Mike’s Apiaries
Denny McGahan
11146 S. 34th St.
Vicksburg, MI
(269) 649-3559
mikespiaries@yahoo.com

COMMUNITY GARDENS
Wall Street Community Garden
314 Wall Street, Kalamazoo
www.google.com/sites/wallstreetcommunitygarden
Miri Delaca, miridelaca@bigglobal.net

Oakwood Community Garden
This flourishing plot of land is one of many Kalamazoo community gardens that offers the public, free produce and the only one that supplies eggs from on-site chickens. Oakwood Neighborhood Association
3320 Land Ave., Kalamazoo,
(269) 342-0129

The Jolly Garden at K-College
Newly planted in spring of 2010, the Jolly Garden is maintained by both Kalamazoo College students and faculty and community members, working together to create a healthier community.
Alison Geist, Alison.Geist@kzoo.edu

COMMUNITY KITCHEN & PRODUCTS
Mike’s Famous Bean Dip
Mike Kruk
michaelkruk@charter.net

The Can-Do Kitchen
Located in the First Baptist Church: 315 West Michigan Avenue, Kalamazoo, Lucy Bland, manager.(269) 492-1270

COMPOSTING AND FOOD WASTE
Flowerfield Enterprises
A local business manufacturing worm composting bins and organizing the use of compost tea as a chemical free fertilizer on yards, gardens and farms.
nancy@wormwoman.com
www.wormwoman.com

Tree of Life Urban Homestead & Community Garden
A community garden in Kalamazoo which uses food waste from the people’s food coop to fertilize the local garden.
111 Dixie Ave, Kalamazoo.
Katie: (269) 290-9060

Kalamazoo College Composting System
Managed by Sustainability Interns: Adam Smith, Adam.Smith07@kzoo.edu

DAIRY FARMERS
Kal-Carbon Acres
A small dairy that raises goats on pasture and makes chevre and feta cheese.
22884 4th Avenue
Mattawan, MI 49071-9714
(269) 668-4218
thefarm@kalcarbon.com

Moo-nique Dairy
Nadine and Tyler Stutzman
(269) 876-9281
www.moonique dairy.com
info@moonique dairy.com

KALAMAZOO AREA FARMERS’ MARKETS
Bronson (Winter)
Every other Friday starting November 19, 2010, through April 29 10:30 am-2pm
Bronson’s Sky Court Café (enter on the Garden Level) 601 John St., Kalamazoo

Kalamazoo Foods Market (Winter)
Winter months: Saturdays
1156 South Burdick Street, Kalamazoo
info@KzooFoods.com

Bank Street Farmers’ Market
May & November, Saturdays, 7am-2pm
June-October: Tues, Thurs & Sat, 7am-2pm
Plus Tuesdays in August 3:30pm-7:30pm
1200 Bank Street, Kalamazoo
(269) 387-8899

Texas Township/Fresh on Q!
May-October: Saturdays, 6am-Noon
7110 West Q Avenue, Texas Township

100-Mile Market
May-October: Wednesdays 3pm-7pm
The People’s Food Co-Op
436 S. Burdick St., Kalamazoo
(269) 342-0194

ORGANIZATIONS
Fair Food Matters
323 North Burdick Street
Kalamazoo, Michigan 49007
(269) 492-1270

PRODUCT & FRUIT FARMERS
Green Garden Farms
Produce Farm located in Pennfield Township, 70 member CSA program, sell at the Kalamazoo Bank Street Farmers Market, Richland Farmers Market. Trent Thomson
greengardensfarm.com

Blue Dog Greens
A small scale USDA certified organic farm located in Bangor Michigan with CSAs available during summer and winter, and selling at many of the local Kalamazoo farmer’s markets:
Dennis All Genevieve
www.bluedoggreens.com

Young Earth Farm
Dave & Tena Warkentin
45305 Valley Road Decatur, MI
(269) 823-8763
younearthfarm@hotmail.com

Weed Dance Farm
Shawna Hubbarth
lumavma27@hotmail.com
weeddancefarm.com

FAIR FARMER ADVOCATES & RESOURCES
Farmer Worker Legal Services: Kalamazoo Office
3030 South 9th St., Suite 1A
Kalamazoo, MI 49009-6273
(269) 492-7190
lw@sicm.org

Van Buren Intermediate School District’s Project NOMAD (Needs & Objectives for Migrant Advancement and Development)
“Promoting Educational Services for a Better Tomorrow!”
Pedro Martinez, Admin. Binational Partnerships & Summer Migrant Education.
490 South Paw Paw St.
Lawrence, Michigan 49064
(269) 674-8091 ext. 5186

RESTAURANTS & RETAILERS
Bell’s Brewery Café
At this unique cafe, customers are allowed to taste small batch brews that are not distributed outside of the pub in a cozy atmosphere that has delicious food, exquisite art, and live music.
355 E. Kalamazoo Ave., Kalamazoo.
(269) 382-2332

Bell’s General Store
This Kalamazoo brewery started in 1985 and has the ongoing goal of brewing creative beers, using as many local ingredients as possible.
355 E. Kalamazoo Ave., Kalamazoo.
(269) 382-5712

Crow’s Nest
816 S. Westnedge Ave., Kalamazoo
(269) 383-1490

Just Good Food
Deli, in take or take out and catering, centered around the use of local and sustainable food practices, with menu changes seasonally.
303 N. Rose St, Kalamazoo
(269) 351-1033

Food Dance
Fresh, seasonal food that just tastes better.
Breakfast, lunch, dinner, market, and educational and event programming.
401 E. Michigan Ave. Kalamazoo
(269) 382-1888
fooddance.net

People’s Food Co-Op
Reasonably priced, locally sourced, high quality, nutritious and healthy food. Open daily.
436 S. Burdick St., Kalamazoo
(269) 342-0194

Rustica Restaurant
“Specialized in rustic, European cuisine using local farmers and vendors whenever possible, with an emphasis on fresh, sustainable and local products,” located in downtown Kalamazoo.
236 South Kalamazoo Mall, Kalamazoo
(269) 492-0247
Rusticakzoo.com

Zazios
Local food restaurant partners with many local produce and meat farmers.
100 W. Michigan Ave., Kalamazoo
(269) 384-2650
zazios.com

WINE
Lawton Ridge Winery
This winery, located here in Kalamazoo, uses grapes that are all grown by the Lake Michigan Shore. It is the oldest grape growing region in the state.
8456 Stadium Dr.
Kalamazoo, MI
(269) 372-9463

Peterson & Sons
8375 East P Avenue, Kalamazoo
49048-9762
(269) 626-9955

Migrant Advancement and Development)
"Promoting Educational Services for a Better Tomorrow!"

This is by no mean comprehensive list of the abundance of food and food products that are grown and produced in the Kalamazoo-area. For more complete information and listings please visit www.localharvest.org or www.yahoogroups.com/group/EatLocalSWMich/join.
LOCAL PRODUCE ALL YEAR ROUND

Farmers’ markets are one of the easiest ways to access fresh, local food. They give consumers and producers the chance to form relationships, provide consumers with the chance to see and understand where their food comes from, and promote local economic development, all while building a strong sense of community. In Kalamazoo there are lots of opportunities to shop at farmers’ markets, at any time of the year. Like most other farmers’ markets, Fresh on Q’, in Texas Township and the 100 Mile Market at the People’s Food Co-op in Kalamazoo run from mid-spring through mid-fall. Fresh on Q’ works to provide an outlet for the rich agricultural diversity of southwest Michigan, and a place where people can feel connected to the local food system. “What we’ve created is a town square,” says market manager, Donna McClurkan, “where people look forward to meeting one another and having breakfast with their families.” The 100 Mile Market carries products from within 100 miles of Kalamazoo, and even accepts Bridge Cards to help as many people as possible get great produce and develop great relationships. Bridge Cards are also accepted by The City of Kalamazoo’s Bank Street Farmer’s Market. A new year round market also opened in December of 2010: The Kalamazoo Foods Market, which focuses on selling only products that have been grown or made by the seller.

The Bronson Winter Farmers’ Market, which is uniquely open from November through April, gives consumers a chance to get local products from a convenient source throughout the winter months. The Bronson’s Winter Market is located in Bronson Hospital every other Friday from 10:30-2:00, and is run by Mike Rowe and Grant Fletcher, who are in charge of Food, Nutrition, and Retail Services at the hospital. The market boasts local vendors such as Young Earth Farms, The People’s Food Co-op, and Otto’s Chicken. Bronson Winter Farmers’ Market has been able to fill a gap that existed in people’s ability to purchase locally-grown food between harvest seasons, and in doing so, the market has made Kalamazoo a stronger community.

LEFT: Root vegetables and other produce can be found at one of Kalamazoo’s many farmers’ markets, even through the winter.

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Green Living Series: Eating Locally Tuesday, January 11th, 6-7:30 pm, Kalamazoo Nature Center

Honeybees and You! Sunday, January 30th, 2-3 pm, Kalamazoo Nature Center

WINTER PASTY
From Grant Fletcher of Bronson Hospital, serves 6.

Dough Ingredients
2 ¼ cup all-purpose flour
½ teaspoon salt
1 teaspoon baking powder
½ cup butter
½ cup water

Filling Ingredients
½ yellow onion
2 small to medium red skin potatoes
1 carrot
1 parsnip
1 rutabaga
1 ¼ pound Chorizo

Dough Preparations
1. Sift flour, salt and baking powder together in mixing bowl. Add butter (butter mixes more easily if it is diced) and mix to consistency of coarse crumbs. Slowly mix in water. If dough is sticky, add a bit more flour.
2. Roll dough out to approximately ⅛ inch thickness. Cut six equal size circles from the dough, about five to six inches in diameter.

(continued on back of card)
This is a recipe to compost food waste in any home as an alternative to disposing organic matter in the trash. This recipe will work in any backyard. For apartment composting we recommend purchasing a worm bin from Flowerfield Enterprises (see resources page).

**Ingredients**

- 50-70% browns (leaves, hay, dry matter)
- 30-50% greens (grass, food waste, manure)
- 0-5% dirt
- Water
- Air

**Preparation**

Combine all ingredients and mix once every few weeks. Continue to add food waste as produced. Compost should be ready in 3-6 months.

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**COMPOST**

This is a recipe to compost food waste in any home as an alternative to disposing organic matter in the trash. Many of the composting systems in Kalamazoo involve mutual relationships between institutions and community members, such as the partnership between Kalamazoo College and Lake Village Homestead, which uses composting as a way to give back to the community. K collects food scraps at the cafeteria and delivers them weekly to nearby Lake Village Homestead Farm. This food waste feeds the pigs on the farm and their manure is then used to fertilize the fields. Kalamazoo College’s composting system is unique in that it composts all food, not just fruit and vegetables. Since its establishment in spring 2010, Kalamazoo College has saved more than five tons of waste from being sent to a landfill. K intends to become a model for other organizations that are establishing their own composting systems. The college has already allied with Bronson Hospital and Western Michigan University, and they will be working together to create viable large scale composting systems. The college is also trying to establish a vermi-composting system for campus living learning houses, a process in which worms are used to break down food waste. The presence of these worm bins in each house will allow students to incorporate composting into their everyday lifestyle. An additional community composting partner is the exchange between the People’s Food Co-Op and The Tree of Life Urban Homestead and Community Garden. The community garden composts the waste from the Co-Op, which is used as soil for their crops. Composting converts waste into valuable fertilizer, supporting food production and recycling nutrients back into the flow of nature. As Leeor Schweitzer, one of the sustainability interns at Kalamazoo College, explains: “One of the important elements of a sustainable system is minimizing or eliminating waste products. Since we cannot consume everything...composting is a way of turning what was a harmful waste product into a useful byproduct.” Thus, composting completes local food cycle and provides nourishment for a new season of growing.

**HOME COMPOST RECIPE**

- Kitchen Waste that can be Composted
  - All vegetables & fruit waste without dressing or sauce
  - Anything made of flowers
  - Greens
  - Coffee & grounds
  - Old spices
- Egg shells
- Corn cobs & husks

**Kitchen Waste that cannot be Composted**

- Meat
- Grease & oils
- Dairy products
- Fish or fish waste

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**FEBRUARY 2011**

**In Season**

- Sugar Beets
- Bok Choy
- Garlic

**Last Quarter Ⴧ**

- New Moon 
- First Quarter ჈

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MOO-NIQUE DAIRY
A Unique Way to Farm

Moo-nique Dairy, located in Vandalia, is owned and operated by the family of Tyler and Nadine Stutzman. The dairy began on Tyler’s father’s land and barn, which previously housed a small dairy that followed industrial practices. Tyler and Nadine’s mission was to transform the farm into an environmentally friendly and community oriented dairy, and they have been extraordinarily successful. At Moo-nique, the Stutzmans support the environment by avoiding chemical fertilizers, pesticides, and herbicides, and depending only on natural processes to support their herd. Their cows, therefore, are also allowed to live a natural life, feeding primarily on grass from the pasture or organic hay from a neighboring farm, and they are only given antibiotics on rare occasions when illness strikes. One of the most exceptional things about Moo-nique is their herd share program. Through this agreement, members pay $10 annually to own a leasehold interest in Tyler and Nadine’s herd of dairy cows, contractually owning a share of the herd and legally able to drink the raw milk from these cows. Milk that has not been pasteurized and homogenized cannot be sold commercially in the state of Michigan, but through this herd share program members can drink a portion of the raw whole milk that is produced by these cows, which they own in common. Additionally, herd share members have the opportunity to buy local free-range eggs, grass-fed beef, raw milk cheese, and natural pork from the Stutzmans at their twice-weekly delivery days in Kalamazoo and Portage. In this way, Moo-nique and similar local dairies perform an essential service to the community, providing individuals with the ability to balance their diet with local dairy products. Tyler and Nadine take this role seriously and lovingly, and hold strong relationships with their customers and neighbors. They consider their farm a way of life and of sustaining their community and believe in the power of community and “word of mouth” to change industrial agriculture.

LEFT The Stutzman family poses with one of their cows in the green pasture next to a vibrant forest. The family embodies the values of a decentralized food system and creates strong bonds with their livestock and their herd share members.

SUNDAY  MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  SATURDAY

27  28  1  2  3  4 New Moon  5
6  7  8  9  10  11  12 First Quarter
13  14  15  16  17  18  19 Full Moon
20  21  22  23  24  25  26 Last Quarter

Working Together and Local Economy Workshop  Wednesday, March 16  10am-12pm  Jackson Public Library (sponsored by Fair Food Matters)

KEFIR SMOOTHIE

This tasty smoothie, a favorite among the Stutzman family and made from kefir, is a perfect treat on a warm, sunny day.

Ingredients
1 ½ cup raw milk kefir
1 Ripe banana
2 tbs Coconut oil
2 Raw egg yolks (From free-range, pastured chickens from someone local. They wouldn’t recommend using any from the store, even if they say “organic.” Otherwise omit them, but they add such great fats and vitamins for a powerful smoothie!)
3-4 tbs local maple syrup or raw honey
1 tsp vanilla
1 pinch of nutmeg (optional)

Preperation
Blend ingredients together until desired texture is reached. This recipe is easy to play around with too! You can add any berries or fruit along with—or instead of—the banana.
**MICHIGAN MIGRANT**

Guillermo Martinez was born in Texas. His family, from “old-country Mexico,” made their living by gathering produce from fields spanning the United States. As Martinez grew up, he knew he didn’t want to spend the rest of his life working in fields picking asparagus, cherries, and blueberries.

As a child, Martinez was a migrant worker, moving frequently to bring in the harvest. Farmworkers are especially necessary to pick fresh, delicate produce that only human hands can be gentle enough to preserve. Many farmworkers are employed annually in the fields and orchards of Southwest Michigan, as was Martinez’s family. In those fields, Martinez was exposed to various pesticides, herbicides and dangerous chemicals. He recalls, “As a little boy picking produce, I remember seeing white powder on the fruits and not knowing what it was. I was very hungry and was unable to take a break, so I would just rub the pesticide away and eat the fruit.” He also recalls being sprayed directly with the pesticides while working in the fields.

While Martinez left the fields at the age of 16 to take a job in a local greenhouse, he still has to deal with many stigmas attached to being a migrant farmworker. “It is a misconception that migrant farmworkers are naturally lazy and stingy, or that they are all illegal,” he said. He added that while some migrant workers may be illegal, many have legal documentation. For many years, Martinez has been an Agricultural Employment Specialist, advocating for farmworkers. Organizations he has worked with and alongside, like the Michigan Department of Energy, Labor, and Economic Growth and Farmworker Legal Services, reach out to migrant workers and help them to protect their rights to fair wages and decent living conditions.

While farmworkers are not always visible to consumers, they are essential participants in the local food system. Martinez emphasizes that farmworkers contribute to the economy without asking for much in return, doing the essential jobs for our food system and picking the very food that feeds this country. Farmworkers deserve greater recognition. Fair, just local food production demands that farmworkers be treated with respect, earn a living wage, and have adequate access to social services.

Many migrant workers in Michigan hope to one day own their own farm. Martinez’s family eventually fulfilled this dream, buying a 45-acre farm, which they are “proud to call their own.” Now retired from his job with the State of Michigan, Martinez has turned his full attention to his passion for music. He is founding member of the band Los Banditos de Michigan, who use their musical talents to educate and inform the community about migrant workers’ issues. In songs like “En Michigan” and “Brown-Eyed Children of the Sun,” Martinez continues to advocate for farmworkers through his art.

**ABOVE** A young migrant boy, working to harvest pickles at a Michigan farm, wears gloves to protect his hands from the rough vine of the vegetable. Photo courtesy of Crystal Elissetche ’10.

**BEESWAX CANDLES (SEPTEMBER)**

3. Melt warm air over the wax for ten to twenty seconds to soften the material.
4. Cut the wick. It should be about one inch longer than the wax—one-half inch for each end of the wax sheet.
5. Place the wick on the edge of the sheet, and start folding. Be sure to make the first crease very tight. If necessary, use the blow dryer to form a seal.
6. Continue rolling the beeswax sheet, always checking for an even roll. Use both hands, putting a constant, light pressure for a tighter roll.
7. Once finished, seal the edge of the sheet to the now rolled candle, with the warmth of the hair dryer, pressing down slightly with a fingertip along the edge.
8. Trim one end of the wick completely, and the other end to one-quarter inch. Now you have a candle made from beeswax, enjoy!

**GRILLED ASPARAGUS & CHEESE TACOS**

It is asparagus season in Michigan and you have tried every recipe you have…twice. When you run out of ideas for the abundance, try this easy and quick spring recipe.

**Ingredients**
- 4 corn tortillas
- 12 pieces of grilled asparagus
- ⅛ cup of shredded Monterrey Jack cheese

**Preparation**
Preheat the tortilla. Grill the asparagus. For each taco, spread a third of the cheese on a tortilla and place the asparagus on each tortilla. Season the asparagus with salt and pepper, then fold the tortilla in half. On the outside of the tortilla, brush olive oil lightly. Grill the tacos for about 3 minutes or until the tortilla is crispy and the cheese is as melted as desire. Enjoy!
COMMUNITY GARDEN

MAY 2011

In Season
RADISHES
ARUGALA
SQUASH
ARTICHOKE
POTATOES
CHIVES
FAVA BEANS
MUSHROOMS
PARSLEY
PEAS
LETTUCE
CARROTS
SUNCHOKES
ASPARAGUS
SPINACH
PICKLES

GROWING GARDENS & FRIENDSHIPS ON WALL STREET

The Wall Street Community Garden grew out of Mitzi DeLuca’s goal to create a better community. Before Mitzi arrived on Wall Street at the beginning of her retirement, the neighborhood was not at its healthiest, to say the least. She bought and rehabilitated a house on Wall Street and from there repeated the process with nine others in the area. In 2000, an empty lot went up for sale, and Mitzi acquired it and created Wall Street Community Garden on its land. Provided with grants from the Kalamazoo Foundation and having expanded into another lot in the neighborhood, the garden now holds approximately 1,100 sq ft of beds and there is still more room to grow. The Wall Street Community Garden has 15-20 members, each of whom tends a half to a whole bed to grow their own food. Mitzi remains involved, but not “in charge.” The garden operates with gardeners acting as their own managers and labor force while Mitzi owns the land. None of the members has prior agricultural experience, but one philosophy unites all of their work. Every process in this garden is organic. Waste from the garden is also minimized by donating excess produce to the local food bank and composting old vegetation. When asked what her proudest achievement with this garden is, Mitzi answered that from a street “full of drug dealers,” the repairs and the garden have “built a community, a neighborhood, which has really been a blessing.” In the future, the members hope to include native plants and construct a solar-powered irrigation system for the garden.

The Wall Street Community Garden is not the only community garden in this area. Interest in community gardens has been “explosive” in the past few years with at least 32 operating in Kalamazoo in 2010. Mitzi advises anyone who feels interested in starting their own community garden to “Go for it!”

LEFT: This scrumptious kale was grown in the lush plots of the Wall Street Community Garden later in the season.

BREAD AND BUTTER PICKLES RECIPE
This easy pickle recipe from Mitzi DeLuca, founder of the Wall Street Garden. It is always in high demand from those who know her.

Ingredients
1 peck of pickles (cucumbers) (see Peter Piper for help)
5 good size onions
1 cup salt

Preparation
Slice, mix and let ingredients stand in colander for 3 hours. Combine syrup ingredients (9 cups sugar, 9 cups vinegar, 9 T celery seed, 9 T mustard seed, 1 t tumeric, 1 t salt) in small pot. Heat clean pint jars, lids, and rings in boiling water to sterilize. Drain and rinse pickles and onions real well. Boil syrup for 5 minutes. Combine syrup and pickles and heat through but do not boil. Fill pint jars, attach lids and rings. Let cool out of a breeze. Listen for the “ping” to confirm the seal.
**PRODUCE FARMER**

**JUNE**

**2011**

**In Season**

APRICOTS  
BEANS  
MULBERRIES  
CARROTS  
SWEET PEPPERS  
GARLIC  
RADISHES  
CHARD  
ASPARAGUS  
SPINACH  
KALE  
STRAWBERRIES  
ZUCCHINI  
CILANTRO  
LETTUCE  
SUMMER SQUASH  
MINT  
CUCUMBERS  
COLLARD GREENS

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**PRODUCE FARMER**

**A FAMILY HOMESTEAD**

Kalamazoo is a growing hotspot for local produce farms that sell vegetables at weekly farmers’ markets in the area and offer Community Supported Agriculture (CSA) programs. Produce farms exist on a variety of scales and experience levels, seeking to provide Kalamazoo with local vegetables. One newer farm, Weed Dance Farm (named for the gathering of wild, edible weeds) is run by Shawna Hubbarth and her family in Gobles. Having grown up on a large dairy farm, Shawna has always had a great passion for food and farming. After her husband lost his job, they began using their homestead as their only source of income. Homesteading is a lifestyle that Shawna lives and breathes, as it fuels her soul. Rather than continuing her family’s dairy tradition, Shawna’s Weed Dance farm stand presents a table full of roots and vegetables such as carrots, kale, radishes and potatoes as a more profitable source of income at each 100-Mile Market. She loves being able to cultivate healthy food for her family and her loyal customers whom she has come to know and love. Instead of conforming to the world around her, she is turning her life into “an artful expression of who she is”.

Weed Dance follows guidelines for organic growing, but Shawna has not had the farm certified organic for financial reasons. Shawna strives to keep her farm healthy in the sandy soils of Michigan by composting and developing land-diversity. Thinking highly of the bond that farmers’ markets bring to the community, Shawna describes the food at stores like Meijer, in contrast, as “nameless, faceless and relationship-less”. Next year she plans to pick up some CSA customers, a system that will allow the farm to connect more fully to people in the community, as customers make a financial commitment to the farm at the start of the growing season in order to receive weekly shares of produce. When asked how large she hopes to see Weed Dance become, she replied instantly, “Oh, not too big.” There is a tradeoff between money and leisure, and she chooses to do what really enriches her life. That’s the wealth for her.

**LEFT** Garlic, a root vegetable that can be grown year round is one of the many crops grown by Shawna and her family on their homestead.

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**BEET & FETA SALAD**

This is a perfect cool, summertime meal that does not require a huge amount of preparation.

**Ingredients**

- 8-10 spring beets
- Olive oil
- Balsamic vinegar
- Salt & pepper
- Feta cheese
- Spring greens
- Walnuts (all to taste)

**Preparation**

Boil up 8 to 10 spring beets until tender. Drain and rinse with cold water and slip the skins off. Quarter the beets and put in a serving bowl. Drizzle olive oil over the beets; then a lesser amount of balsamic vinegar, and toss with salt and pepper to taste. Sprinkle with locally made feta cheese, a handful of toasted walnuts and toss gently. Serve over a bed of spring greens.
Duane Peterson has been creating and producing wines at his winery, Peterson and Sons, for the past three decades. During the early 1980s the economy was in a slump, and in need of a job Duane began making wine in his basement using his life insurance money to jumpstart the business. As business developed, Duane expanded to his garage where his winery was able to flourish. Peterson and Sons Winery is very unique in that the wines are sulfite, preservative and chemical free, a quality hard to find in the wine industry. This comes at a cost as the wines can take up to a year longer in the fermentation process, something that could be accelerated by the use of chemicals. Duane, however, has stuck to his principles that value human and environmental health and is willing to sacrifice expediency for craftsmanship. Another remarkable characteristic of the winery is that the grapes are washed prior to crushing, a rare practice in the industry. All of the fruit used in the wines is locally grown in the state of Michigan, supporting the community's economy and lessening the winery's carbon footprint. However, one negative aspect of using local fruit is that the quantity of supply varies with each crop as Duane explains, “If Mother Nature decides you're not going to have a crop, you're not going to.” Nevertheless, Duane has forged strong relationships with the local farmers who supply his fruit. Peterson and Sons produces a variety of wines including berry, red, and white wines. Cranberry and blueberry are their most popular styles. Duane has embodied the small business philosophy and has even downsized in recent years. He has transitioned from selling and distributing his wines to over 150 outlets to solely selling wine on his property in Kalamazoo. As Duane looks to retire, he hopes to keep the community-minded, chemical-free spirit of his winery alive through his son's inheritance of the business.

ABOVE These corks seal and preserve Peterson and Son's unique wine. Created without the use of sulfites, Duane Peterson's wine has a pleasing fruity flavor without the hangover!

### NECTARINE RED WINE SAUCE

Red wine and cinnamon combine to create a decadent sauce, perfect for topping your favorite ice cream.

**Ingredients**
- 1 cup dry red wine
- 1 cup sugar
- ½ cup water
- 1 3-inch cinnamon stick
- 1 3x½-inch strip lemon peel
- 1 3x½-inch strip orange peel
- 3½ cups ½-inch cubes nectarines with peel (from 4 to 5 medium)

**Preparation**

Stir first 6 ingredients in medium saucepan over medium heat until sugar dissolves. Increase heat and boil syrup 1 minute. Reduce heat. Add nectarines. Simmer until nectarines are tender but still hold shape, about 10 minutes. Transfer sauce to bowl, cool. Cover; chill. Can be made 1 day ahead of serving.
COMMUNITY KITCHEN

AUGUST

In Season
PEACHES
CUCUMBERS
WATERMELON
GRAPEs
ONIONS
BLACKBERRIES
CORN
RADISHES
CARROTS
CELERY
CAULIFLOWER
BRUSSEL SPROUTS
GREEN BEANS
PEARS
RASPBERRIES
SWEET PEPPERS
TURNIPS
STRAWBERRIES

MAKING LOCAL FOOD PRODUCTION POSSIBLE

Since 2008, the Can-Do Kitchen has allowed many local entrepreneurs to start unique local food businesses in Kalamazoo. This certified community kitchen is a place where people can make and sell their locally-produced foods without needing to invest in their own equipment. The Can-Do Kitchen gives people the opportunity to create “value-added” foods using local produce. By creating new food ventures, the community kitchen energizes the local food movement by creating food-related jobs and keeping more money within the community. Mike Kruk, creator of Mike’s Famous Michigan Bean Dip, claims that he couldn’t have started his business without the help of the community kitchen.

Even before selling his product commercially, Kruk had a passion for cooking, especially vegetarian food and Mexican dishes. Over the past 30 years, Kruk has been making variations of the delicious dip with Michigan-grown pinto beans, spices, peanut butter, and other ingredients. After talking about selling his dip for almost ten years, Kruk contacted the Can-Do Kitchen and made his first commercial batch of bean dip last September. His product was an instant success. When he gave out samples at the Bank Street Farmers’ Market, people were eagerly asking where they could buy more. Now, Mike’s vegan, gluten-free, locally-produced Michigan bean dip can be found on the shelves of nine stores throughout Kalamazoo. Kruk also gives back to the community by donating five percent of the profits to causes that support positive social and environmental change. Kruk’s pride in his product is evident because the label on the package bears his name and face. Although making bean dip is currently a part-time job for Kruk and his wife, they hope eventually to be able to focus all their energy on their growing family business. Mike’s Bean Dip is just one of the many products made at the Can-Do Kitchen.

Other locally-produced foods include organic cookies and granola, unique types of healthy bread, ready-to-eat gourmet Indian vegetarian meals, and more.

LEFT Every week Mike Kruk stirs up large quantities of Michigan-grown pinto beans, spices, and vegetables to make his famous bean dip at the Can-Do Kitchen, a Fair Food Matters project.

RECIPE FOR SUCCESS

There are many different ways to serve Mike’s Famous Michigan Bean Dip. Simply eat bean dip with tortilla chips or pita chips.

Spread a layer of bean dip on a slice of bread, cover with a piece of garlic-pepper cheese and heat in the oven until cheese is melted. Serve with a soup of your choice.

Make a burrito with bean dip, salsa or tomatoes, lettuce, sour cream, etc.

The dip can even be made into a soup. In a four quart pot, mix about 2 cups of pinto beans, 1-2 packages of bean dip, chopped carrots, celery, and onion. Add salt and pepper to taste. Add water depending on preferred consistency.
Dennis McGahan’s interest in bees goes back to his elementary years but he started rearing bees 20 years ago. Most of what Dennis knows about beekeeping he learned on his own, reading avidly on the subject. Now he runs a 150-hive operation, producing about 25 barrels of honey a year. He has hives in several different locations throughout Vicksburg, with 15-25 hives in each place. Mike’s Apiaries is named after Dennis’s son Michael who died from leukemia in 1991. His business is family-run and sells honey and other bee-derived products such as beeswax candles and lip balm. In addition to the hours he spends with his bees, Dennis also works more than 50 hours a week at the Portage Fire Department.

As a beekeeper, Dennis must keep track of many local specifics: weather patterns, blooming seasons for plants, and pest-related diseases. He does all his own processing from his licensed kitchen and processes the honey of neighboring beekeepers as well. Dennis has his hives located on several neighboring properties to aid in the pollination of their fields and since 65% of all crops are pollinated by bees, Mike’s Apiaries is playing a crucial role in the food system of Southwest Michigan. Bee-pollinated crops in Michigan include blueberries, pumpkins, cucumbers and apples. Dennis does not use chemicals on his hives because they increase the resistance of pests. Dennis also does not pasteurize his honey; the pasteurization process kills many of the antioxidants and digestion-aiding enzymes found in raw honey.

Honey from Mike’s Apiaries and other products Dennis produces can be found at the Natural Health Food Center on West Main, the Vicksburg and Richland Farmer’s Markets (only twice a year), several small stores such as Scott’s restaurant, and the Great Harvest bakeries in Portage and Battle Creek. The Great Harvest in Portage uses Dennis’s honey exclusively to sweeten their bread. Several small vendors also buy wholesale from Dennis and sell his honey at Texas Corners, Just Good Foods, the 100-Mile Market and the South Haven Farmer’s Market.

BEESWAX CANDLES
Using the Rolling Method

There are two different ways to make beeswax candles. One involves rolling sheets around a cotton wick, while the other is simply pouring melted wax into glass jars, or other containers. With the rolling method, sheets of wax, a hair dryer, a pair of scissors, and a cotton wick is all you need. To make beeswax candles from sheets of wax, find a flat surface for a working area, gather all materials, and get started. Be creative! Beeswax sheets come in a range of colors, and can be cut into different shapes and sizes, once the basic craft is mastered.

Directions
1. Place the sheet down on the flat surface. Gently fold the wax to make a crease for easier cutting. A simple square is fine for a traditional tall, thin candle. For a tapered candle, use a diagonal cut.
2. Cut the crease with scissors, being very careful to maintain an even edge.

(continued on back of card)
The west coast of Michigan is known as the “Fruit Belt” because conditions created by Lake Michigan provide the perfect microclimate for fruit production. In Southwest Michigan specifically, grapes, strawberries, blueberries, peaches and apples are grown most prevalently. Michigan is the largest producer of blueberries and third largest producer of apples in the United States. There are over 55 apple orchards in Southwest Michigan alone, and many more throughout the state. One local orchard—VerHage Fruit Farm and Cider Mill—has reached an impressive milestone, celebrating its 50th birthday in 2010. The farm was founded in 1960 by Vern VerHage and is currently run by his children Kelly and Kevin. “We’re so much more than fruit,” Kelly stated when asked about the other products offered on the farm. Over the years, VerHage has expanded from the traditional apples and cider to participation in agritourism, bringing school groups and senior citizens to the farm. These tours are one of Kelly’s favorite appeals of the farm because they provide a visual learning experience and illustrate the cider-making process from apple trees to a gallon of cider, using a traditional mill that is 125 years old. The VerHages continue to use the same cider recipe created by Vern’s wife, Nancy, two years after opening. For the VerHage family, this is more than just a business; they strive to provide a fun environment where families can spend the day together. The slogan posted on their website exemplifies this belief: “At VerHage Farms, you are a stranger once but a friend always.” Most of their customers return time and time again to share the experience with their kids and grandkids. Kelly and Kevin are dedicated to their work, putting in more than 80 hours per week, 40 weeks per year. “We don’t ever forget where we came from,” Kelly states in regards to the family-run farm. “Forget Meijer’s, forget WalMart...even if you don’t buy from me, I hope that you buy from somebody that’s local.”

LEFT These old-fashioned varieties of apples, such as Empire, are just one of many locally-produced foods available at VerHage Fruit Farm and Cider Mill. They also sell cider, donuts, caramel apples, fudge, and home-made pies.

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100 Mile Market Closing Day October 26 at the Peoples’ Food Co-Op
Texas Township/Fresh on Q Farmers’ Market Closing Day Saturday, October 29th, 7110 West Q Avenue
Apple Fest at VerHage Fruit Farm and Cider Mill Saturday, October 8th at VerHage Fruit Farm

KELLY’S BEST APPLESauce
Kelly only uses yellow delicious apples for this recipe. They give the applesauce a wonderful yellow color.

Ingredients
half bushel of apples
Sugar
Cinnamon
Cloves (all to taste)

Preparation
Take a half bushel of apples and cut them into quarters. Throw them in a pot of water and let them sit till they get soft. For the next step, Kelly uses the old styled turner called the Foly Food Mill; it is a must have. Drain the apples from the water and put them in the turner. The peels and core will stay on top while the mashed apple will collect at the bottom in the form of applesauce. Mix in sugar, cinnamon and cloves to taste and voila! You’re done.
In Season

CABBAGE
SWEET POTATOES
PERSIMMONS
CARROTS
KALE
PIE PUMPKINS
APPLES
HARD CIDAR
EGLANT
ACORN SQUASH
CAULIFLOWER

YOUNG EARTH FARMS

Young Earth Farms is a local, third generation family farm in Decatur, run by Dave Warkentien and built on sustainable agricultural practices and an appreciation for the environment. Offering a local alternative to industrially-raised animals, Dave raises his animals humanely, using a diverse diet without hormones; steroids, drugs, or animal byproducts. All of Young Earth Farms livestock live outdoors, in the fresh air, with ample room to run, play, and live. As Dave says, “It’s nice that the animals can go under trees in summer when it’s hot.” Avoiding a confinement operation lowers management problems such as aggressive behavior, fatty meats, and manure buildup.

Annually, Dave raises approximately twenty-five head of cattle, which mature in a year-and-a-half, around two hundred hogs, and four hundred chickens. All of Dave’s cattle are sourced from a local, conventional dairy farmer, when they are just a few days old. Throughout their life, Young Earth Farm’s cattle are always allowed access to pasture, or to hay during the winter months. Corn, also locally-sourced, is provided as an additional supplement, but never as a replacement for grass, and the cattle have access to both types of feed. It’s important to Dave that his cattle, hogs, and chickens are raised on pasture with the opportunity to live “as nature intended.” Dave processes his meat locally, in Southwest Michigan, and all his meat products are made without MSG or nitrates. Young Earth Farms products are available directly to consumers throughout the summer months at the Bank Street Market, through the People’s Food Co-Op and its 100-Mile Market, and at the Fresh on Q! Market in Texas Township. During the winter months, Dave offers CSA shares. Young Earth Farm also supplies local restaurants including Zanios, Food Dance, and Rustica.

LEFT Dave Warkentien of Young Earth Farms is completely comfortable out in the pasture with his cows. As he puts it, “If you can find something to do with your life that you enjoy, that’s a big advantage.”

**Porc Scaloppine**

A dish that can be made in any season, but tastes especially good as the months get colder. Serves 4.

**Ingredients**

- 1 ½ Lbs. Pork Tenderloin (or pork cutlets)
- 4 large eggs
- ¼ cup milk
- ¼ cup Romano or parmesan cheese
- ⅛ tsp. garlic powder
- ⅛ tsp. salt
- ½ cup all purpose flour
- ¼ cup butter
- ¼ olive oil

**Preparation**

Cut pork into ⅛ inch thick slices (or 1 inch wide strips for cutlets). Place pork between 2 sheets of heavy-duty plastic wrap; flatten to ⅛ inch thickness using meat mallet or rolling pin. Whisk together eggs and next four ingredients. Dredge pork in flour, shake to remove excess, and dip in egg mix. Melt butter with olive oil, in large skillet, over medium-high heat. Cook pork in batches 1 minute on each side, or until brown (2 minutes each side, for cutlets). Serve with lemon quarters.
EATING LOCAL IN KALAMAZOO
Restaurants Have What It Takes

Kalamazoo is home to a vibrant local food restaurant scene. Just ask Fair Food Matters, the masterminds behind “Eat Local Kalamazoo”, an educational program that hosts an annual scavenger hunt among the more than three dozen restaurants through which customers have access to local food. At the top of this list is Food Dance, the epitome of the local food movement. “I would say that Food Dance is the history of local food in Kalamazoo and Southwest Michigan”, says executive chef Rob Hammond. Food Dance, the brainchild of Julie Stanley, has been around for fifteen years and has been committed to healthy local food since its creation. During the height of the growing season, Food Dance aims for 80% of the plate to come from within 50 miles of Kalamazoo. Seasonal foods will make their way to the table no matter the time of year, though, as the menu is revised often to reflect seasonal changes. In addition to providing healthy options, Food Dance offers a market and various classes that encourage customers to bring the local food home. Food Dance therefore actively involves the community in the local food movement. While Food Dance has the whole package, Kalamazoo also offers smaller scaled restaurants that operate under similar local food ideals. One such eatery is Crow’s Nest, a cozy spot nestled above Fourth Coast Café on Westnedge Avenue. For the owner Chris Danick, opening Crow’s Nest as a local food restaurant was not the plan, but as the restaurant has grown, his interest in local food has as well. The majority of Crow’s Nest’s meat comes from Lake Village Homestead, a small meat producer sharing the restaurant’s area code. Crow’s Nest doesn’t advertise their local buying, but keeping the money in the community is a philosophy that drives the restaurant. This idea, along with the personal relationships made between farmer and consumer, is the heart and soul of the local food movement. So next time you are looking for a place to eat, think local, knowing the food is brought to you by someone who cares.

LEFT: A colorful breakfast from Crow’s Nest featuring the restaurant’s famous banana bread.

WINTER PASTY RECIPE (JANUARY)

Construction of Pasty
1. Whisk one whole egg and brush on outer ¼ inch of dough circle
2. Place vegetable/chorizo mix in center of dough and lift dough at the edges, pinching dough at the edges, pinching dough and lining up long edges, working your way down to each corner.
3. Lay pasty on its side and cut at least one slit in the top to allow steam to escape.
4. Bake in 350 degree oven for 15 minutes or until lightly browned
5. If desired, brush top of pastry with butter or egg for added visual appeal.
6. Serve with catsup or brown gravy

Fillings Directions
1. Remove outer skin from rutabaga, skin and top carrots and parsnips. Dice all vegetables into ½ inch cubes (uniformity of cubes will aid cooking consistency).
2. Spread diced vegetables on baking sheet and place in 350 degree oven for 10 to 15 minutes, or until softened but not mushy.
3. Crumble and lightly brown chorizo in frying pan (important not to overcook chorizo at this step)
4. Mix meat and vegetables together and season with salt and pepper to taste.

Kalamazoo Foods Market Opening Day: Saturday, December 3, 1156 South Burdick Street, Kalamazoo

In Season
BRUSSEL SPROUTS
ACORN SQUASH
DRIED HERBS
RUTABAGAS
SHALLOTS
POTATOES
TURNIPS
ONIONS
BEETS
GARLIC
RUTABAGAS

MOROCCAN SQUASH RECIPE
Courtesy of Food Dance Restaurant, but modified for easy home use.

Ingredients
1 large squash
3 lbs garlic
2 lbs minced rosemary
2 lbs paprika
¼ cup turmeric
1 tbs cumin
½ cup olive oil

Preparation
Dice Roasting Squash and rub with Curry spice mix (see below). Roast at 400° until soft. Serve with stuffing of choice and field greens.

Make Curry Spice Mix:
Combine all ingredients, except squash, in food processor except oil. Process 2 minutes then slowly add oil until paste is formed.
This project would not have been possible without the support of a generous campus and community. As a class, we would like to thank:

Alison Geist, director of the Kalamazoo College Mary Jane Underwood Stryker Department for Service Learning, for her never-ending enthusiasm, personal encouragement, and wisdom.

Professor Amelia Katanski, for her passionate leadership, insight, constant optimism, and creative solutions. Amelia teaches by example and has had a profound influence not only on how her students think about food, but has helped us to understand the role our personal and community choices have in sustaining or changing the world we live within. Amelia allowed our class a great deal of agency in this project, and for that too we are deeply grateful.

Lisa Darling, Publications Director of Kalamazoo College Office of Communications, for her expertise and innovative ideas, the direction, support, and time she gave the calendar, and overwhelming commitment to seeing this project come to fruition.

Shoshana Schultz, whose talent, creativity, and passion for food justice are visible on every page of this calendar, which she designed. As our TA, she has been a leader of this project and a thoughtful presence in our class. This project literally would not exist without her, and we are deeply grateful for her dedication.

The various foundations and organizations who considered and guided our project. Larry Bell and other donors for their financial support. Crystal Elissetche ‘10, for her thoughtful Collaboration and the use of her artwork.

Paul Sternmer, of Fair Food Matters, for his community leadership and for his help with this project. Members of the Kalamazoo College Student Commission, for their devotion to student enrichment and engagement within our campus and city, as well as their consideration and support of this calendar.

Brian Dietz, Director of Kalamazoo College Student Activities, and the Student Activities Office for their financial support of this project and their support of other educational opportunities inside and outside the college classroom.

Holland Litho Printing Service, without whose support this calendar would not have been published. Thank you for your financial support, commitment to this college and community, and your patience and flexibility as our class navigated the publishing world.

Finally, the farmers, compost workers, gardeners, students, activists, beekeepers, chefs, professors, business owners, brewers, and other individuals who shared their time, stories, and passions with our class. Each person we spoke with is a leader in our community’s foodshed, together, their work continues to have a profound affect on the health and progress of the thriving city of Kalamazoo.

Time to flip! A note on our calendar design.

In order to fully utilize the paper, and to cut down on the total number of sheets used, we have printed this calendar double-sided. As you may have noticed, each page boasts two months. At this point, you have gone through six months, and it is time to move to July. Without flipping any more pages, take the calendar off the wall and turn the entire publication 180 degrees so that you are able to see the “July” page. Re-hang, and find out what is in store for the second half of the year!

Every page was a collaborative effort.

Every page of this calendar reflects students’ incredible energy, curiosity, perseverance, and the collective contribution of research, interviews, photography, writing, and editing. Here are the authors, listed by the months on which they collaborated.

January, August, October
Jordan Earnest, Emily Witte, Miranda Madias, Rachel Olson

February, June, December
Charlotte Steele, Jinyuan Huang, Mary Mathyer, Quinn McCormick

March, May, July
Devin Opp, Megan Davis, Rebecca LaCroix, Supanat Wachiralappaitoon

April, September, November
Ayesha Popper, Chelsea Wallace, Madeline Shaw, Ryan DMello

Front Cover
Kale, Wall Street Community Garden
Photo by Devin Opp ’14
“2011: Cultivating Community, A Year of Food in Kalamazoo” is the product of Kalamazoo College First-Year Seminar, Cultivating Community.

Each month of the calendar features the story of a different aspect of the Kalamazoo food shed, including our city’s farmers’ markets, waste and composting projects, migrant worker advocates, community kitchen users, and independent farmers.

Food is necessary for life—we literally eat to live. But food has meaning far beyond providing calories for our bodies. Through our first year seminar, Cultivating Community, we have studied the many components that make up our region’s food system and have begun to understand the relationships between them. Food is a lens through which we examine issues of social justice; this project seeks to illuminate the intersections of public health, sustainability, human rights, political agency, and community building that occur around food.

We hope that this calendar will encourage you, the user, to think critically about your own food choices and show some ways to source just and sustainable food from within Kalamazoo. Our goal was not to emphasize the flaws of the industrial food system. Instead, we aim to draw connections among individuals working within the broader food system and to provide a resource that embodies the diverse strengths and solutions of the thriving food community of Kalamazoo. We hope that by doing this, we may all contribute to its growth, enhancing the justice and health of our community.


Because of the generous support of local individuals, businesses, and institutions, this calendar is distributed free of charge by the Cultivating Community seminar at Kalamazoo College, as a service to the Kalamazoo community.

This calendar was printed due to the generous support of Holland Litho Printing Services. We are grateful for their both their expertise and their commitment to our college and community.

Take Action!
As you use this calendar throughout 2011, we hope you will increase your knowledge about and awareness of the thriving Kalamazoo-area local food system.

Are you wondering what more you can do to foster the growth of a local food system that produces delicious food that is accessible to all in the Kalamazoo area? Consider these paths to action:

1. SET A GOAL
Set a goal of increasing the amount of locally-grown food you incorporate into your diet. To meet this, you may want to focus on eating seasonally; adding a new category to the local foods you purchase, such as eggs or milk, dedicating an increasing percentage of your food budget to locally-grown foods, or learning to can and preserve food so that you can enjoy the local harvest year-round. Also, take advantage of the face to face contact with your farmer that is possible when you source your food locally, ask your farmer how your food is grown, how farmworkers are treated, and the conditions under which animals are raised.

2. SPEAK UP
Learn more about the Michigan Good Food Charter, sign the Resolution of Support as an individual, and encourage local businesses and institutions to become signatories. This charter “presents a vision for Michigan’s food and agriculture system to advance its current contribution to the economy; protect our natural resource base, improve our residents’ health and help generations of Michigan youth to thrive. The charter outlines a sequence of steps we can take over the next decade to move us in this direction.” Learn more about the Charter and how you can become involved at michiganfood.org

3. CONTRIBUTE TO LOCAL EFFORTS
Give your time or financial support to organizations that nurture the Kalamazoo-area food system. Three organizations that work tirelessly to advocate for a strong, just local food system are:

Fair Food Matters, which sponsors educational programs and works to strengthen food system infrastructure and improve access to locally-grown foods for everyone in our community. Learn more at www.fairfoodmatters.org

People’s Food Co-op, which connects consumers and growers of local food in its grocery store and at its 100-Mile Market. Become an owner, and consider a contribution to the Co-op’s Green Building Fund to ensure that our Co-op will be housed in a building that reflects its ideals about sustainability and responsibility to community. Learn more at www.peoplesfoodcoop.org

Migrant Head Start (Decatur), which provides comprehensive, multi-cultural child development services to migrant and seasonal farmworkers who have young children. Learn more at (269) 423-6137 or telamon.org