



Notes...on food in the community

Community Food and Nutrition Institute (CFNI)
May 2011

Volume 2, Issue 1

Editor's Note:

Our fourth newsletter marks the beginning of the spring season. It's all about food in the community. CFNI is a small non-profit trying to make a difference and give voice to those working hard to serve the community. In this edition, we're featuring the Farm Share, a different Community Supported Agriculture Program.

Other articles include the following:

- Featured Vegetable: Cabbage Collard
- Food prices in your neighborhood
- Recipe

Let us know what you think,

info@communityfoodandnutrition.org.

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Farm Share, a Community Supported Agriculture Program that Works for Low Income Communities

On a recent web search of Community Supported Agriculture (CSA) programs in Maryland, 65 results were found. You too, can find them at www.marylandagriculture.info/category_info.cfm?categoryid=46. A CSA allows

city residents to have direct access to high quality, fresh produce grown locally by regional farmers. When you become a CSA member, you purchase a "share" of produce from the farmer. A typical CSA includes the following:

- Full season commitment with pre-season deposit
- Price is often between \$350—\$600 per season

- Limited number of shares available each season
- Payment options
- Information on what's in each share
- Limited sense of ownership
- CSA management

While this model provides access to local, fresh produce to those who can afford it, people with limited incomes cannot participate.

Corbin Hill Road Farm, located in upstate New York, has found a way to adapt elements of traditional CSAs to create a flexible model to meet the needs of low income communities in Harlem and the South Bronx. The farm owner, Dr. Dennis Derryck, calls their program a "Farm Share" and a social for-profit venture.

Featured Vegetable: Cabbage Collard

If you visit the Raleigh State Farmer's Market, you'll get to see differences compared to farmer's markets in Maryland. Imagine seeing a vegetable that at first looks like cabbage and also looks like collard greens. Which no doubt

is how this variety got its name — cabbage collard. On further investigation you can talk with Gene & Lisa Lee, owners of L & G Farms. They will provide the history of how the vegetable was crossed between a cabbage and collards. It probably was by mistake, but the people of



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Raleigh State Farmer's Market



Let's take a look at what other farmer's markets offer. The farmer's market in Raleigh is a pleasant surprise. It is open 7 days a week, year-round. It offers a Farmer's building, 30,000 sq. feet for local farmers to sell their goods. The Market Shoppes is a 15,600 sq. foot enclosed building where you can find meat, cheese, wine, bakery items and other gifts and soaps. A truckers building, a 15,400 sq. foot space, handles large quantities of produce for sale. The wholesale terminal and the Market Imports area is where you can buy imports and furniture. There are also restaurants to purchase cooked foods.



Food Prices in Your Neighborhood

Are you a comparison shopper? Do you ever wonder which store has the better food prices in your neighborhood? In this column we will compare food prices across 3 stores in a given zip code area, using a market basket approach. This month we are hitting two areas, Baltimore & Greenbelt, MD. This method allows us to create a food basket, which is based on healthful alternatives. We will choose fresh fruits and vegetables in season, whole grain bread, 2% milk and ground turkey. The hot topic recently is how much will we spend for our food. When comparing the food prices from our October 2010 newsletter, we see that although there have been incremental increases, that some of the food items in our food basket have stayed the same and in some cases decreased. See Page 4 and see how the food prices have changed in your neighborhood. *This is food news to use!*

Baltimore, MD April 25—May 1, 2011			
Food Basket	Safeway—21218	Shoppers—21216	Giant—21218
Apples (2 lbs)	\$3.78	\$3.38	\$3.18
Whole grain bread (loaf)	\$4.49	\$4.29	\$4.49
2% Milk (1/2 gallon)	\$2.79	\$2.39	\$2.39
Broccoli (1 lb)	\$2.99	\$1.49	\$1.49
Ground Turkey (1.3 lbs)	\$5.99*	\$4.99	\$2.99
Total Cost	\$20.04	\$16.54	\$14.54

Greenbelt, MD Area April 25—May 1, 2011			
Food Basket	Safeway—20770	Shoppers—20740	Giant—20770
Apples (2 lbs)	\$3.78	\$3.38	\$3.78
Whole grain bread (loaf)	\$3.29	\$4.29	\$3.39
2% Milk (1/2 gallon)	\$2.79	\$2.39	\$2.39
Broccoli (1 lb)	\$2.99	\$1.49	\$1.69
Ground Turkey (1.3 lbs)	\$5.99*	\$4.99	\$3.99
Total Cost	\$18.84	\$16.54	\$15.24

* Buy one, get one offer

Organization Profile: Farm Share (cont.)

Eventually, he would like the shareholders to become “owners” of the company. The Corbin Hill Road Farm Share program includes:

- Week-to-week membership; members receive shares only when they want them.
- Payment is due one week before delivery. Shareholders can upgrade/downgrade share size at any time during season and as often as they like.
- Shares are priced to be affordable; prices are per week, not per person. A full share cost \$20 and a half share cost \$12.
- Prices are based on income levels; subsidies assist those with lower incomes.
- There is no pre-set limit on the number of shareholders who can participate each season.
- There are a variety of payment options, including cash, check, and SNAP (food stamps).
- At least one fruit item is included in all shares.
- Shares include items from different produce groups (fruit, leafy and salad greens, root vegetables, seasonal specialties, flavor adding items).
- Shareholders feedback is incorporated into designing weekly shares.
- Produce is sensitive to the cultures and communities they serve and can be easily incorporated into popular recipes.
- All materials—produce bin signs, recipes, newsletters— are bilingual (English and Spanish).
- Distribution times are scheduled when shareholders are available.
- Shareholders are considered not just recipients of produce, but as economic citizens and future owners of the company.
- Corbin Hill Road Farm take on all of the traditional duties of the “core group,” minimizing the amount of time the community needs to spend administering the Farm Share.
- Shareholders are not required to volunteer during the season.

Wouldn't it be wonderful to have such a Farm Share program in Maryland? If you know of one, please let us know at

info@communityfoodandnutrition.org.

Featured Vegetable: Cabbage Collard (cont.)

North Carolina enjoy it so much it is one of their best sellers.

Although it is green, the vegetable is often referred to as the yellow cabbage collard. It is an heirloom variety that's rare outside of this part of North Carolina. When you cook it, the cabbage collard has a different taste and is a little more tender than regular greens.

In the rural south, collards of any kind are a major food group of their own. The Lees explain

that this is one of their major sellers and that often people come from very far to purchase them. Several customers purchased them by the bagful. In the south, the cabbage collard grows year-round. The Lees explain that they are at the farmer's market 333 days a year and most times they have enough cabbage collards to go around. Quarterly sojourns to get some cabbage collards is well worth the effort.



Raleigh State Farmer's Market

1201 Agriculture St.
Raleigh, NC 27603
Phone: 919-733-7417

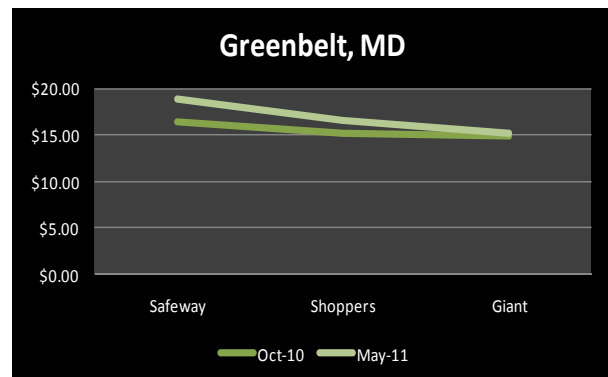
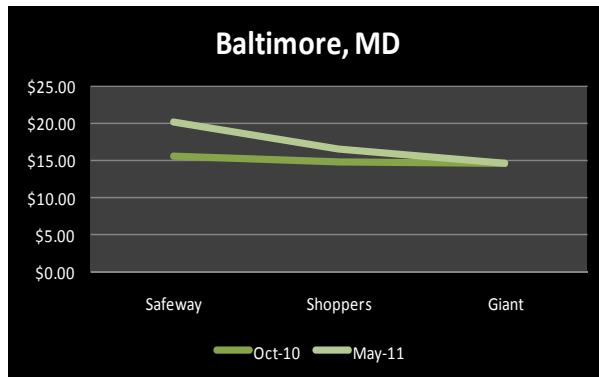
It's all about food in the community. We are all about food and dedicated to empowering communities to strengthen their overall public health and well-being.

We're on the Web!

www.communityfoodandnutrition.org

Comparison of Food Prices in Your Neighborhood

(see page 2)



Recipe: Candied Walnut Apple Gorgonzola Salad



There is no sincerer love
than the love of food.

~ George Bernard

Ingredients:

- 1 cup walnut halves
- 1/2 cup sugar
- 6 cups mixed greens
- 1 cup dried cranberries
- 1 cup crumbled Gorgonzola cheese
- 2 Tbsp raspberry vinaigrette
- 2 Tbsp white vinegar
- 2 Tbsp olive oil
- 2 Red Delicious apples, cored and thinly sliced

Directions:

1. Place walnuts and sugar in a skillet over medium heat, stirring constantly until the sugar dissolves into a light brown liquid and coats the walnuts. Remove walnuts from skillet, and spread them out on a sheet of aluminum foil to cool.
2. Place in a large salad bowl the mixed greens, cranberries, cheese, vinaigrette, vinegar, and olive oil. Toss gently; add candied walnuts and apples, and toss again.

Source: adapted and modified from a recipe on www.allrecipes.com