

Earthworks Urban Farm/Capuchin Soup Kitchen. Detroit, MI. (313) 579-2100 x 204
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What we do.

We are working to build a just, beautiful food system in Detroit and the world – a place where everyone has access to fresh, affordable, safe, and healthy food. We operate a 1.5 acre farm across sites on the near-east side of the city, including vegetables, fruits and bees. The majority of our food goes into meals at the Capuchin Soup Kitchen. We host two youth programs and monthly potlucks to talk with our community about food justice issues. We support a community garden to provide guests and staff of the soup kitchen with growing space and resources. We support Detroit gardeners through the Garden Resource Program.

How we do it.

We work with many volunteers, local leaders, neighborhood residents, youth, and other organizations to accomplish all our work. Much of our effort to increase healthy food access is through farming, but we also spend time building relationships and connecting people with other people or resources that will help everyone to live in a healthy, safe, and strong community. We interact with our direct neighbors, flyer our local neighborhood about upcoming events, eat with guests of the soup kitchen, host neighborhood open houses, have twice weekly volunteer days, etc. At every step, we consider if we are working **with** others, rather than doing things **for** others.

Why do we care about a just food system and urban agriculture?

- We believe healthy food is a right of all people and deeply impacts the quality of life in our communities.
- Many of our cities are becoming “food deserts” where fast food is more prevalent than fresh food, causing great concern about health.
- Food prices are rising.
- The current industrialized food system is dependent on inexpensive fuel, on which we cannot depend in the future.
- There are limited safe outdoor spaces in many of our communities.
- Foreclosure and vacancy are destabilizing neighborhood everywhere – can gardening together strengthen communities?

What you can do.

Become a food justice advocate.

“Food security is more about analyzing problems, ameliorating issues and providing answers...Food Justice...involves local people from seed to sale. It educates, organizes and mobilizes new social relations around food. It touches hands, hearts and pockets.” - Ian Marvy co-director of Added Value in Brooklyn, NY

- Question why there is *enough food* in the world to feed all people yet many experience *hunger*.
- Question how *racism* has played a role in determining who has access to *healthy food* and who does not.
- Ask *where your food comes from* and how the people, the land, and all the creatures were treated in its production. Buy food that respects and values all people, creatures, and features of the world.
- Talk with people you *normally wouldn't talk with*.
- Buy *local food* and products from locally owned businesses.
- Shop at your local *farmer's market* and ask your farmers questions about their food and growing practices.
- Talk with your *friends, family and coworkers* about issues of agriculture, race, and equality.

Start a community-based food project. Some ideas:

- Grow a *community garden*.
- Establish a *farmers' market*.
- Start a *mobile market* to provide your neighborhood with fresh produce.
- Make and sell a *value added product* such as jam, salsa, salad dressing, or honey.

What project can you or your organization commit to in order to create long-term impact?

What are our goals? *Many of our goals are “social” goals, not geared towards material profit.*

- Inspire, educate, and grow a food system that meets the needs of our community by supporting self-sufficiency by providing resources, education and facilitating connections.
- Increase food justice in our work.
- Increase meaningful involvement of soup kitchen guests in meal prep at the kitchen and community farming.
- Provide opportunities for meaningful involvement of youth.

What are your goals? Before starting your project, think about what you hope to achieve.

Other resources/sources of inspiration.

- *Growing Power*, Milwaukee, WI.
www.growingpower.org

- *Garden Resource Program*, Detroit, MI.

www.detroitagriculture.com

- *People's Grocery*, Oakland, CA.
www.peoplesgrocery.org

- *Homeless Garden Project*, Santa Cruz, CA.

www.homelessgardenproject.org

- *The Food Project*, Boston, MA.

www.thefoodproject.org

- *Growing Home*, Chicago, IL.
www.growinghomeinc.org

- *Nuestras Raices*, Holyoke, MA.
www.nuestras-raices.org

- *Community Food Security Coalition*. www.foodsecurity.org

