



AUGUST 2023

HARVEST SHARE NEWSLETTER



FOREWORD

Thank you for participating in our Harvest Share program. We are delighted to share our first issue of the Harvest Share newsletter to provide context of our program, highlight the wonderful organizations behind Harvest Share and share news updates and photos.

About Harvest Share

Harvest Share is a program based in Sunset Park, Brooklyn that aims to support healthy diet and strengthen community and social ties in the neighborhood. The program includes culturally tailored, subsidized community supported agriculture (CSA) shares and nutrition education to community members.

Harvest Share Partners

Harvest Share is partnership between nine organizations: NYU Grossman School of Medicine, Brooklyn Grange, Angel Family Farm, the Chinese American Planning Council (CPC), Mixteca, The Table Food Pantry at NYU Langone (The Table), Glynwood Regional Center for Food and Farming (Glynwood), Hot Bread Kitchen, Earth Matter, and P.S. 169.



HARVESTSHARE PARTNERS

Founded in 2010, **Brooklyn Grange** aims to restore the connection between people and the natural world via rooftop farming, programming and events, and the design, installation, and maintenance of urban green space. Our goal is to promote sustainable and healthy lifestyles by creating meaningful experiences for our community, widening access to locally grown produce that represents the remarkable diversity of New York City and installing green space that supports a more livable, climate

resilient, and nourishing ecosystem.

Angel Family Farm is a 17-acre Mexican owned farm located in Goshen, New York. Angel Family Farm was founded in 2006, after Ana Angel and her husband were accepted and completed The New Farmer Development Project in 2004. In the New Farmer Development Project, a program that helps immigrants with agricultural experience establish small farms, Ana was trained in organic farming techniques and received support procuring seeds, finding land, and making connections.



The **Chinese-American Planning Council, Inc. (CPC)** was founded in 1965 to serve the growing needs of NYC's Chinese-American community. Now one of the nation's largest Asian-American nonprofit organizations, CPC continues to provide social, economic, and various other community-centered programs throughout the boroughs. These programs include youth services, education and career services, and senior services. Our Brooklyn Community Center, based in Sunset Park, has operated in the local

community for the past 44 years. Despite the rapid expansion of our programs over the past century, the scope of our mission and values have not changed: we seek to provide the un-served and under-served low-income and immigrant Asian-American communities with the tools and skillsets they need to achieve social and economic self-sufficiency.

Mixteca's mission is to empower Latinx and Indigenous communities of Sunset Park, Brooklyn and the greater New York area by providing them access to services that enhance their quality of life and will allow them to reach sustainable social and economic development. Mixteca's programs and services are focused primarily on emergency assistance (transportation, food access, and supplies), case management (service referrals), workforce development, adult education, and mental health and health services.

The Table Food Pantry of Family Health Center at NYU Langone

provides emergency food to thousands of people each year, providing a variety of shelf-stable foods, fresh produce, and dairy products at weekly distributions. The Table is meeting the need for emergency food services through a "client choice" model, empowering clients to participate in choosing which foods they will take home. Participants are also connected to services that will reduce food insecurity in the long-term, including SNAP food-stamp benefits, case management, and adult education/workforce development programs.



Glynwood cultivates a just and resilient regional food system so that communities, farmers, and the land thrive. Guided by the highest standards of ecosystem, soil, animal, and community well-being, our work is in service to our natural environment, local economies, social equity, and human health. Working in the Hudson Valley, Glynwood contributes to a broader transformative movement.

Hot Bread Kitchen creates economic opportunities for women, immigrants, and people of color, through job skills training, food entrepreneurship programs, and an ecosystem of support in New York City, utilizing NYC's vibrant food industry for change. All programs are at no cost to members.

Earth Matter NY seeks to reduce the organic waste misdirected into the garbage stream by encouraging neighbor participation and leadership in composting. Earth Matter NY welcomes school groups, community gardeners, teen and adult trainees, volunteers, and weekend visitors for hands-on, learn-by-doing experiences. Participants help make backyard compost, care for the chickens and goats, help grow on the farm, nurture the lavender plants, and staff Zero Waste Island events on Governors Island.

P. S. 169 Sunset Park Elementary School is in the heart of Sunset Park. One of our goals is inspire children at a young age to grow their own produce and make healthier food choices.



Program Updates

Leftover shares: Ever wonder what happens to your vegetable that you couldn't pick up for a certain week? We give it back to the community! To prevent food waste we have been donating leftover Chinese vegetables to The Table Food Pantry and leftover Mexican vegetables to Mixteca. Since 8/8, we started an exciting new partnership where we deliver all leftover Chinese vegetables to CPC's Little Star Early Childhood Center. Little Star serves children ages 2-5 and provides three meals a day (breakfast, lunch, snack). Harvest Share produce have been incorporated into children's lunch throughout the week!

June arts session: On June 27th, 8 families participated in our arts session led by our arts educator (and Harvest Share participant!) Ashley. Children used their senses to engage with different vegetables (spinach, A choy, radish, spring onions

zucchini) and crafted boxes to create a kind of zongzi (in honor of the Chinese Dragon Boat Festival) filled with words. The Dragon Boat Festival is a holiday that commemorates the death of poet and minister Qu Yuan (c.340-278 BC) for his patriotism. Traditional festivities include eating zongzi (a sticky rice dumpling filled with various savory and sweet fillings) and racing dragon boats.

Earth Matter tour: On July 22nd, Earth Matter NY hosted 20 attendees from our program at their farm on Governors Island. Participants learned about produce from multiple countries, composting, and had fun planting corn and cucumbers. Children were able to play with their two goats, Kimchi and Tofu. Earth Matter also taught participants how to make a natural pesticide using garlic, hot peppers, and onions as a base.

Physical activity session: On August 8th, 23 participants joined our physical activity session led by our Harvest Share team member and personal trainer Josephine. Participants sweated it out for 45 minutes in Brooklyn Grange's indoor events space with exercises such as squats, lunges, jumping jacks, and more.

Brooklyn Grange farm tour: On August 15th, 21 families went on a farm tour led by Yany, a Brooklyn Grange farmer. Yany led an engaging tour where families explored the Brooklyn Grange rooftop, learned about the history of Brooklyn Grange, and got a chance to check out the green house. This tour was in English; however, we have upcoming Mandarin and Spanish farm tours scheduled. If you are interested, please join us!

August arts session: On August 22nd, 11 families joined an arts session led by arts educator and Harvest Share participant Ashley. Children created recipe books based on foods they ate at home (dumplings, cupcakes, noodle soup, spaghetti), illustrating their own books with drawings and text.

UPCOMING HARVEST SHARE EVENTS

- ☐ Arts Session for children 9.19 and 10.10
- ☐ Farmer for a day workshops 9.26 and 10.3
- ☐ Dumpling workshop 10.17
- ☐ End-of-season potluck 10.31

UPCOMING COMMUNITY EVENTS

Mixteca

- ☐ Saturdays 10am - 1pm - Spanish Literacy Classes
- ☐ Saturdays (Aug - Sept) - Women and Men mental health workshops
- ☐ Thursdays 4:30pm - 5:30pm (Aug. - Sept) - Bailoterapia Workshops
- ☐ October 28 - Dia de Muertos Event (Immigration Fair)

Earth Matter

- ☐ September 16, 1pm-3pm: Life Under the Hood
- ☐ Oct 1, 4-5pm: Heritage Farmer's present the Legume Festival
- ☐ Recurring events:
 - Friday Volunteer Days, 9am-1230pm: Sign up [HERE](#)
 - Saturdays and Sunday 12-4pm - Visit us at the Soil Start Farm

Brooklyn Grange

- ☐ Brooklyn Grange hosts a variety of programs that encourage community members to join us on the farm! Whether a ticketed workshop, farm tour, or open house, we've got something for everyone.
- ☐ Sunset Park
 - September 10th | Monthly Sunday Open House
 - October 22nd | Fall Fest
- ☐ Brooklyn Navy Yard: September 10th | Hive Inspection

CPC

- ☐ CPC's Brooklyn Community Center will be hosting the following events in August: Health and Family Fair on September 16th from 11am to 2pm at Leif Erikson Park.
- ☐ If you're interested and / or would like more information on how you can participate in the above events, please contact us at 718-492-0409.

Angel Family Farm:

- ☐ The Angel Family was chosen to be the *padrinos* (godparents) for the Sunset Park Mexican Independence Day Parade on September 17th. The Angel Family was selected due to the positive impact they have had on the community. The parade route begins on 5th Avenue and 59th Street and ends on 5th Avenue and 44th Street.

UPCOMING COMMUNITY EVENTS

Hot Bread Kitchen

- Signature Culinary Fundamentals - **Interviews for the last Culinary Fundamentals cohort of 2023 at Chelsea Market start on the week of September 19th!** This free 5-week training will run **September 25- October 27**, Monday-Friday 10am-3 pm with the Food Protection class taking place the first week of training. A \$200 stipend will be provided for 4 weeks, in addition to daily MetroCards. Culinary Fundamentals provides essential technical and professional culinary skills, and places program graduates in high-quality jobs in the food industry. To apply, scan the QR code on the flyer. Questions? Contact the Community Engagement Team at Outreach@hotbreadkitchen.org

-First Course NYC – Hot Bread Kitchen is pleased to partner with SBS to offer First Course NYC at their headquarters at Chelsea Market. **First Course NYC is a 14-week apprenticeship program** that teaches the culinary skills necessary for a career as a restaurant line cook. The program includes eight weeks of hands-on training and six weeks of paid on-the-job training at a respected New York City restaurant. Participants will receive a weekly stipend and MetroCards for the first 8 weeks in addition to a professional knife kit, chef jacket, and meal a day. First Course is open to individuals of **all gender identities** (women, men, genderqueer, and non-binary people) who are ready to take the following steps towards a restaurant cook job. Individuals interested must attend an info session in order to receive an application form.

The next cohort is starting on November 6th! Applicants must attend virtual information sessions to receive an application form. Scan the QR code on the flyer to sign up for an upcoming virtual information session.

BROOKLYN GRANGE

Farmer Highlight: Yany

Meet Yany! Yany is a seasoned Brooklyn Grange farmer who you may have already met during Harvest Share distribution. Yany is always buzzing around helping you find your way around the farm and loading you up with your weekly vegetables, but she slowed down long enough to answer these questions:



See if you can spot Yany in the bittermelon forest!

Q: How did you get into farming?

A: I started farming in California after being inspired by the farmers at my local farmers' market. The farmers working there were such happy and simple people, they were so connected to the land and their community, and all they wanted was to steward the land and grow food for others. I was so struck by this way of living, and I decided to try it out myself.

Q: What's your role and what's it like working at Brooklyn Grange?

A: I'm part of the farm crew at Sunset Park, and also am involved in BG's community cultivation efforts. It's nice to work at a farm in the middle of the city where the presence of the community is so much stronger, which really brings a great mix of energy and diversity into the farm.

Q: What's your favorite thing about working at Brooklyn Grange and/or with the Harvest Share program?

A: I love working in such close proximity to the people we serve, and being a part of a team that's making food accessible to those who need it the most in our direct community.

Q: What fruit or vegetable do you most look forward to all season? How do you prepare it?

A: For this season, it's okra! Their plants grow so beautifully; I love, love their flowers, and finding the baby okra forming next to the flower on the stalk is magical to me. I recently fell in love with Liberian fried okra with rice, and want to recreate that.

What's Happening at Brooklyn Grange?

It's peak season on the farm! While the combination of heat and humidity makes this time of year particularly draining on us farmers, it's also a very exciting time because we can see all of the hard and heavy work that we put in this spring start to pay off...tomatoes are ripening on the vine, the cucumber plants are highly productive, peppers are starting to peek out from under their green canopy, and the flowers are everywhere. This is the time of year when we like to pause (hopefully in one of the few shaded areas) and admire just how beautiful and active this farm is -- pollinators are buzzing around, birds swoop through looking for a quick snack, all while the farmers are busy harvesting the literal fruits of our labor.

ANGEL FAMILY FARM

Farmer Highlight: Ana

Q: What did you do before you became a farmer?

A: I did everything. If I had to sell tacos, tamales, I sold them. If I had to work, I worked.

Q: What do you like most about Angel Family Farm?

A: Well, what we like most about agriculture is that it is community work. I enjoy that we work in the community and for the community. It creates a sense of being a part of a big family where there is community care. I also enjoy teaching my children that in community you always have a helping hand by your side to provide mutual support.

Q: What was your motivation for becoming a farmer in the United States?

A: My motivation was to eat healthy, fresh vegetables, like in my own country, free of pesticides.

Q: In what way has your previous experience helped you in agriculture? A: It's helped me to be a successful farmer because I'm still doing it. Also, with knowing how to plant; how to rotate the crops; when its time to put them in; when they're ready.

Q: How would you describe your production practices?

A: I try to be as organic as possible. I'm not certified, but everything is organic. When I have a beetle problem, I ask Michelle (from Glynwood) to sell me something organic to control them. I buy organic seeds. The only thing missing is the certification.

Q: Do you have plans to expand your business?

A: Yes, of course. Planting greater quantities, giving work to more people.

Q: What's the best part of being a farmer, in your experience?

A: The satisfaction of taking vegetables to market, to the pregnant women, to the children; to see a customer time and again, and hear the thanks, and that the vegetables are so delicious. That the children who are allergic to vegetables from the supermarket can eat my tomatoes without any reaction.

Q: What do you consider the greatest challenge or obstacle in agriculture?

A: Not having the right equipment.

Q: What keeps your customers coming back to your market stand?

A: They come back for the freshness of the vegetables, for the taste and because they know they're the freshest in the market.

Q: What about your farm are you most proud of?

A: I'm proud of myself, that even being a woman, I continue farming after so many years. Even through dealing with negative people, I persevere and get ahead.

Q: What is the most important lesson you have learned as a farmer?

A: The biggest lesson that has impacted me the most is that I never thought it would be so hard to survive as a farmer. Q: What advice would you give to a new farmer? A: If it's a small farmer, that first they go volunteer in many farms, that they research all the challenges and obstacles. If it's a large farmer, they'll have their wallet and won't have any problems, because the biggest challenge for a farmer are not having the necessary equipment.

Q: What will your farm be like in ten years? A: In 10 years, it will have a building, a cooler, and a greater variety of vegetables.

Q: What will be your next big investment in your farm?

A: To create a certified kitchen to make value-added, processed products.

What's Happening at Angel Family Farm?

The Brooklyn-based Angel Family spends their weekends on the farm planting and harvesting produce including some home-inspired favorites such as poblano, jalapeño, peppers, and papalo. The produce and herbs grown at Angel Family Farm are sold at farmers' markets in the city and distributed to over 100 members of their community-supported agriculture (CSA) programs.



PHOTO CORNER



WE WANT TO HEAR FROM YOU



Testimonials

Are you interested in volunteering to be filmed talking about your experience participating in our program? Your testimonial will help future participants better understand our program and why they should consider joining! If you are interested, contact us at harvestsharebasis@gmail.com.

We want to hear from you!

We want to see how you cook the farm vegetables! Send us your photos and recipes and we'll share them in our next issue in our newsletter!

Any questions about Harvest Share? Contact us at harvestsharebasis@gmail.com