

FY 2014

\$90,378 to the Allen Neighborhood Group, Lansing, MI, to expand and promote its Winter Farmers' Market, Hunter Park Garden-House CSA, and Allen Market Place Kitchen projects.

**Final Report**

**Farmers Market Promotion Program**  
**Final Performance Report**  
**For the Period of October 1, 2014 – September 30, 2016**

**Date:** **December 14 , 2016**  
**Recipient Name:** **Allen Neighborhood Center**  
Growing the Eastside Food District: *Multiple, Integrated Projects to Support Producer-to-Consumer Sales and to Ensure Year Round Access to Regional Food in the Low-Income Northeast Quadrant of Lansing, Michigan*  
**Project Title:**  
**Grant Number:** **14-FMPPX-MI-0085**  
**Project Location:** **Lansing, MI**  
**Year of Grant Award:** **2016**  
**Amount Awarded:** **\$90,378**  
**Contact:** **Project Manager's Name/Telephone/Email**  
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**Program Summary:**

Allen Neighborhood Center (ANC) of Lansing, MI sought funding to provide expanded producer-to-consumer marketing opportunities to mid-Michigan growers *and* to ensure year round access to locally grown food products for residents in our low income neighborhood. To do this, we made full use of our recently opened multi-functional food resource center, the Allen Market Place (AMP), and provided the following set of integrated services:

1. 'Grew' our recently piloted winter season of the Allen Farmers Market to ensure a year-round venue for direct farmer-to-consumer sales and year round access to locally grown produce by residents of our low-food access neighborhood.
2. Provided producers affiliated with regional markets (including our 11-year old seasonal farmers market) with affordable access to the AMP Licensed Kitchen to encourage production of salable, value-added products; and offer guidance regarding State and local licensing processes.
3. Increased membership and involved additional farmers and ranchers in the CSA Project of our Hunter Park GardenHouse, a large, park-based greenhouse serving as a year-round center for urban gardening;
4. Provided training and technical assistance to farm market vendors, focusing on marketing and branding, salesmanship, communication skills, food safety compliance, and specialized services in the creation of value-added product.

## ***Goals and Objectives:***

### ***Goal #1: Expand and promote the newly launched Allen Street Winter Farmers Market.***

Objective A: Vigorously and variously promote the SNAP- and Double-Up-friendly Winter Farmers Market using print, radio, social media, yard signs, and special outreach activities.

Objective B: Work with growers to develop colorful promotional handouts featuring the farm and farm products to co-promote the producer and the Market.

### ***Goal #2: Provide access to the Kitchen inside the recently opened Allen Market Place (AMP) for Allen Street Farmers Market vendors and other regional growers to create value-added product to sell at farmers markets.***

Objective A: Provide licensed, commercial kitchen space for urban/rural producers to create value-added product through shared use of processing facilities and equipment.

Objective B: Provide mentoring and support to growers by assisting them through the approvals processes established by the State of MI and the county health department for creating value-added, salable product.

### ***Goal #3: Expand and promote the year-round Hunter Park GardenHouse CSA, targeted to low income neighbors.***

Objective A: Increase the growing space and number of shareholders/members of the 5-year old Hunter Park GardenHouse Summer CSA.

Objective B: Collaborate with other local farmers and ranchers to increase CSA offerings, especially during the Fall-Winter and Spring CSAs.

### ***Goal #4: Meet growers' needs for training and specialized services to enhance their direct producer-to-consumer sales.***

Objective A: Provide training in business and financial planning, including marketing, communication, and salesmanship.

Objective B: Provide training in food safety compliance, safe growing practices, product traceability, and current and emerging certification options.

Objective C: Provide growers with specialized services, including recipe commercialization, product testing for food safety, nutrition labeling for food products, packaging, and more.

## ***Activities:***

### **Goal # 1: Expand and promote the Allen Street Winter Market.**

**Objective A:** Vigorously and variously promote the SNAP- and Double-Up- friendly Winter Market using print, radio, social media, yard signs, and special outreach activities.

#### **Activities:**

Our Market Manager has vigorously and variously promoted the SNAP- and Double-Up- friendly Winter Market during October 2014 – September 2016 by:

- Securing two complimentary listings in local print media each week, one each in the Lansing

- State Journal and in the Lansing City Pulse, for a total of 114 complimentary listings;
- Purchasing once-per-month print advertisements in each of the two newspapers indicated above from October 2014-March 2015 for a total of 12 print ads;
  - Appearing quarterly on WLNZ radio to promote our SNAP friendly winter market for a total of 4 appearances;
  - Sending out multiple weekly Facebook posts and Twitter messages;
  - Overseeing the placement of 20 yard signs on major Eastside corridors each market day;
  - Redesigning and posting Market Alerts each quarter on WKAR (local PBS station) and City of Lansing Cable Stations;
  - Designing and distributing 2000 copies of flyers in targeted low income neighborhoods;
  - Sending a weekly Market Alert to a listserve of over 2400 subscribers detailing the offerings of the Market (vendors, product, music, special guests, etc.) for a total of 57 Market Alerts;
  - Maintain a winter market web presence on our websites [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org) and [www.allenmarketplace.org](http://www.allenmarketplace.org)

**Objective B:** Work with growers to develop colorful promotional handouts featuring the farm and farm products to co-promote the producer and market.

**Activities:**

The Exchange Manager developed a Farmer/ Food Producer questionnaire (an electronic and paper version was made available) that were used to collect information about the producer, products offered, and photos of their farm and products. We utilized Canva design software to create these colorful promotional sheets. Copies of the Farmer/Food Producer Profiles were distributed via paper format, on our website, and electronically. We have completed the production and dissemination of **23** unique farm/food producer promotional sheets.

**Goal # 2: Provide access to the Kitchen inside Allen Market Place for market vendors and other regional growers to create value-added product to sell at Farmers Markets. (Objectives A, B)**

**Objective A:** Provide licensed, commercial kitchen space for urban/rural producers to create value-added product through shared use of processing facilities and equipment

**Activities:**

Since the start of this grant on September 30, 2014, AMP staff has overseen contracting, scheduling, orienting and training of all kitchen users to comply with SOPs and food safety compliance requirements. Steady promotion of our incubator kitchen throughout 2014 and the build out of a second “wash-pack” kitchen in mid-2015 enabled us to serve a total of **33** separate entities over the 2-year grant period.

Of these 33 food producers, **21** became regularly users of our kitchens, for periods ranging from two months to two full years. (19 are still weekly renters.) These included:

- 6 bakers (Thistle, Margaret and Tess, Good Eats Diva, Joy! Cakes, Sweet Encounter, Pastry-Tapestry-Tea)
- Lansing Pasta Company (organic pasta made with locally sourced ingredients)
- Emil's, Too (Local pasta sauce maker)
- TongueHuggers (Hot Sauce made from locally sourced ingredients, e.g., fruit)
- Cultured, creating fermented product from Trillium Farms
- Sleepwalker Spirits and Ale - small micro-brewery, sourcing local hops and grain

- East Lansing Food Coop – Producing deli foods from locally sourced products
- Abood's Foods - Lebanese spice packet producers
- Building Blocks – Produce/package/deliver healthy work-place snacks
- Teff-riffic – Grow/package products made with teff; and ready-to-eat Ethiopian
- Red's Smokehouse – Smoked meat sandwiches and sides, ready-to-eat
- Fire and Rice- Ready-to-eat paella with locally sourced meats
- Foodshed Farm – Local farm using kitchens for prepping/packing CSA
- Hillcrest Farm – Local farm using kitchens for creating fresh salads
- Nourished World – Drinks made with locally sourced items and supplements.
- Elderberry – Healthy beverages made with locally sourced fruit/veggies

Another **9** food producers and caterers utilized our kitchens for a single session (e.g., to cater a wedding, participate in an annual chili kick-off, etc.) Finally, **3** institutions (Michigan State University Extension, MSU Medical School, and Michigan Environmental Council) made use of the kitchens for extended culinary instruction of Head Start Moms, medical students, and employees, respectively.

#### Additional Resources and Services

- In addition to affordable access to the kitchens, we also offered cold and dry storage to food producers, e.g., walk-in cooler, reach in refrigerators, freezers, pallet shelving, closed cabinet space, etc. All but two of the 21 current users (19 food producers and 2 institutional users) contract for storage.
- Kitchen users were invited to participate in all trainings and services offered through this grant program. (See Goal 4).
- To assist with marketing, nearly all of our regular kitchen users were enrolled in our Exchange food hub, an on-line whole sale market connecting local growers and producers with commercial and institutional buyers (e.g., restaurants, schools, hospitals.) To-date, there are over 100 producers/growers and 100 buyers on our Exchange. To further assist in marketing their products, we offered kitchen users a seat at the Kitchen Table—a large, shared table at our lively Allen Farmers Market. Signage informed market patrons that all products sold at the Kitchen Table are made on-site in the AMP kitchens.
- Finally, staff organized opportunities for kitchen users to pitch their products to buyers, most recently, a newly opened Whole Foods Market.

**Objective B:** Provide mentoring and support to growers creating product by assisting them through the approvals processes established by the State of MI and the county health department.

#### **Activities:**

22 of the 33 entities that utilized our Kitchens during the grant period were required to obtain a license from either the Michigan Department of Agriculture and Rural Development (MDARD), for packaged products, or the Ingham County Health Department (ICHD), for ready-to-eat food. Our staff worked closely with all 22 in securing licenses.

In addition, on two different occasions (February 2015, May 2016), we offered a half-day workshop in which growers and food entrepreneurs had an opportunity to meet, learn from, and interact with representatives from MDARD and ICHD to facilitate their understanding of the approvals processes. The relationships we have developed with inspectors from these two organizations are extremely valuable, resulting in easy access, prompt responses to questions and inquiries from both our staff as

well as kitchen users, and a remarkably quick and efficient approvals process in most cases. These highly competent professionals are seen as reliable resources by all of us.

**Goal #3: Expand and promote the year-round Hunter Park GardenHouse CSA, targeted to low income neighbors.**

**Objective A:** Increase the growing space and number of members of the 7-year old Hunter Park GardenHouse Summer CSA.

**Activities:**

Over the 2 year grant cycle, Hunter Park GardenHouse staff increased the indoor and outdoor production space in order to expand CSA membership. By the end of November 2014, GardenHouse staff created a total of 2737 sq. feet of outdoor beds. In April 2015, GardenHouse staff and volunteers removed the 21 4'X8' raised beds that were part of the original greenhouse construction and created new beds that were more accessible for an additional 190 sq. feet of indoor growing space. In September 2015, possession of an adjacent Ingham County Land Bank property allowed us to further increase our outdoor production area by 4010 sq. feet. We collaborated with the Land Bank's garden program to till and prep the beds for the following summer growing season.

Each spring, GardenHouse staff developed new crop production plans including their expansion areas in order to maximize the amount of produce grown from those areas.

Three months prior to the start of each CSA season, GardenHouse staff developed and distributed CSA applications to introduce low-income neighbors to this program, and emphasizing flexible payments options (e.g., SNAP benefit at the point of sale, Double Up Food Bucks, monthly payments, work-shares, etc.).

In February 2016, GardenHouse staff co-hosted (with the Greater Lansing Food Bank) and participated in a well-attended (over 500 attendees) CSA Fair and promoted their expanded 45 member Summer CSA program.

In the cycle of this grant:

- GardenHouse production space was increased by a total of 6937 sq. feet
- Spring Greens CSA season was extended from 6 weeks to 8 weeks and from 14 members to 20 members.
- Summer CSA membership rose from 20 members to 45 members.

**Objective B:** Collaborate with other local farmers and ranchers to increase CSA offerings, especially during the Fall-Winter and Spring CSAs.

**Activities:**

After each CSA season, a post-survey captured information from CSA participants regarding what add-on shares from additional mid-Michigan farmers and producers to include as offerings in the CSA.

Add-ons from the following local producers were offered: Bread from Stone Circle Bakehouse, Coffee from Rust Belt Roastery, Eggs from Titus Farm, VanFleet Farm, and Grazing Fields Cooperative, Dry Beans from Calico Field Farm and Ferris Organics, Beef from Heffron Farms, Chicken from Stone E. River Ranch and Trillium Wood Farm, Pork from Grazing Fields Cooperative, Cheese from Hickory Knoll Creamery, Pie from Glory Bee Sweet Treats, and Beer from Sleepwalker Spirits and Ale. 10 of these add-on items were supplied from 13 local vendors. Add-ons were described in all marketing materials to capture the expansion of CSA offerings. A total net sale to these vendors is \$9,754.64.

**Goal #4: Meet growers' needs for training and specialized services to enhance their direct producer to consumer sales.**

**Objective A:** Provide training in business and financial planning, including marketing, communication, and salesmanship.

**Objective B:** Provide training in food safety compliance, safe growing practices, product traceability, and current and emerging certification options.

**Objective C:** Provide growers with specialized services, including recipe commercialization, product testing for food safety, nutrition labeling for food products, packaging, and more.

### **Activities:**

The Associate Director of the Allen Market Place, working closely with the Exchange (food hub) Manager, collaborated with members of our instructional team --Michigan State University Product Center, Lansing Community College Small Business Development Center (SBDC), Learning Connection, Michigan State University Extension (MSUE), and others-- to develop a schedule of training opportunities and specialized services for growers. Topics focused on business and financial planning and food safety and were offered in a variety of formats (i.e., multi-session classes, half-day workshops, mini-workshops, one-on-one coaching) in order to accommodate growers' seasonal availability and unique needs. Staff promoted and hosted **26** training sessions between October 2014 and September 2016, drawing **243** participants. Below are listed the workshops, presenters, and number of attendees at each offering:

### **Workshops**

- 10/17/2014 "Starting a (Food) Business" Led by Tom Donaldson, SBDC, 1 attendee
- 10/24/2014 "People Skills for Food Entrepreneurs," Led by Kristine Ranger, The Learning Connection, 7 attendees
- 11/14/2014 "Marketing Your Business- Practical Applications of Marketing Concepts to Grow Your Small Business," Led by Laurie Lonsdorf, SBDC, 7 attendees
- 11/18/2014 "What's Changing with FSMA?" Led by Lindsey Scalera, Michigan Voices for Good Food Policy & Tim Slawinski, MDARD, 10 attendees
- 12/12/2014 "Analyzing the Competition- Where do you fit in the Marketplace?" Kristine Ranger, The Learning Connection, 8 attendees
- 1/9/2015 "Boot Camp for Farmers" Led by Marty Garencer, Morse Marketing Connections, Phil Tocco, MSUE, and Larry Sheridan, Greenstone Farm Credit, 15 attendees
- 1/16/2015 "Growing Your Internet Presence," Led by Sam Rose, Holocene Systems, and Veronica Gracia-Wing, Piper & Gold Public Relations, 19 attendees
- 1/30/2015 "Effective Crop Planning," Led by Dan Fillius, MSU Student Organic Farm, 14 attendees
- 2/13/15 "Developing a Farm Safety Plan," Led by Phil Tocco, MSUE, 6 attendees
- 2/20/15 "How to use Local Orbit," Led by Egypt Krohn, Allen Market Place, 3 attendees
- 2/27/15 "Who Licenses Your Food Business?" Led by Rob Losee, Ingham County Health Department, and Ken Settimo, Michigan Dept. of Agriculture and Rural Development, 12 attendees
- 3/6/2015 "Diversify Your Revenue Streams," Led by Rebecca Titus, Titus Farms, and Anne Rauscher, Swallowtail Farm, 7 attendees
- 3/20/2015 "Crop Storage and Post-Harvest Handling," Led by Ellen Moje, MSU Student Organic Farmer of MSU, 12 attendees
- 3/27/2015 "Choosing the Right Certification for Your Farm," Led by Jen Silveri, Eaton Conservation District, 5 attendees

- 4/10/2015 "How to Start a Food Business," Led by Tom Donaldson, Small Business Development Center, 10 attendees
- 4/24/2015, "Breaking into Wholesale Markets," Led by Colleen Matts, MSU Center for Regional Food Systems, 4 attendees
- 5/8/2015, "Cottage to Commercial," Led by Pam Weaver, Michigan Dept. of Agriculture and Rural Development, 3 attendees
- 1/15/2016, "GroupGAP Information Session," led by Phil Britton of Cherry Capital, 17 attendees
- 1/29/2016, "How to Start a Food Business," led by Tom Donaldson of SBDC, 17 attendees
- 2/26/2016, "Developing a Farm Safety Plan," led by Phil Tocco of MSU Extension, 13 attendees
- 3/18/2016, "Breaking into Wholesale Markets," led by Colleen Matts of MSU CRFS, 25 attendees
- 3/25/2016, "GroupGAP Session 2," Led by Phil Tocco of MSU Extension, 8 attendees
- 4/8/2016, "How to use Local Orbit," Led by John McCarthy of Allen Market Place, 2 attendees
- 4/22/2016, "Growing Your Internet Presence," Led by Veronica Gracia-Wing, Piper and Gold Public Relations, 3 attendees
- 5/6/2016, "GroupGAP Session 3," Led by Phil Britton, Cherry Capital, 3 attendees
- 5/13/2016, "Who Licenses Your Food Business," Led by Pam Weaver, Michigan Dept. of Agriculture and Rural Development, 10 attendees

### **One on One Consultation**

Over the grant cycle, 27 growers and/or food producers have applied, and 14 have received one on one consultation from specialists in 1) business/financial planning, 2) food safety compliance, and/or 3) product development, nutritional analysis, and packaging guidance.

Kristine Ranger, of the Learning Connection, provided consultation serves for the following:

- Mark Kastner, Hillcrest Farm, 3 hours total, Jan & Feb 2015
- Mike Rann, of an as-yet-unnamed market garden, 2 hours on 3/17/2015
- Teresa Nelson, of Nelsfarm Produce, 3 hours on 1/15/15

Phil Tocco, Safety Compliance Authority of MI State University Extension Services, worked with:

- Mark Kastner, Hillcrest Farm, 3 hours in November 2014
- Juke Putnam, of American Delicacy, 3 hours in November 2014

MSU Product Center has provided product development services to:

- Peggy Abood, of Aboods Food LLC, 11/2015

Tom Donaldson, of Small Business Development Center, worked with:

- Bradley Fierro, of Cultured, 1/2016
- Emily Nicholls, of Rust Belt Roastery, 1/2016
- Jessica Shelton, of Twin Sprout Farms, 2/2016
- Matthew Romans, of Harvest Day Farm, 3/2016

Rita O'Brien and John McCarthy, of Allen Neighborhood Center (as USDA GAP Internal Auditors), in collaboration with PrimaCivitas and Cherry Capital Foods, worked with:

- Fred Monroe, of Monroe Family Organics, 9/19/2016 and 11/21/2016
- David Allen, of Peckham Farms, on 5/26/2016, 8/29/2016, 9/23/2016, and 11/15/2016
- Steve Tennes, of Country Mill Farm, on 6/28/2016

- Mark Kastner, of Hillcrest Farms, on 6/28/2016, 8/29/2016, and 11/14/2016
- Denae Friedheim, of MSU Student Organic Farm, on 7/15/2016, 9/23/2016, and 11/16/2016
- Anne Rauscher, of Swallowtail Farm, on 7/15/2016, 9/9/2016 and 11/11/2016

### ***Accomplishments:***

#### **Goal #1: Expand and promote the newly launched Allen Street Winter Market.**

##### Projected Outcomes:

##### Expanded customer base at winter market, beyond that of the pilot period in 2013-14.

Average weekly attendance at the 2014-15 winter market was 72% higher than during its inaugural year, growing from an average 127 patrons per week to an average 219 patrons per week. Average attendance stayed about the same for the 2015-16 winter season, but SNAP purchases increased by a substantial amount. The Market Bank processed \$2737 in SNAP transactions during the 2014-15 winter season (a 35% increase from its pilot season the year before), and this number increased to \$4621 during the 2015-16 season, representing a 69% increase. Each year the indoor market continues, both general patronage and patronage by SNAP recipients has continued to increase.

##### Increased awareness of the winter market.

We believe that the large 72% increase in attendance between the 2013-14 and the 2014-15 winter seasons was a result of the robust marketing and promotion campaign developed over 6 months during the 2014-15 season. This campaign included 2 paid ads in local print media each month for a total of 12 advertisements, at least twice weekly complimentary lists in same newspapers amounting to 48 listings, multiple other complimentary listings via other local media, distribution of 2000 flyers in targeted neighborhoods, 125 original Facebook posts made to the Allen Farmers Market page and also shared on the Allen Neighborhood Center and Allen Market Place pages, 69 Tweets on Twitter directly related to the farmers market, weekly Market Alert e-bulletins to 2400 email addresses, consistent and up to date additions to our website, and 20 yard signs placed on major corridors each market day. After the success of the 2014 promotion campaign, the market manager continued to send weekly Market Alert e-bulletins to over 2400 people, submit each market date for listings in local newspapers and online calendars, and post at least twice weekly on the market's Facebook page during 2015 and 2016. In spring 2016, we designed, printed, and distributed 50 colorful posters to Lansing businesses to display on their news boards and in their windows. We then created 50 yard signs and 2 eight foot banners with the same eye-catching design in order to increase the market's visibility around the market site and throughout the Eastside neighborhood.

##### Increased access for low-income residents to local food.

Dot surveys conducted throughout 2014-2016 confirm that about half of market patrons live in our low-moderate income Eastside neighborhood. After a decade of seeing our market wrap up in October, neighbors have consistently expressed their delight in now having year-round access to farmers and products that they value. In fall 2015, our market was one of the first in the state to pilot a year round Double Up Food Bucks program, offering increased value to patrons using SNAP benefits throughout the winter season in addition to the summer season. This pilot was certainly a large contributor to the 69% increase of SNAP purchases between the 2014-15 and 2015-16 winter seasons.

##### Retention of farmer market manager job.

We have been able to retain this position, given USDA support.

##### Increased identification of market vendors as local grower/producers.

A second proposed Activity involved working with Market vendors to develop “spec sheets” that would be posted on our website and given to growers to distribute at Markets. These colorful handouts include photos of farmers/ food producers, their farms, and produce/product; text that captures the business story; and information pertinent to consumers, e.g., growing practices. Our intention is that the sheets co-promote both the producer and our Market. We have completed the production and dissemination of 23 farm/food producer promotional sheets:

- American Delicacy
- Calico Fields Farm
- CBI's Giving Tree Farm
- The Country Mill
- Craft & Mason Roasting Company
- Cultured
- Grazing Fields Cooperative
- Green Eagle Farm
- Hickory Knoll Creamery
- Hillcrest Farms
- Hillcrest Organics
- Lansing Roots Farm
- MSU Student Organic Farm
- Peckham Farms
- Rust Belt Roastery
- Smith Floral & Greenhouse
- Stone Circle Bakehouse
- Sweet Encounter Bakery
- Ten Hens Farm
- Tomac Pumpkin Patch
- Twin Sprout Farm
- Urbandale Farm
- Wildflower Eco Farm

In spring 2016, all participating farmers were surveyed to determine their satisfaction regarding the marketing materials and their perceptions of the impact of materials on sales and visibility. Of the 8 farmers who responded to this item, 6 were very or somewhat satisfied.

Growers noted in the survey that they had used the business profile sheets in the following ways:

- Displayed sheets at farmer markets or similar site (n=4)
- Distributed sheets to potential buyers (n=2)
- Posted on their website (n=2)

**Goal #2: Provide incubator kitchen access to farmers market vendors and other regional growers and producers to create value-added product to sell at farmers markets.**

Projected Outcomes:

New value-added products are developed that may not otherwise have been created, and sold direct to consumers.

15 producers utilized the Kitchen to create and sell product at our Farmers Market between October 2014 and August 2016: East Lansing Food Co-op, American Delicacy (mushroom foraging and value

added producers), Sleepwalker Spirits and Ale, and Red's Smokehouse, Teff-riffic, Hillcrest Farms, FoodShed Farm, Thistle, Good Eats Dive, Joy! Cakes, Fire and Rice, Cultured, Tongue-Huggers Hot Sauce, Emils, Too, and Lansing Pasta Company.

Of the 33 total kitchen users over the grant period, several conducted direct to consumer sales at other farmers markets in the area.

Indeed, our milestone for this goal area was that by the midpoint of the grant cycle, at least 4 growers/food producers would create value-added salable product in the AMP Kitchen on more than three occasions. This milestone was reached and substantially exceeded. We further posited that at least 4 additional farmer/vendors would sign on by September 30, 2016 and we easily met that target.

#### Retention of kitchen manager job position.

This position has been retained.

To gather input from producers who had used the AMP Kitchen to create and produce value-added products during the grant period, Public Policy Associates, Inc. conducted a roundtable and a series of telephone interviews with a total of 10 AMP Kitchen users in September and October 2016. (The initial plan was to conduct a roundtable only; however, due to limited user availability, only 2 users participated in the roundtable. To generate the necessary data, PPA then conducted 8 telephone interviews with other kitchen users.) 8 users sold product directly to consumers; of these, 6 sold at the AMP Farmers Market, and 3 sold via other farmers' markets (one sold at both). Other sales venues included restaurants, retailers, wholesalers, festivals, and catering. 8 used the cooking kitchen, 5 used the wash-pack kitchen, and 8 rented storage space. 8 received referrals for certifications or liability insurance. Their feedback on the AMP Kitchen facilities and services include the following:

- All 10 users expressed satisfaction with the AMP Kitchen facilities and equipment overall.
- The 8 users who received AMP referrals for certifications and insurance considered this service valuable for their businesses.
- All 10 users said they would have had less capacity or would have been unable to create or produce value-added product if not for the AMP Kitchen's facilities and mentoring.
- 8 users considered the AMP Kitchen a good value and a sound investment.
- 6 users expressed satisfaction with the volume of direct-to-consumer sales of their products.
- 3 users expected to continue working in the AMP kitchen for the foreseeable future, and 3 expected to outgrow the capacity of the AMP Kitchen soon—or had already done so. 2 will not return for reasons unrelated to the kitchen, and 2 are considering other facilities or using it differently.

### **Goal #3: Expand and promote the year-round Hunter Park GardenHouse CSA, targeted to low income neighbors.**

#### Projected Outcomes:

##### Increased customer base for CSA.

With the addition of 190 sq. feet of interior growing space and 6747 sq. feet of exterior growing space (total expansion of 6937 sq. feet) we have increased the number of members in our Summer CSA from

20 to 45. We've also increased the number of members in our Spring Greens CSA from 14 to 20.

Increased year-round access for residents to local foods.

In 2016, we extended the Spring Greens CSA season from 6 weeks to 8 weeks. With the 8-week Spring Greens CSA, 16-week Summer CSA, and 20-week Fall-Winter CSA, we are offering 44 continual weeks of access to local foods.

New venue for direct consumer sales for a minimum of five farmers/producers.

Over the 2 year grant cycle, add-ons from the following local producers were offered: Bread from Stone Circle Bakehouse, Coffee from Rust Belt Roastery, Eggs from Titus Farm, VanFleet Farm, and Grazing Fields Cooperative, Dry Beans from Calico Field Farm and Ferris Organics, Beef from Heffron Farms, Chicken from Stone E. River Ranch and Trillium Wood Farm, Pork from Grazing Fields Cooperative, Cheese from Hickory Knoll Creamery, Pie from Glory Bee Sweet Treats, and Beer from Sleepwalker Spirits and Ale. A total net sale for vendors, over the grant cycle, is \$9,754.64. With **10 add-on items**, supplied from **13 local vendors**, we have exceeded our goal of contracting with 5 farmers/producers to expand CSA offerings and provide a sales opportunity for vendors.

Retention of CSA manager job.

This position has been retained.

**Goal #4: Meet growers' needs for training and specialized services to enhance their direct producer-to-consumer sales.**

Projected Outcomes:

- Increased capacity of farmers/producers to develop core business and marketing plans, and carry out core business functions in finances, communication, and promotion.
- Enhanced farmer knowledge of food safety practices, and ability to meet compliance standards.
- Improved farmer access to specialty services for product enhancement.

As detailed in the Activities Section of this report, we planned, promoted and hosted a total of **26 workshops**, focusing on a range of topics though primarily designed to increase skills in business and financial planning, marketing and branding and safe growing practices. The 26 workshops were attended by **243 growers or food producers**. Workshops averaged two hours, so **486 hours of training** were provided. Unduplicated participants totaled **122** and they each attended from 1 to 8 workshops. Workshop evaluations gathered immediately after trainings indicate that 93% of participants report increased skill/knowledge, with a range of 62%-100% within individual workshops. 92% of participants indicated that the skills gained in the workshops would improve their new or existing business, with a range of 85%-100% across individual workshops.

In addition to the immediate evaluations of the trainings, additional feedback was gathered via survey in spring 2016 from 20 producers who attended one or more trainings regarding the impact of the training on their business. Key impacts are noted in the table below:

Spring 2016 Survey, Impact of Training On Producer Business		
	Number Responding	Percent Rating As Some or A Lot
AMP trainings have increased my knowledge	15	75%
AMP trainings helped me prepare for safety and other certifications	13	65%
AMP trainings have influenced my marketing strategy	8	40%
AMP trainings have influenced my growing practices	8	42%
AMP trainings helped me create more effective marketing practices	7	37%
AMP trainings helped me develop a new business plan	5	26%
AMP trainings have helped increase my volume of sales	5	29%
AMP trainings helped me change packaging or labeling of products	5	31%
AMP trainings helped me update a business plan	4	24%

- Asked to reflect on the utility of the trainings, workshop attendees who answered the survey reported the following :
  - 78% said the trainings provided good information
  - 67% said the information helped them make decisions
  - 55% said they got insights into farm or food-related business issues
  - 44% said they gained insight as to their readiness for a next business
  - 80% reported being either very satisfied (50%) or satisfied (30%) with the workshop. None were dissatisfied.

Kitchen users who were interviewed and had attended any trainings noted useful features of the trainings as including: staying up to date; honing product line; developing a business plan; finding contacts; and understanding regulations.

To-date, **14 growers/food producers** have received a total of **52 hours** in one-on-one consultation with one of our consultants. Of producers who received one-on-one consultation, 5 responded to a survey in spring 2016. Of these, 3 reported being very satisfied, one was satisfied, and one was neither satisfied nor dissatisfied with the consultation received. Of the kitchen users interviewed in fall 2016 who received one-on-one consultation, 8 received referrals for certifications or insurance. Other referrals were related to business planning (2), sourcing food preparation ingredients and supplies (2), connections to the MSU Product Center (2), seeking locations to open a retail store (1), and finding retailers to sell product (1). All of these users considered AMP's consultation valuable for their

businesses.

To-date, **5 growers have received USDA GroupGAP** food safety certification, and **15 growers/food producers have received ServSafe Certification** as a result of our assistance; and several others have reported development of new or enhanced business plans.

***Beneficiaries:***

Beneficiaries included producers' businesses. The most common impacts of the trainings on their businesses included:

- Three out of four (75 percent) indicated that the trainings had increased their knowledge.
- About two-thirds (65 percent) said the trainings had helped them prepare for certifications.
- About one-third (37 percent) indicated that AMP trainings had helped them create more effective marketing practices.
- 60% said that AMP Resources (Trainings, Kitchen, Farmers Market, Exchange) on Business provided them with another avenue for sales.

Farmers market vendor sale's (excluding cash sales, including SNAP/DUFB, credit/debit, and other food assistance vouchers) increased over 120% between the inaugural 2013-14 indoor market season and the 2014-15 season, then continued to increase by 16% the next year.

During the time of the grant, consistently 80-100% of customers surveyed reported that their involvement in the farmers market increased their consumption of fruits and vegetables. The large increase in SNAP/DUFB sales between the 2014-15 and 2015-16 seasons also shows that low-income customers are taking more advantage of the fresh foods offered at the market.

***Lessons Learned:***

As noted above, the 10 AMP Kitchen users who participated in the evaluation roundtable and interviews were very satisfied with the kitchen facilities and services overall. However, they mentioned a few challenges. These are discussed below. Although these challenges were important, they did not change the users' general satisfaction with the AMP Kitchen experience.

- 4 users found it difficult to schedule time in the kitchen due to schedule conflicts with other kitchen users, unpredictability of business sales demand, or family obligations. 6 users expressed interest in having an online reservation system that would allow users to see all available times and reserve time well in advance (e.g., a Google Calendar with multi-user access), rather than reserving time through the AMP Director.
- 5 users stated that other users sometimes did not clean the kitchen in a satisfactory manner. On the other hand, 4 users were satisfied with the cleanliness of the kitchen.
- 1 user felt the equipment in the cooking kitchen was not adequate for the scale of production needed, and 1 noted that the temperature settings on the convection oven were inaccurate.
- 1 user stated that the wash-pack kitchen lacked basic supplies such as mixing bowls and utensils, and 1 said it needed more table space.
- Of the 7 users who had left the AMP kitchen or expected to do so in the next year, 4 cited issues other than outgrowing the kitchen's production capacity. Of these, 2 said they were considering spaces with more frequent availability or longer blocks of available time, and 2 cited business issues unrelated to AMP.

Other unanticipated challenges include:

1. One of our proposed activities was to develop a cohort of 100 neighborhood volunteers willing to post in their front yards colorful signs that we have manufactured and that display the logo, day and location of our Market. Our timeline involved design and manufacture of the signs by January 2015, recruitment of the "Sign Corps" volunteers from January-June, with the goal of implementing this strategy for the 2015 summer market. We delayed this activity when the ANC Board of Directors opted to launch a major brand update, involving a months-long process of re-designing logos, selecting new color palettes and standard fonts for ANC projects, and other brand-associated work. Consequently, we delayed the design and development of the yard signs until this process was completed.
2. In January 2016, the leadership transition to a new farmers market manager impacted the projects of this grant. Promotional activities took a back seat to training the new manager during the second half of that winter market season, which may have contributed to the relative stagnation of average winter market attendance between the 2014-15 and 2015-16 seasons.
3. While most of the promotion of our commercial kitchens has been by word of mouth, or via collaborations with our local health department and Michigan Department of Agriculture and Rural Development representatives, we recognized that major promotion of these spaces was also needed to utilize these spaces to their full potential. The development of an easier to read Rental Rate Sheet that outlines all the rental spaces that we offer (cold/dry storage, commercial kitchens, classroom, and event rentals) also helped to outline the additional services that we offer.
4. Filling 45 GardenHouse CSA shares in the summer months proved to be more difficult than other CSA seasons. This is likely due to there being more CSA offerings found throughout the area during the summer season and the CSA concept still catching on with customers. We found that much more promotion (and utilizing new promotion strategies such as Facebook ads) was needed to fill these shares.

# ATTENTION

## MID-MICHIGAN FARMERS & FOOD PRODUCERS:

Allen Market Place is excited to offer you access to **free services** in the following topics:

**Business Planning**  
**Business Management**  
**Business Marketing**  
**Food Safety**  
**Product Innovation**

### Receive free services & consultations from the following experts:

**Tom Donaldson**, Regional Director of Michigan Small Business Development Center at Lansing Community College. Tom is a seasoned business executive with broad knowledge of all aspects of small business management including marketing, operations, accounting, and finance.

**Phil Tocco**, food safety educator for MSU Extension in Jackson County. Phil is able to provide resources directly to farms developing food safety programs, especially hazard analysis, farm safety plans, pre-GAP consultation, post-harvest handling, and other topics.

**MSU Product Center.** Innovation Counselors connect entrepreneurs with MSU Product Center's wide range of offerings. A great opportunity for value-added producers with packaging/labeling, food safety, product development, nutrition analysis, or other needs. Many of these resources are free, and grant funds can be used to access the range of paid services offered.

Entrepreneurs or established businesses growing or processing food products for sale in Mid-Michigan (within 100 miles of Lansing) are invited to apply to take advantage of this offer!

There is a limited amount of funding for opportunities with each expert. Applications will be received and awarded on a rolling-basis until funding for that area of expertise has been depleted. Active suppliers on the Exchange are encouraged to apply!



### Contact:

Exchange Manager, John McCarthy  
517-999-3923, [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)

# Application for Services

All information you provide is confidential, and will only be used by ANC staff and the experts identified. Please use additional sheet if needed & submit to Exchange Manager.

Name of individual applying: \_\_\_\_\_

Legal Name of Business: \_\_\_\_\_

Type of Business: FARM      FOOD PRODUCER      OTHER \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Email: \_\_\_\_\_

Description of business: (Age, size, scale, where you sell products, etc.)

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Description of business needs:

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Which expert's services are you applying for? (please circle all that apply)

Tom Donaldson  
Business/Marketing, etc.

Phil Tocco  
Food Safety

MSU Product Center  
Product Development

How would you benefit from these services? Please be specific. Include expected changes to your current business model, and how you would track and report any changes or improvements.

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# EXCHANGE

## Farmer and Food Producer Profile Questionnaire

1. What is the name of your farm, where is it located, and how big is it?
2. How long have you been farming?
3. How did you become involved with farming?
4. How would you describe your farming practices and techniques?
5. What advantages do you and your products have over others?
6. What products do you sell through the Exchange?
7. Do you have a favorite recipe to use with your products?
8. What is your specialty?
9. Could you provide pictures of you, your farm, and/or your products?  
*Please forward any photos to [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)*
10. What else would you like consumers to know about you?



# EXCHANGE

Farmer Profiles

## American Delicacy



American Delicacy provides unique or rare ingredients and gourmet food items to Mid-Michigan customers.

Michael McCann and company established their 3-acre farm north of Charlotte, MI in 2010. Here, they cultivate many unique varieties of produce that may not be regularly available to Mid-Michigan residents and restaurants. The team specializes in growing ramps, many varieties of mushrooms, and foraging for any products they do not grow. They are MAEAP certified and are currently in the process of becoming certified organic. A few of their homemade specialty products include wild mushroom butters, wild ramp seasonings, and wild ramp flakes. American Delicacy is quickly becoming known as the premier source for gourmet food products and ingredients. If they don't sell the product you're looking for, they will find someone that does!



### MidMichigan's Farm to Fork Connection



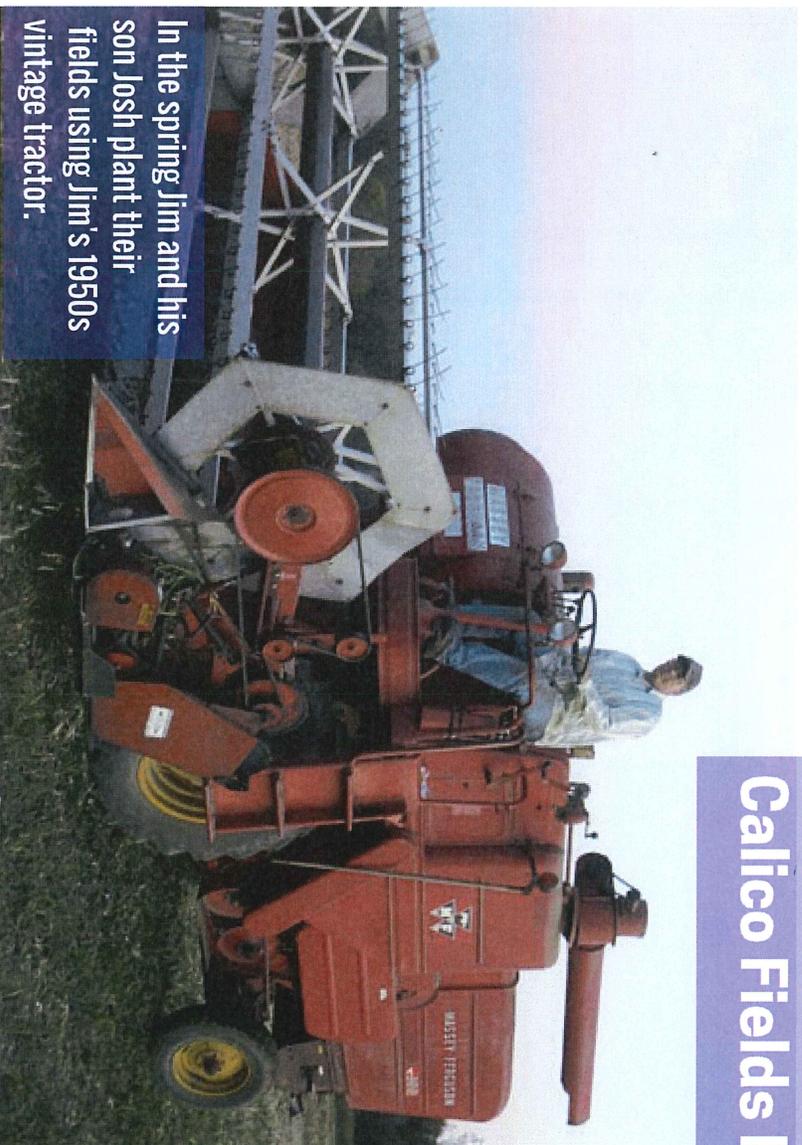
## PRODUCTS:

- Wild mushroom
- Ramps
- Butters
- Seasonings
- Wild produce

For more information contact:  
Exchange Manager  
**ALLEN MARKET PLACE**  
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## Calico Fields Farm



In the spring Jim and his son Josh plant their fields using Jim's 1950s vintage tractor.

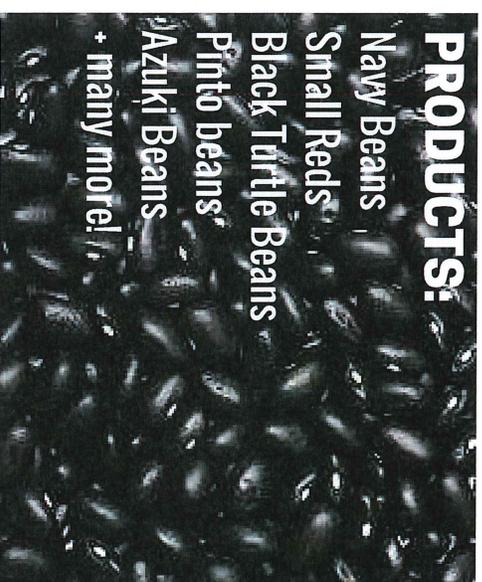
When you first meet Jim Winters of Calico Fields Farm don't be surprised if he greets you with a warm smile, a firm handshake, and a hearty bowl of "Jamaican Jerk Bean Soup." A specialty soup made from a special recipe Jim and his wife created highlighting their Black Turtle beans. Farming on two centennial farms, Jim and his family grow over five types of dry beans and corn. If you are interested in eating locally grown, delicious and sustainable foods from a family with a passion for what they do, you'll want to buy from Jim and his family of Calico Fields Farm.



Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

Navy Beans  
Small Reds  
Black Turtle Beans  
Pinto beans  
Azuki Beans  
+ many more!



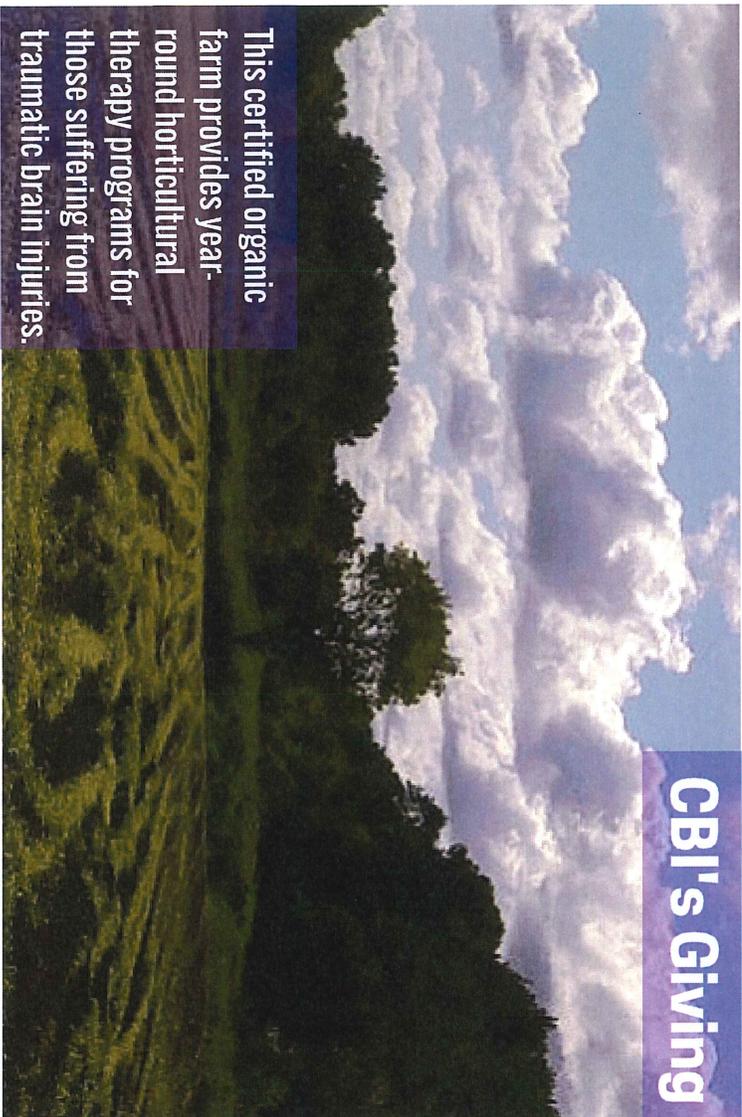
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## CBI's Giving Tree Farm

This certified organic farm provides year-round horticultural therapy programs for those suffering from traumatic brain injuries.



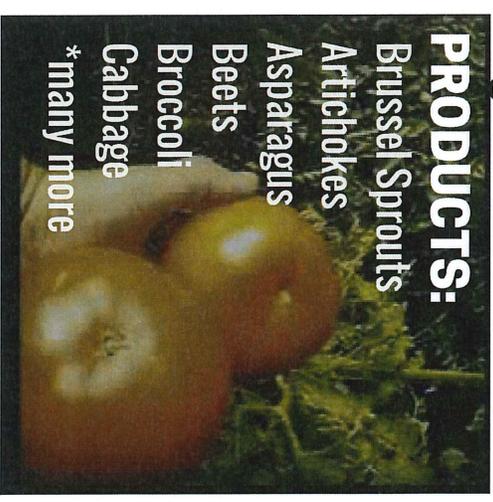
CBI's (Community Based Interventions) Giving Tree Farm is a seven acre, non-profit CSA farm just north of Lansing, MI, between Old Town and Dewitt. The farm originally began as a community garden for people with disabilities. As it's volunteer base grew, so did the available programs. The farm has established a heated greenhouse and eight hoop houses for year-round horticultural therapy programs. Monday through Friday, the farm provides vocational training for people who have suffered from traumatic brain injuries, allowing them to cultivate the produce provided to area restaurants, ELFCO, and CSA members.



## Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

Brussel Sprouts  
Artichokes  
Asparagus  
Beets  
Broccoli  
Cabbage  
\*many more



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The Country Mill, owned and operated by the Tennes family, specializes in organically grown fruits, cider, donuts, and various fall festivities.

The Tennes family has been farming their 120 acre orchard in Charlotte for 42 years, and are one of only a few certified organic apple growers in Michigan. Working closely with Michigan State University researchers has allowed the Tennes family to experiment with various all-natural, environmentally friendly growing methods to produce the highest quality blueberries, peaches, and sweet cherries in the area. Their hard work and continuous dedication has transformed the farm into one of the most popular fall attractions in Mid-Michigan.



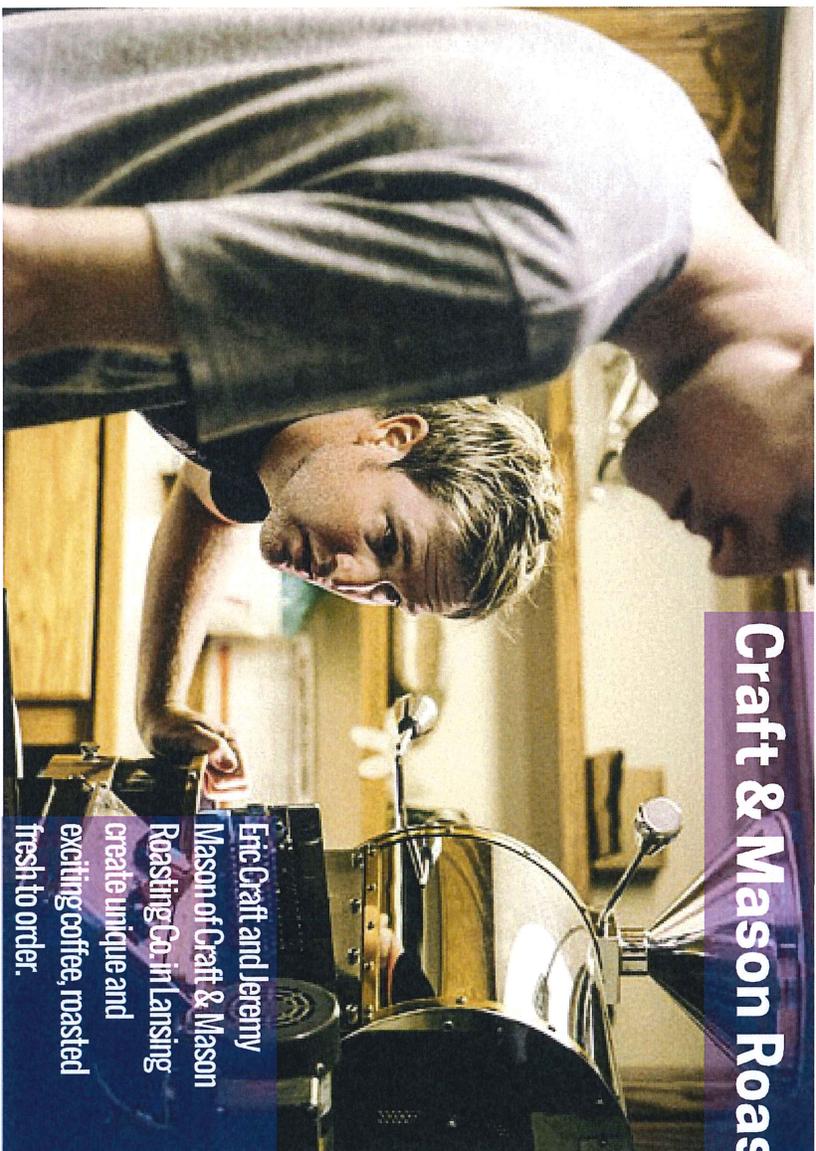
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# Craft & Mason Roasting Co.

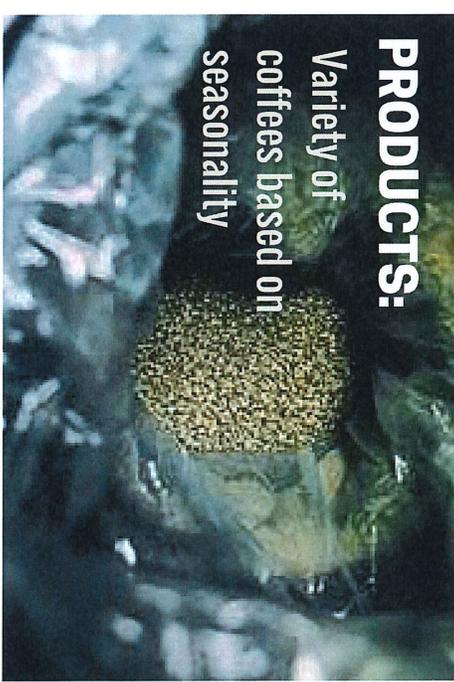


Eric Craft and Jeremy  
Mason of Craft & Mason  
Roasting Co. in Lansing  
create unique and  
exciting coffee, roasted  
fresh to order.

Eric Craft and Jeremy Mason, of Craft & Mason Roasting Co. located in Lansing, MI, have dedicated their work to providing their customers with the freshest, strictly single-origin, and uniquely flavorful coffee beans around town. They have immersed themselves into every facet of the coffee-roasting cycle by creating genuine relationships with each importer and farmer. As the customer, you will know exactly where your coffee was grown, processed, and roasted, along with the many aspects that have contributed to its memorable flavor.



## MidMichigan's Farm to Fork Connection



**PRODUCTS:**  
Variety of  
coffee based on  
seasonality

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contact:  
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## Cultured



Bradley Fierro and Elise Thorp, owners of Cultured, create uniquely delicious fermented foods using locally grown produce.

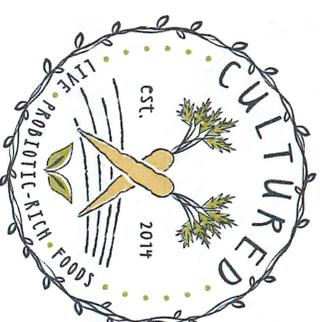
After discovering the art of fermented food, Bradley Fierro and Elise Thorp decided to share their delicious, probiotic-packed, gut-loving combinations with the community. The duo chooses to exclusively use sustainably grown, local ingredients to ensure they are bringing customers excellent taste and quality. Cultured is a regular at many of the area's farmer's markets, as well as the local health-food and delicacy shops in Lansing. Fermented foods are a potent producer of B vitamins, play a large role in aiding the immune system, and encourage a healthy digestive system.



Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

Kimchi,  
Sauerkraut,  
Pickled vegetables,  
Kvass  
and a variety of other  
fresh, fermented foods



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## Grazing Fields



Doug and some of "the girls" getting ready to deliver some fresh eggs

Grazing Fields is a Michigan, multi-farm cooperative and wholesaler of natural free-range brown eggs. We've been delivering great products to Mid and Southeast Michigan grocery stores and restaurants every week since 1997. Grazing fields supports small and medium size farms throughout the region. When you purchase Grazing Fields eggs you purchase the assurance that our Michigan natural brown eggs are delivered fresh to your door each week by cage-free chickens and people who care.



Mid-Michigan's Farm to Fork Connection

## PRODUCTS:

Eggs

Antibiotic free meat  
Milk, Butter, Cheese  
Maple syrup  
Juice, Wine, Hard cider

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## Green Eagle Farm

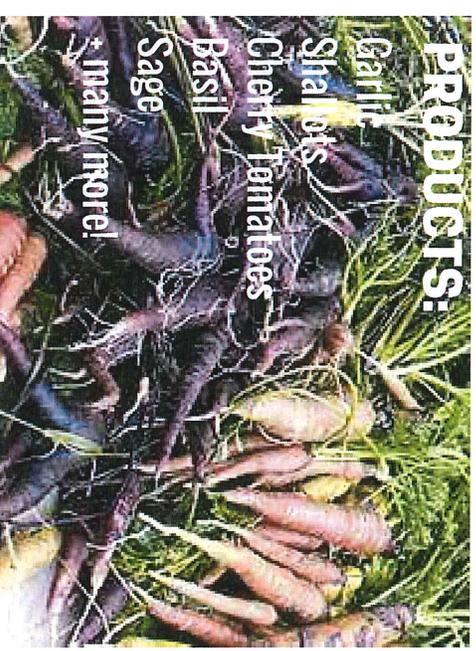


First generation farmers since 1987. Green Eagle Farm specializes in being earth-friendly and living off the land.

Steve and Chela of Green Eagle Farm are 20 year veteran farmers and stewards of the land. They take great joy in growing a wide variety of crops and experimenting with new and unique products, all while being earth friendly in their practices and their care for the environment. You know they care about what they do when you see the lemon and mature fig tree carefully protected from the Michigan winters in one of their hoop houses. Not long after Steve and Chela met, the two knew they were destined to be together as life partners and land stewards.



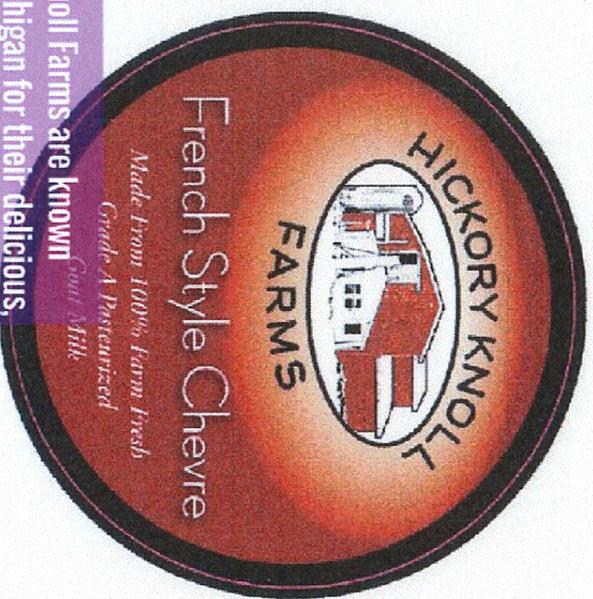
Mid-Michigan's Farm to Fork Connection



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## Hickory Knoll Farms Creamery

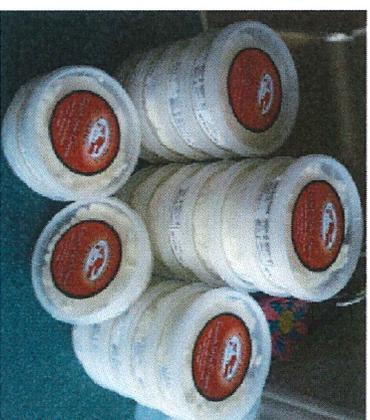


Hickory Knoll Farms are known across Michigan for their delicious, homemade French style chevre.

Mike Metzger and Rusty Plummer, better known as Hickory Knoll Farms Creamery, have been producing homestead cheeses for over 15 years in Onondaga, MI. The on-farm creamery produces Artisanal cheeses using the milk from their Grade A goat dairy. They are also known for their French style Tomme cheese using raw Grade A cow milk. The duo's varieties have been featured in many prominent Grand Rapids restaurants and they are hoping to do the same in Lansing. Check them out at any of Lansing's local Farmer's Markets!



Mid-Michigan's Farm to Fork Connection



**PRODUCTS:**  
French-style Chevre  
French-style Tomme  
Poitou (Raclette-style)  
Kroneburg (Appenzeller  
style Swiss)

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## Hillcrest Farms

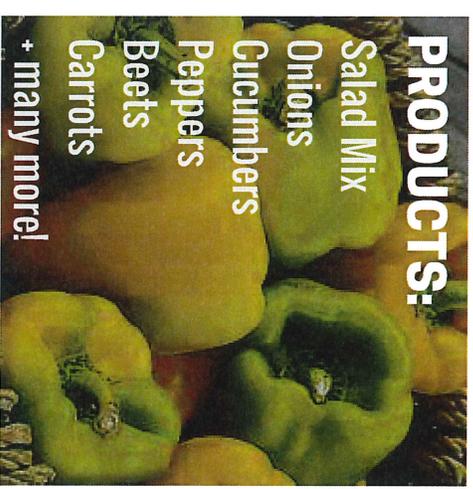


Mark Kastner of Hillcrest Farms works year-round to produce organic and farm-fresh food for the local area.

Hillcrest Farms is a four season farm in Eaton Rapids that offers an extensive selection of fresh produce. Owner, Mark Kastner, started farming in 2008 gaining inspiration from his grandmother, a fantastic chef and farmer with whom he spent summers with as a child. Now he is known around town for his deliciously unique spinach and salad mix, as well as for the impeccable quality of the rest of his produce. His sustainable farming practices assure customers that products are safely produced with regards to environment and human health.



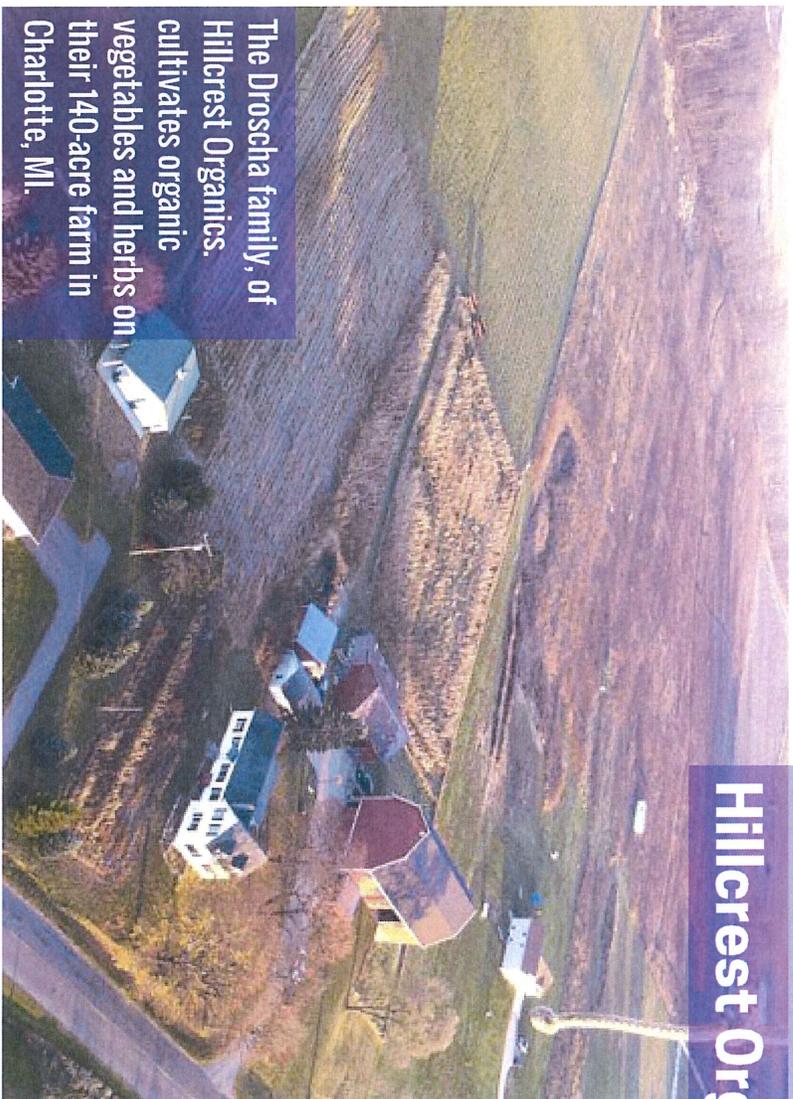
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## Hillcrest Organics



The Droscha family, of Hillcrest Organics, cultivates organic vegetables and herbs on their 140-acre farm in Charlotte, MI.

Hillcrest Organics is a MAEAP and USDA Certified Organic farm in Charlotte, Michigan. Owners, Jeremy and Jessica Droscha, started Hillcrest Organics in 2009 and now utilize 140 acres of land for growing vegetables and herbs. They have chosen to practice crop rotation in order to preserve the nutrients in their soil, rather than spraying their fields with harmful pesticides. Due to this decision, their produce selection may not be the same year-to-year, however, the quality of their products will always remain superb.



### Mid-Michigan's Farm to Fork Connection

#### PRODUCTS:

Red and  
Gold Beets  
Assorted Herbs  
Green Beans  
Winter squash  
Onions  
+ many more!



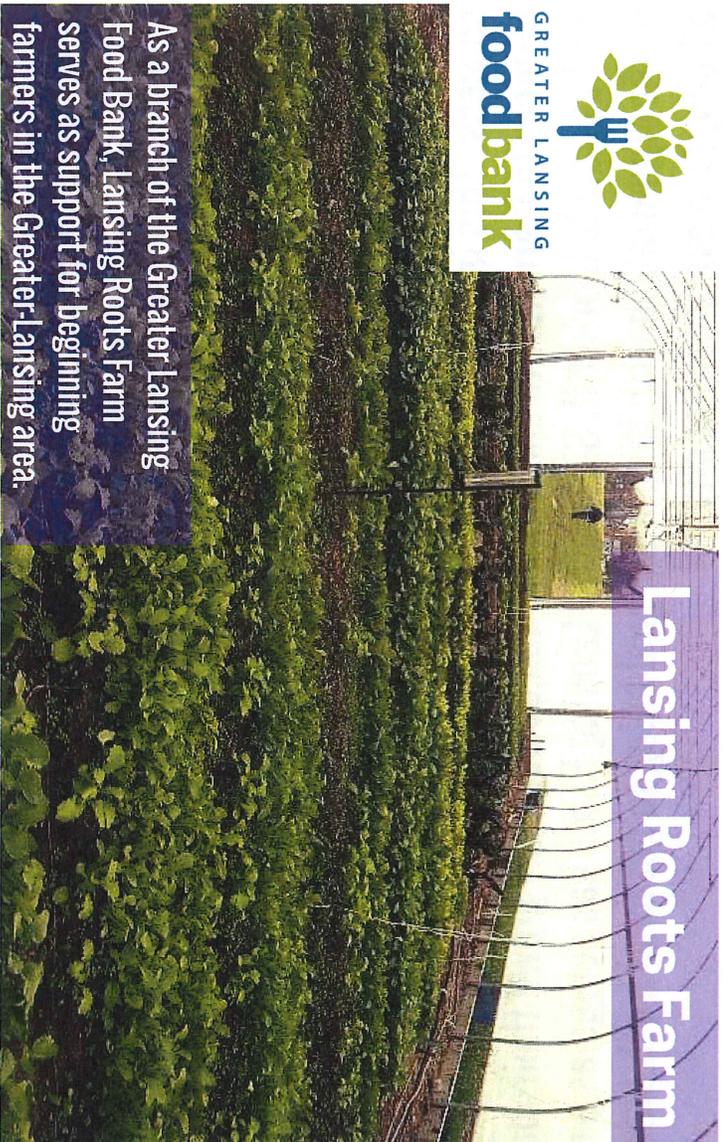
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GREATER LANSING  
**foodbank**

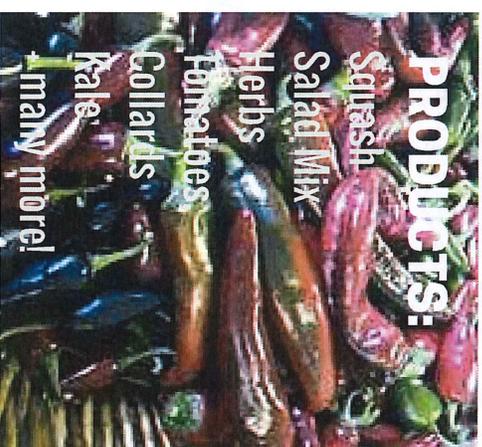


As a branch of the Greater Lansing Food Bank, Lansing Roots Farm serves as support for beginning farmers in the Greater-Lansing area.

Being part of the Greater Lansing Food Bank, Lansing Roots exists to ultimately serve low-income and underserved populations. However with this farm the help is coming a self-help approach. Roots Farm aids those wanting to start their own farm businesses by lowering the barriers to success. This is done through an incubator farm program which enables to farmers to learn how to sustainably and ecologically grow their food, as well as how to market it. Since 2013 Lansing Roots has served as a non-profit organization with their main goal being to get local fresh produce to all people in every community.



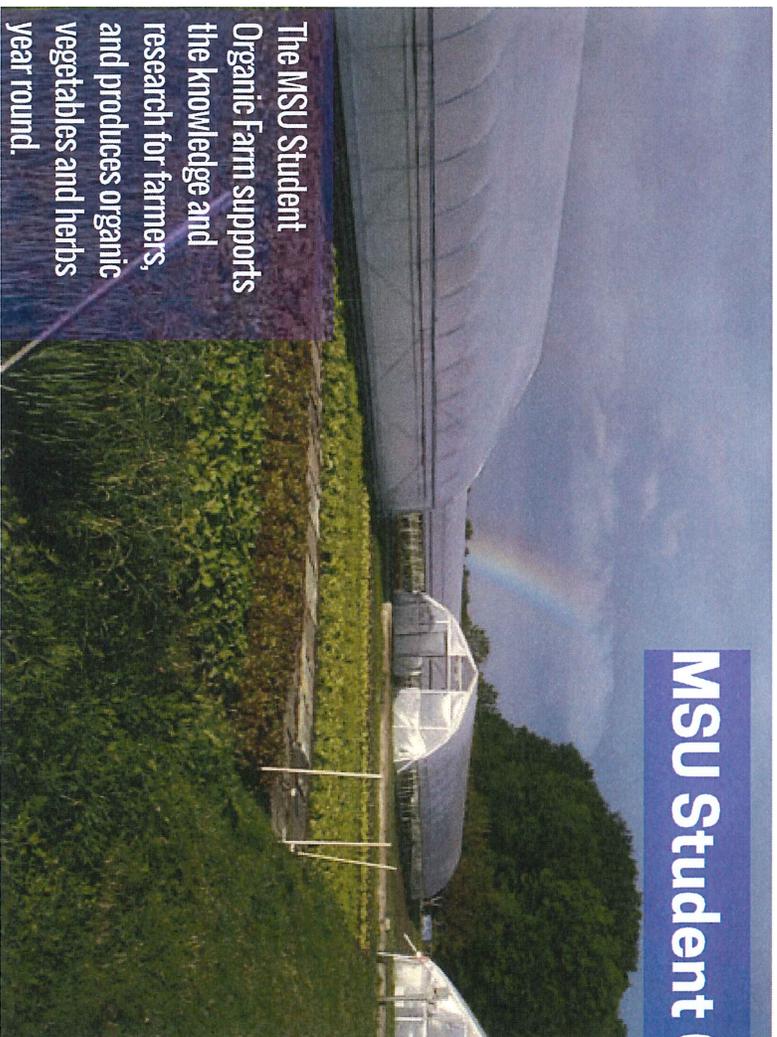
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## MSU Student Organic Farm

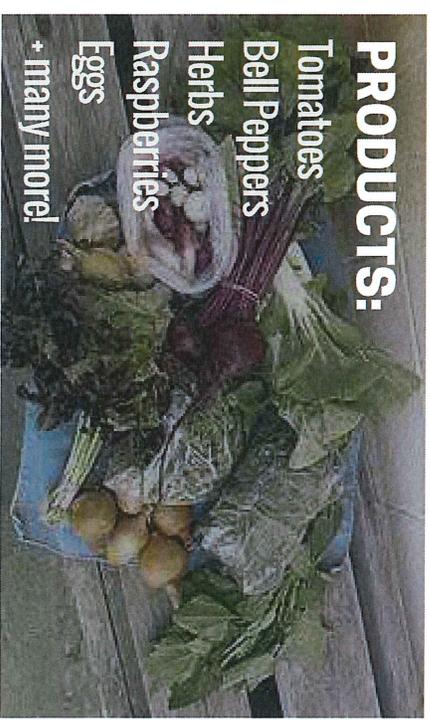


The MSU Student Organic Farm supports the knowledge and research for farmers, and produces organic vegetables and herbs year round.

The MSU Student Organic Farm is a 15 acre year-round, educational, organic farm located in Holt, Michigan, about 3 miles south of the Michigan State University campus. Started in 1999 by students who desired a more hands-on learning experience, the farm now offers a nearly year-long intensive program for those interested in learning everything they can about organic farming. Not only do the students tend to the fields, but the program also involves caring for the farm's livestock. MSU's multiple cafeterias source as much produce as they can from the MSUSOF, and they also offer a weekly farm stand in the middle of campus for anyone interested.



### MichMichigan's Farm to Fork Connection



#### PRODUCTS:

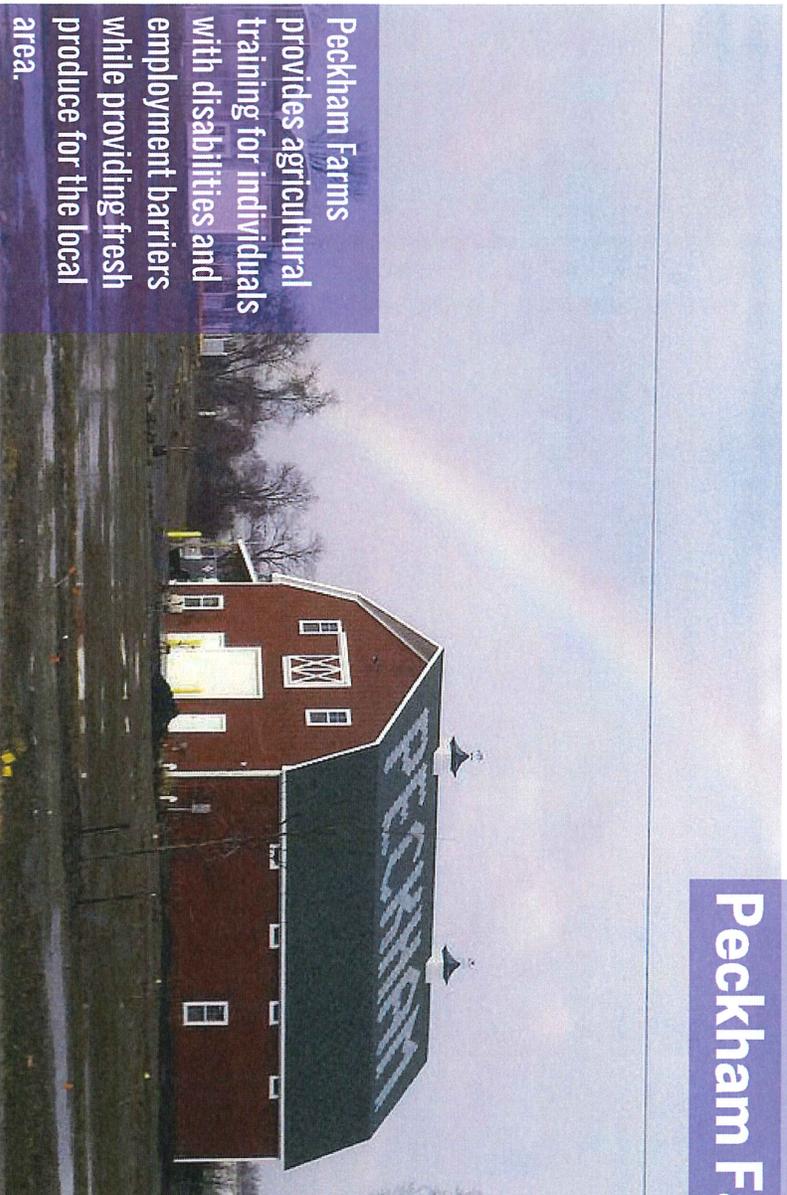
Tomatoes  
Bell Peppers  
Herbs  
Raspberries  
Eggs  
+ many more!

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## Peckham Farms

Peckham Farms provides agricultural training for individuals with disabilities and employment barriers while providing fresh produce for the local area.



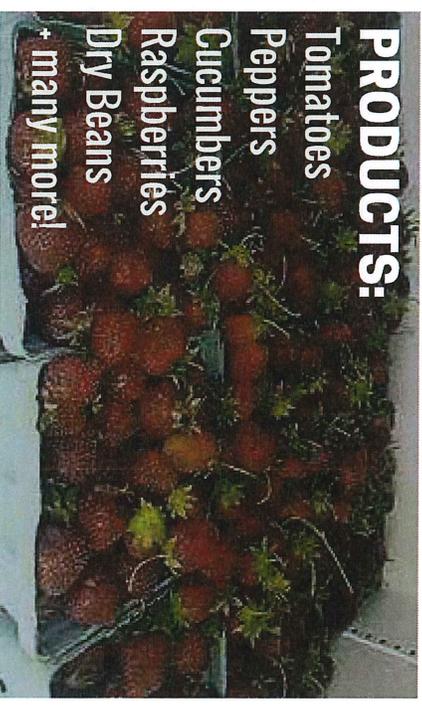
Peckham Farms is a 10 acre farm located in Lansing, MI. It is a part of Peckham Inc., a non-profit organization that provides rehabilitation and vocational training to individuals with disabilities and who face other employment barriers. The farm uses eco-friendly farming techniques such as water reclamation and Integrated Pest Management. Peckham Farms specializes in small fruits and is a large raspberry producer in the Mid-Michigan area. Peckham is also known for the beautiful flowers grown annually on the fields and in baskets.



Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

Tomatoes  
Peppers  
Cucumbers  
Raspberries  
Dry Beans  
+ many more!



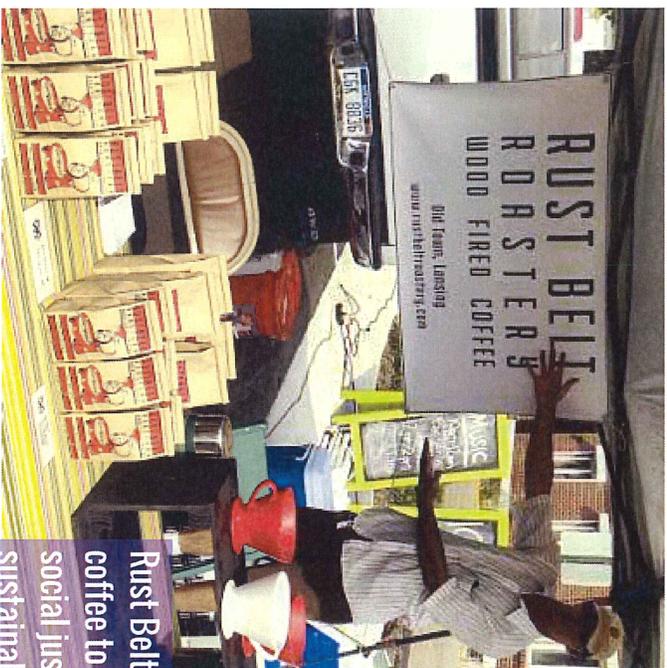
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## Rust Belt Roastery



Rust Belt Roastery offers unique wood-fired coffee to the local area, while advocating social justice and environmental sustainability.

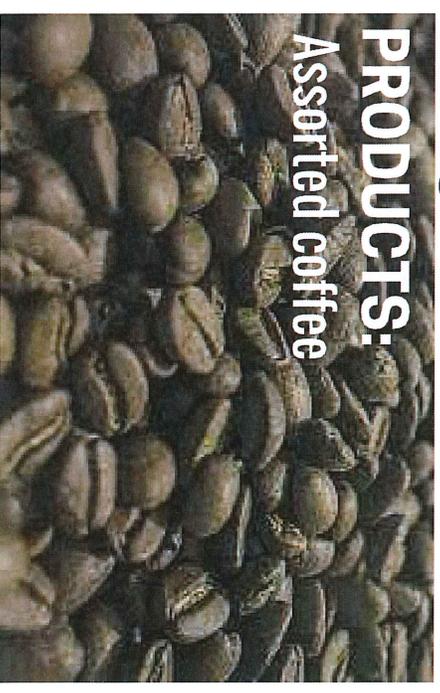


After falling in love over a cup of coffee in Baja, Mexico, Paul and Emily Nichols began their search for their own coffee bean roaster. The couple eventually discovered their antique Italian roaster and immediately began making magic. They roast their coffee beans with hardwood, yielding a deeply rich, unique, and delicious coffee flavor. Paul and Emily also have a strict policy on only purchasing beans that have been grown in humane and environmentally sustainable conditions. They are regulars at many area Farmer's Markets, offering cold-brews, coffee beans, and even their own organic chocolate!



Mid-Michigan's Farm to Fork Connection

**PRODUCTS:**  
Assorted coffee



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## Smith Floral and Greenhouse

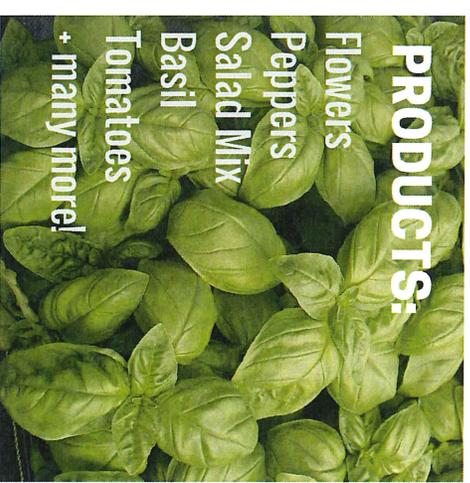


Flower arrangements are a speciality at Smith Floral and Greenhouse.

Founded in 1903, Smith Floral and Greenhouse has been a Lansing staple for over 100 years. Starting out as just flowers, Smith Floral added their "Harvest Basket Produce" in 2013. Concerned about the availability for healthy produce to everyone in the community, Smith Floral owner Karen Smith, started touring local Michigan farms. These visits gave her a greater understanding of the magnitude of sustainable and organic farms. "Michigan has produced a vibrant local foods opportunity for us," said Smith. So she took advantage of that opportunity and is contributing greatly producing four seasons worth of farm fresh, local food.



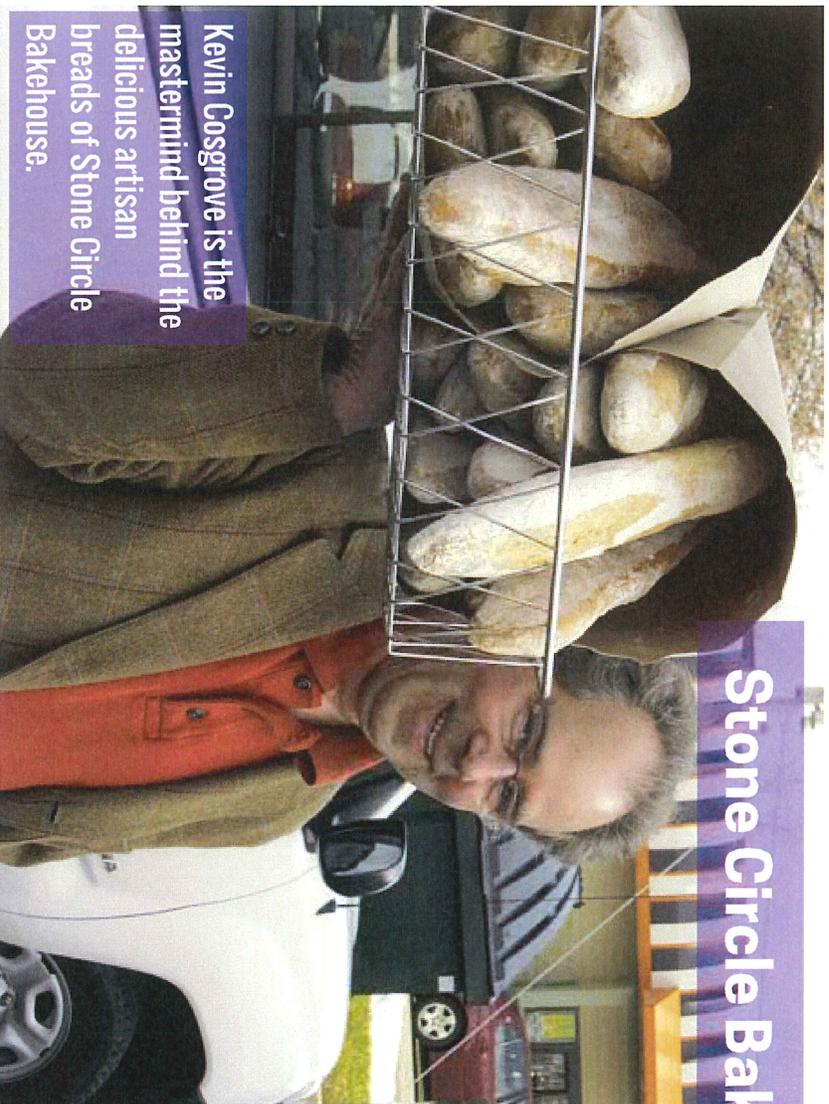
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ALLEN MARKET PLACE  
Office | 517-999-3923

Allen Market Place is a project of Allen Neighborhood Center, a 501c3 non-profit organization.  
[AllenMarketPlace.org](http://AllenMarketPlace.org)

## Stone Circle Bakehouse

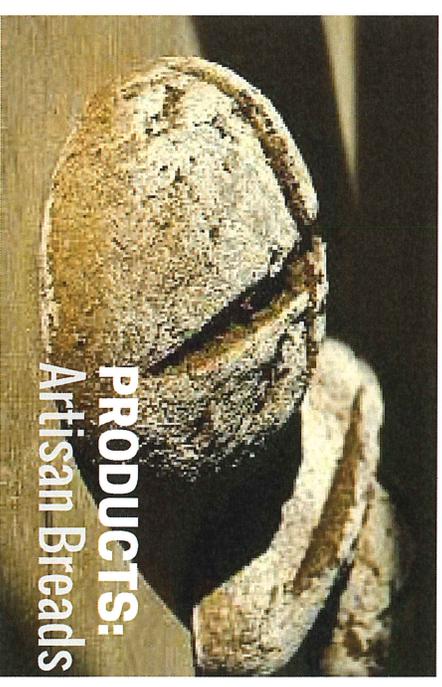


Kevin Cosgrove is the mastermind behind the delicious artisan breads of Stone Circle Bakehouse.

Stone Circle Bakehouse, of Holt, Michigan, specializes in the European tradition of artisanal bread that is cut, scaled, and shaped by hand. Owner Kevin Cosgrove allows his dough to slowly ferment before baking it on the deck of his wood-fired oven. At Stone Circle Bakehouse, the innovative deliciousness stems from Cosgrove's desire to preserve traditional baking methods, rather than change them. Organic, local ingredients are prioritized when possible to bring customers fresh, environmentally and community friendly baked goods.



## Mid-Michigan's Farm to Fork Connection



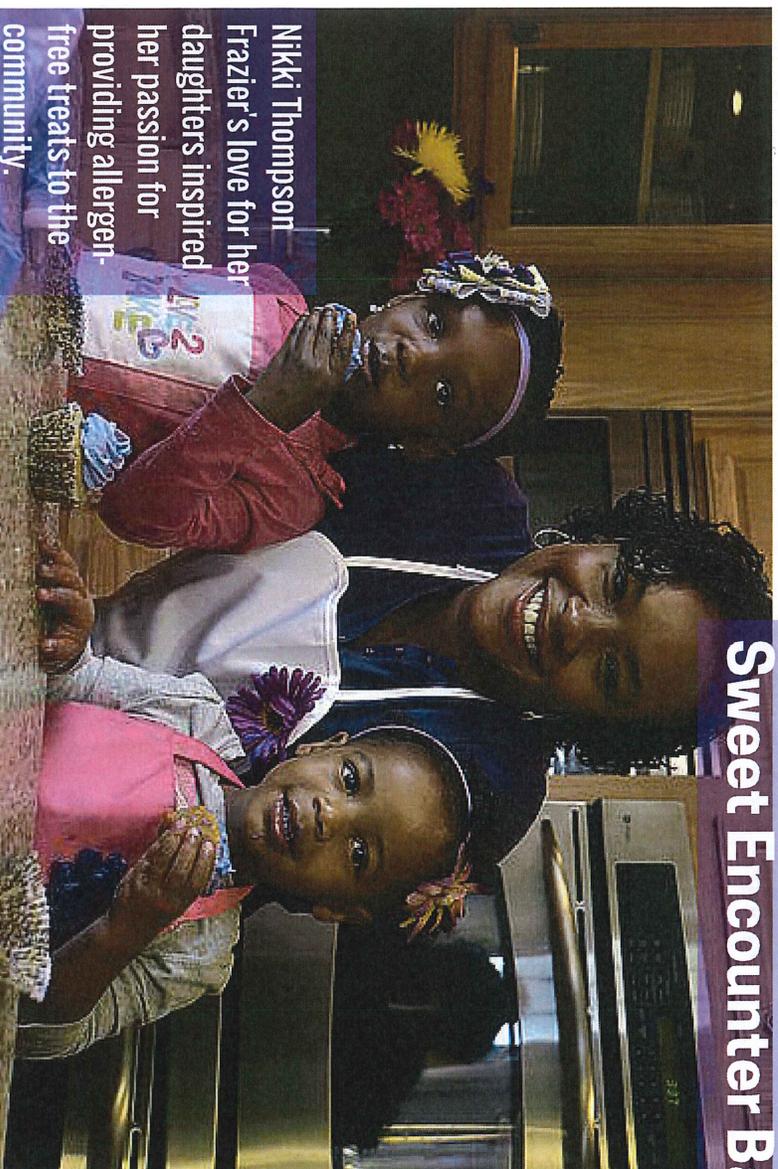
### PRODUCTS: Artisan Breads

For more information  
contact:

Exchange Manager  
ALLEN MARKET PLACE  
Office | 517-999-3923

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## Sweet Encounter Bakery



Nikki Thompson Frazier's love for her daughters inspired her passion for providing allergen-free treats to the community.

After discovering that both of her daughters suffered from multiple food allergies, Nikki Thompson Frazier became determined to create delicious gluten-free and vegan breads and desserts for them, and everyone else, to enjoy. Her most popular goods include lemonade cupcakes, fruit bouquets, chocolate pecan tarts, cake pops, specialty cakes, and strawberry-citrus-basil sorbet. With plans to soon open a storefront in Lansing, MI, Nikki's irresistible, allergen-free treats can be found at the Allen Street Farmer's Market every week, the Exchange, or through her own website.



Mid-Michigan's Farm to Fork Connection

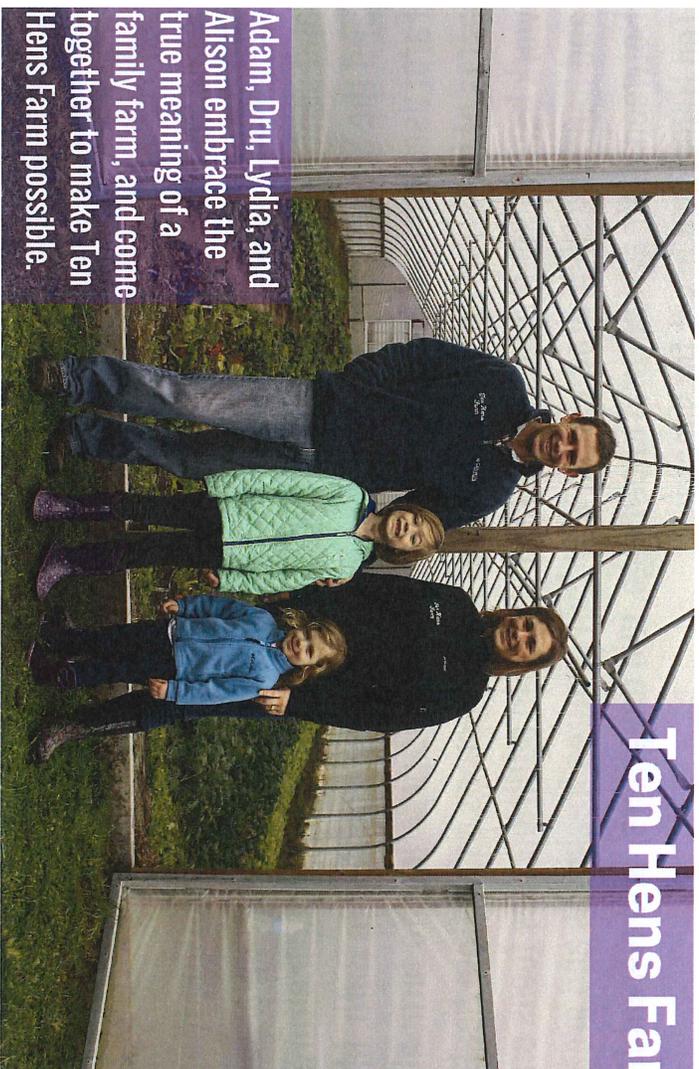


**PRODUCTS:**  
Vegan  
Gluten-Free  
Nut-Free  
Breads &  
Desserts

For more information contact:  
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## Ten Hens Farm



Adam, Dru, Lydia, and Alison embrace the true meaning of a family farm, and come together to make Ten Hens Farm possible.

Since 2007 Ten Hens founders Adam and Dru have been putting their agricultural backgrounds to work. Both Adam and Dru grew up around farming and continued to pursue agriculture through commercial agriculture education, and the Student Organic Farm at Michigan State. Located in Bath, MI, Ten Hens Farm uses sustainable production and business practices to farm about 5 acres of land. Ten Hens believes that the best crops come from healthy soil and work hard to keep theirs in the best shape. In addition they focus on harvesting and handling their product in a way that ensures freshness and great taste! Between their agricultural knowledge, two daughters, and a great farm crew, Ten Hens Farm is set for success.



Mid-Michigan's Farm to Fork Connection



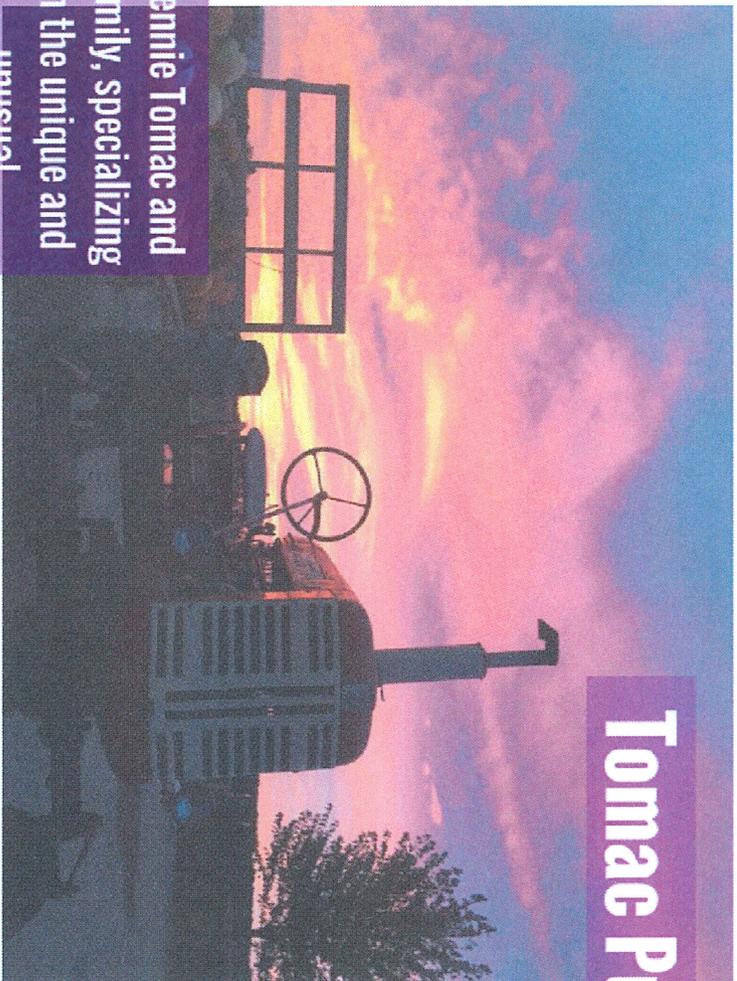
### PRODUCTS:

Beets  
Scallions  
Basil  
Tomatoes  
Salad Mix  
Carrots

For more information contact:  
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**ALLEN MARKET PLACE**  
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# Tomac Pumpkin Patch



Pennie Tomac and family, specializing in the unique and unusual.

What started as a 4-H and FFA project selling a few pumpkins has now grown into an on-farm and traveling market. The Tomac families have been involved in farming in the Chesaning area for the last four generations. For 30 years, the family farm has grown primarily corn, soybeans and wheat. The pumpkins and squash started with a couple different varieties for carving and ornamental uses. Since then, they have grown to include many distinct and unique varieties including almost 100 different pumpkins, gourds and squashes.



Mid-Michigan's Farm to Fork Connection



## PRODUCTS:

Pumpkin  
Heirloom Squash  
Heirloom Tomatoes  
Corn  
& many more

For more information contact:  
Exchange Manager  
ALLEN MARKET PLACE  
Office | 517-999-3923

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[AllenMarketPlace.org](http://AllenMarketPlace.org)

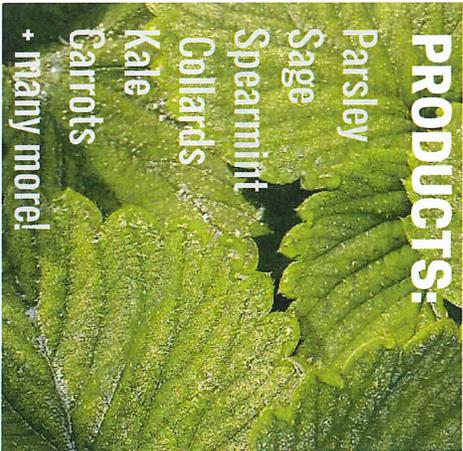


In only their third year as a farm, Twin Sprout Farms is thriving as they focus on growing sustainably with the changing seasons.

Starting as a gardener, Jessica Shelton has turned her hobby into a thriving business. Shelton started Twin Sprout Farm after training with Lansing's Urban Farm Project's apprentice program. Everything grown at Twin Sprout is grown using sustainable practices, and is tended to by Shelton personally. "Growing food is important to me, and it gives me great joy to know I am helping to feed people and their families," said Shelton. In their three short years Twin Sprout is doing just that, and is making a great impact through food in the greater Lansing area.



Mid-Michigan's Farm to Fork Connection



**PRODUCTS:**  
 Parsley  
 Sage  
 Spearmint  
 Collards  
 Kale  
 Carrots  
 + many more!

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## Urbandale Farm



A non-profit urban farm that engages the community and produces delicious sustainable healthy fresh food.

Urbandale Farm a.k.a The Lansing Urban Farm Project (LAFP), is a rapidly growing non-profit farm. In 2010 Linda Anderson and Laura B. Delind (co-directors) realized that there was a need for more intensive food production in Lansing. They began their work in Urbandale on Lansing's Eastside, a neighborhood that lies within the city's 100 year floodplain, has numerous vacant lots, and lacks (for many) easy access to a full service grocery store. Urbandale Farm continues to thrive and has quickly become a Lansing food staple.



Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

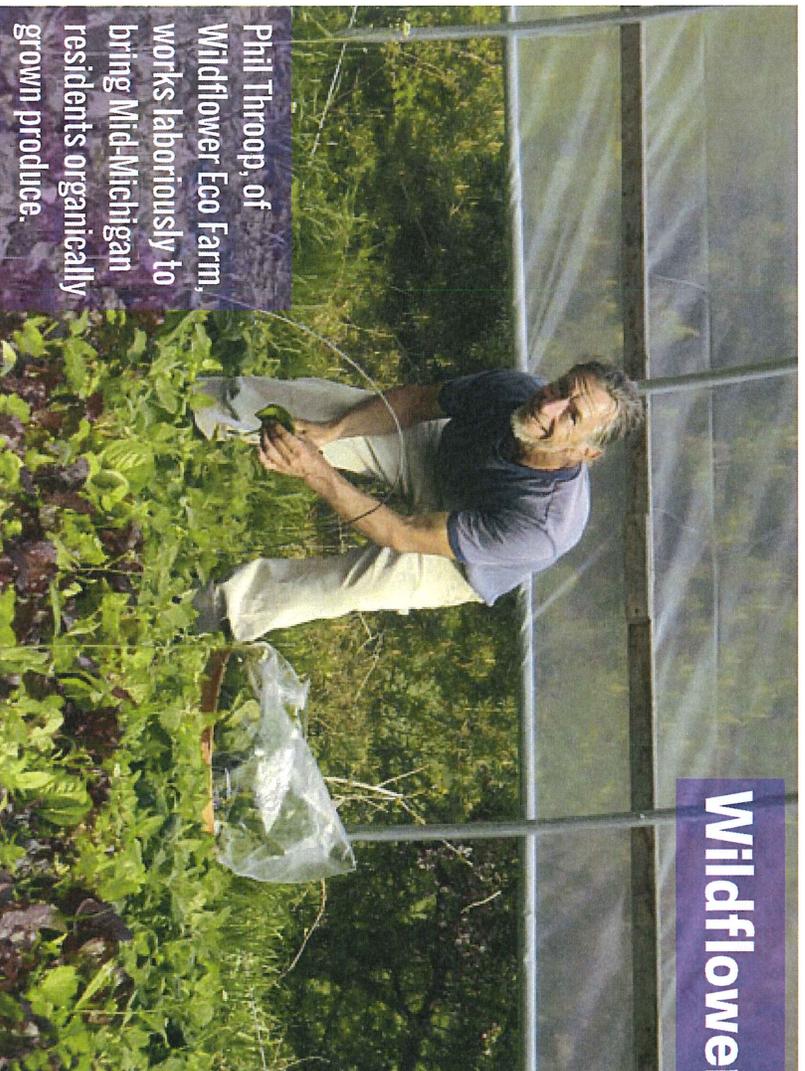
Asparagus  
Bok Choy  
Radishes  
Spinach  
Eggplant  
Yams  
+ many more!



For more information contact:  
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**ALLEN MARKET PLACE**  
Office | 517-999-3923

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## Wildflower EcoFarm



Phil Throop, of Wildflower Eco Farm, works laboriously to bring Mid-Michigan residents organically grown produce.

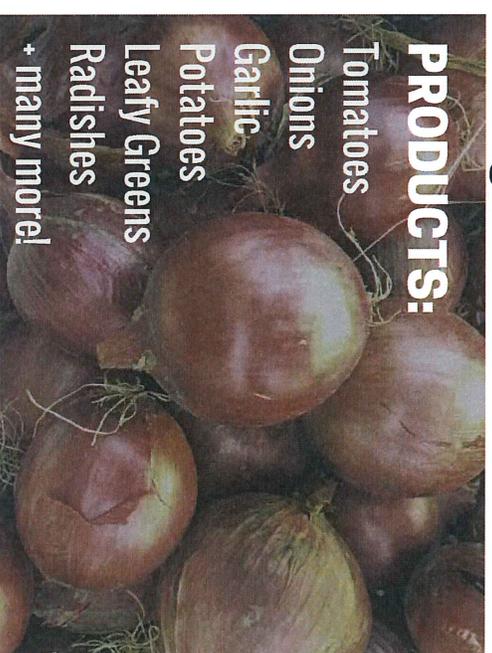
Drawn to farming due to the combination of physical and mental work, Phil Throop achieved his MS in Horticulture from Michigan State University and has continued farming ever since. He established his own 3.5 acre farm in Bath Township, MI, and named it for the wonderful array of wildflowers throughout the property. Wildflower Eco Farm specializes in organically farming over sixty types of fruits and vegetables. They offer their own CSA and are familiar faces at many of the area's Farmer's Markets.



## Mid-Michigan's Farm to Fork Connection

### PRODUCTS:

Tomatoes  
Onions  
Garlic  
Potatoes  
Leafy Greens  
Radishes  
+ many more!



For more information contact:

Exchange Manager  
ALLEN MARKET PLACE  
Office | 517-999-3923

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[AllenMarketPlace.org](http://AllenMarketPlace.org)



# 2014 Food and Farming Workshop Series

Presented by Allen Neighborhood Center

## November/December Schedule of Events

All workshops are FREE, and held at Allen Market Place, 1629 E. Kalamazoo St. Lansing, MI 48912

RSVP's requested, please contact:

Neal Valley, Exchange Manager | 517.999.3923 or [Exchange@AllenNeighborhoodCenter.org](mailto:Exchange@AllenNeighborhoodCenter.org)

### **Marketing Your Business – Practical Applications of Marketing Concepts to Grow your Small Business**

Presented by Laurie Lonsdorf, Senior Business Consultant at Michigan Small Business Development Center

Friday, November 14th – 1:00 – 3:00 PM at Allen Market Place, 1629 E. Kalamazoo St. Lansing, MI 48912

*This course presents practical applications of marketing concepts designed to grow small businesses. It covers basic marketing tools including market analysis and research, target marketing, assessing competitors, and key marketing implementation tools. A strategic, well-planned approach to marketing is demonstrated, with several examples of effective hands-on marketing techniques. Focus is on the business's customers - creating and keeping them.*

### **Analyzing the Competition – Where do you fit in the Marketplace?**

Presented by Kristine Ranger, Farmer and Educator at Knowledge Navigators

Friday, December 12<sup>th</sup> – 1:00 – 3:00 PM at Allen Market Place, 1629 E. Kalamazoo St. Lansing, MI 48912

*As a small business owner, you need to know your business's market position before you can create an effective brand for your business or product. Determining that market position depends on 1) your unique attributes, 2) the market segment that you will serve, and 3) how your offering measures up to the competition. In this session, we will attempt to find your unique position in the marketplace by using business tools to analyze your competition and identify your competitive advantage.*



# 2014 Food and Farming Workshop Series

Presented by Allen Neighborhood Center

## October 2014 Schedule of Events

All workshops are FREE, and held at Allen Market Place, 1629 E. Kalamazoo St. Lansing, MI 48912

**RSVP's requested, please contact:**

**Neal Valley, Exchange Manager - 517.999.3923 | [Exchange@AllenNeighborhoodCenter.org](mailto:Exchange@AllenNeighborhoodCenter.org)**

**Starting a (Food) Business.** Presented by Tom Donaldson, Regional Director, Michigan Small Business Development Center

Friday, October 17<sup>th</sup> – 1:00 – 3:00PM

This free workshop is for individuals who are considering self-employment, or are at the beginning stages of starting their business. Designed with a special eye towards starting businesses in the food sector, and delivered in a workshop format, this introductory session helps aspiring entrepreneurs assess their abilities to lead and manage a company, as well as evaluate market and sales potential for their products/services. The basics of business ownership are introduced, along with resources available to help launch new ventures in Michigan.

**People Skills: It's Not Who You Know, but What You Know About Them!**

Presented by Kristine Ranger, Farmer and Educator at Knowledge Navigators

Friday, October 24<sup>th</sup> – 6:00 - 8:00 PM

Want to improve your relationships with coworkers, customers or stakeholders? This interactive and fast-paced group exercise will enable you to better understand, appreciate and value people who are different from you. You'll have fun and learn five easy tricks for increasing your effectiveness when working with others.

**MAEAP Certification and Safe\*Crop\*A\*Syst – Free Resources on Farm, Food, and Environmental Safety.** Presented by Jen Silveri, MAEAP Technician at Eaton County Conservation District

Friday, October 31<sup>st</sup> – 1:00 – 3:00PM



# Food Business Workshops

Mark your calendars for our upcoming workshops for farmers and food producers at the Allen Market Place. Contact Egypt at 517-999-3923 or [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org) for questions or to RSVP.

For more information, visit [www.allenmarketplace.org](http://www.allenmarketplace.org)

friday  
JAN 16

## Growing Your Internet Presence

1:00pm – 3:00pm, at the Allen Market Place

*Websites and social media have the potential to have a huge marketing impact for your business. Learn options for website creation and get design tips for creating an effective website, as well as advice on how to best use social media to your advantage. Workshop led by Sam Rose of Holocene Systems, LLC and Veronica Gracia-Wing of Piper & Gold Public Relations.*

friday  
JAN 30

## Effective Crop Planning: How to Plan for Your Target Markets

1:00pm – 3:00pm, at the Allen Market Place

*Crop planning is a vital component of farm success. Learn to grow your bottom line through effective planning and efficient use of space. We'll discuss how to identify crop needs and create seeding, transplanting, and harvest schedules to meet the needs of your markets and ensure you have a steady supply of high-quality product. Workshop led by Dan Fillius of MSU Student Organic Farm.*

friday  
FEB 13

## Developing a Farm Safety Plan

1:00pm – 3:00pm, at the Allen Market Place

*Join us as farm food safety expert Phil Tocco, of MSU Extension, explains food safety concerns for farmers. Learn how to identify potential hazards and complete a meaningful food safety plan.*

friday  
FEB 20

## How to Use Local Orbit

1:00pm – 3:00pm, at the Allen Market Place

*Interested in buying or selling through the Allen Market Place Exchange, but intimidated by our online sales system? Already on the Exchange and interested in learning how to best make it work for your business? Join us to learn the ins and outs of the Local Orbit platform.*

friday  
FEB 27

## Who Licenses Your Food Business?

1:00pm – 3:00pm, at the Allen Market Place

*Licensing of ready to eat and packaged food products can be tricky! You need to know how your product is categorized, who to get licensing from, and what steps you need to take. Here to help are Amy Thomas from the Ingham County Health Department and Ken Settimo from the Michigan Department of Agriculture & Rural Development.*

friday  
MAR 6

## Diversify Your Revenue Streams: Exciting Business Ideas for Small Farms

1:00pm – 3:00pm, at the Allen Market Place

*Looking for ways to strengthen your farm business and grow sales? Ever consider adding cut-flowers or a u-pick operation to your farm? Or turning some of your fresh farm produce into a value-added product? Come learn from experienced local farmers how these business ideas have worked for them. Workshop led by Denae Friedheim of Foodshed Farm and Anne Rauscher of Swallowtail Farm.*

friday  
MAR 20

## Crop Storage & Post-Harvest Handling

1:00pm – 3:00pm, at the Allen Market Place

*Keep your crops at peak quality and freshness: learn recommended best practices for post-harvest handling and crop storage techniques for common Michigan horticultural crops. Explore different storage options to meet the needs of your farm. Workshop led by Ellen Murphy of the MSU Student Organic Farm*

friday  
MAR 27

## Organic? MAEAP? Choosing the Right Certification for Your Farm

1:00pm – 3:00pm, at the Allen Market Place

*Wading through the various farm certification options can be overwhelming. Come join us for a discussion on several of the most popular options, what they mean, and how they can benefit you.*

friday  
APR 10

## How to Start a Food Business

1:00pm – 3:00pm, at the Allen Market Place

*Designed with an eye towards starting businesses in the food sector, this introductory session helps aspiring entrepreneurs assess their abilities to lead and manage a company, as well as evaluate market and sales potential for their products/services. The basics of business ownership are introduced, along with resources available to help launch new ventures in Michigan. Workshop led by Tom Donaldson of LCC Small Business Development Center.*

friday  
APR 24

## Breaking into Wholesale Markets: Presentation, Standards, and Pricing

1:00pm – 3:00pm, at the Allen Market Place

*As farms expand, wholesale markets can be a key component of a successful farm business. Learn from farmers who have experience selling to wholesale markets how to best present yourself and your business, what kind of quality standards institutional buyers are likely to expect, and how to price your product.*

friday  
MAY 8

## Cottage to Commercial: Taking Your Business to the Next Level

1:00pm – 3:00pm, at the Allen Market Place

*Interested in starting a new food business or creating value added products on your farm? Already have a cottage food business and considering the next steps to grow your business? In this workshop, led by Diane Smith of MSU Product Center, we'll discuss guidelines for starting cottage and commercial food businesses, advantages of each, and how to grow an existing cottage food business into a commercial one.*

### Farmers & Food Businesses: Apply for Free or Low-Cost Services & Consultations

Apply Soon!

Allen Market Place is excited to offer Mid-Michigan Farmers & Food Producers access to free or low-cost services in the following topics: Business Planning, Business Management, Business Marketing, Food Safety, and Product Innovation. We are partnering with experts to offer these services to you.

*Kristine Ranger: farmer and educator at Knowledge Navigators. Kristine offers one-on-one coaching and mentoring on a variety of topics such as strategic planning for new business, marketing, human resources development, competition analysis and much more.*

*Phil Tocco: food safety educator for MSU Extension in Jackson County. Phil is able to provide resources directly to farms developing food safety programs, especially hazard analysis, farm safety plans, pre-GAP consultation, post-harvest handling, and other topics.*

*Diane Smith: innovation counselor at MSU Product Center. Diane connects entrepreneurs with MSU Product Center's wide range of offerings. This is an incredible opportunity for value-added producers with packaging/labeling, food safety, product development, nutrition analysis, or other needs. Many of these resources are free, and grant funds can be used to access the range of paid services offered.*

Entrepreneurs or established businesses growing or processing food products for sale in Mid-Michigan are invited to apply to take advantage of this offer! There is a limited amount of funding for opportunities with each expert & applications are received and awarded on a rolling-basis until funding for that area of expertise has been depleted. Apply soon!!

Applications can be found at the Allen Market Place and on our website:

**[www.allenmarketplace.org/happenings](http://www.allenmarketplace.org/happenings)**

For more info, contact Egypt Mapes, Exchange Manager:  
517-999-3923, [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org)



**ALLEN**  
NEIGHBORHOOD CENTER

## Allen Market Place

# 2016 Food Business Workshop Series

Workshops held at Allen Market Place.  
1629 E. Kalamazoo St., Lansing, MI  
Contact John McCarthy at 517-999-3923 or  
exchange@allenneighborhoodcenter.org  
for questions or to RSVP.

Friday  
**29**  
January

### How to Start a Food Business

1pm-3pm, Allen Market Place, *Free*  
*Designed with an eye towards starting businesses in the food sector, this introductory session helps aspiring food business entrepreneurs assess their abilities to lead and manage a company, and evaluate market and sales potential for their products/services. The basics of business ownership are introduced, along with resources available to help launch new ventures in Michigan. Workshop led by Tom Donaldson of LCC Small Business Development Center.*

Friday  
**26**  
February

### Developing a Farm Safety Plan

1pm-3pm, Allen Market Place, *Free*  
*Join us as farm food safety expert, Phil Tocco of MSU Extension, explains food safety concerns for farmers. Learn how to identify potential hazards and create a food safety plan.*

Friday  
**18**  
March

### Breaking into Wholesale Markets: Presentation, Standards, and Pricing

1pm-3pm, Allen Market Place, *Free*  
*As farms expand, wholesale markets can be a key component of a successful farm business. Learn from farmers who have experience selling to wholesale markets, how to best present yourself and your business, what kind of quality standards institutional buyers are likely to expect, and how to price your product. Workshop led by Colleen Matts, Farm to Institution Specialist with MSU Center for Regional Food Systems. Please RSVP by March 17 via <http://tinyurl.com/p7ject>*

Friday  
**8**  
April

### How to Use Local Orbit

1pm-3pm, Allen Market Place, *Free*  
*Interested in buying/selling through the Allen Market Place Exchange, but intimidated by our online sales system? Already on the Exchange and interested in learning how to best make it work for your business? Join us for a workshop led by Exchange Manager, John McCarthy, and learn the ins and out of the Local Orbit platform.*

Friday  
**22**  
April

### Growing Your Internet Presence

1pm-3pm, Allen Market Place, *Free*  
*Websites and social media have the potential for huge marketing impacts for your business. Learn options for website creation and get design tips for creating an effective website, as well as advice on how to best use social media to your advantage. Workshop will be led by Veronica Gracia-Wing of Piper & Gold Public Relations.*

Friday  
**13**  
May

### Who Licenses Your Food Business?

1pm-3pm, Allen Market Place, *Free*  
*Licensing of ready to eat and packaged food products can be tricky! You need to know how your product is categorized, who to get licensing from, and what steps you need to take. Here to help are Amy Thomas from the Ingham County Health Department and Ken Settimo of Michigan Department of Agricultural & Rural Development.*



# Program Details

Many producers are aware of “Good Agricultural Practices,” or GAP audits. The USDA’s Agricultural Marketing Service (AMS) Specialty Crops Inspection Division (SCI) performs GAP audits, which are voluntary, third-party services that verify that farms are following industry-recognized food safety practices and recommendations from the Food and Drug Administration (FDA).

The GroupGAP Program enables growers to collectively address food safety concerns and become certified as a group. The program’s systematic approach to food safety includes several components that will increase retailers’ confidence in growers’ products. Small growers in the GroupGAP pilot program developed robust food safety systems. This includes working with food hubs and other grower groups to pool their resources to establish food safety best practices, lead food safety trainings, develop quality management systems, and pay for certification costs. In addition to regular audits from USDA inspectors, the groups also performed their own internal food safety inspections of their growers.

The pilot participants demonstrated an overall commitment to develop a culture of food safety and quality within the grower community. All of this was accomplished using a transparent process.

The GroupGAP Program will continue this momentum, creating new opportunities for the retailer community and the entire supply chain. Expanding the number of GAP-certified small farmers will help retailers meet the increasing demand for locally-sourced food. With the GAP Program set to be adjusted to support FSMA rules, retailers can be assured that their suppliers are FSMA-compliant. The program expansion could also increase the total number of growers in the supply chain who are GAP-certified, a win for the entire industry and American consumers.

## **GroupGAP Program participants are expected to do the following:**

- Attend all of the following GroupGAP Farmer Trainings:
  - Developing a Farm Safety Plan: Friday, February 26, 1pm-3pm, Allen Market Place
  - Farm Safety Plan Reviews (Q+A): Friday, March 25, 1pm-3pm, Allen Market Place
  - GroupGAP training: Friday, May 6, 3pm-5pm, Allen Market Place
- Submit required documents and records by requested deadlines.
- Participate in a GAP Analysis site visit on my farm by an internal farm auditor.
- Participate in an internal farm audit and an unannounced audit of my farm by an internal farm auditor.
- Participate in an official audit and/or an unannounced audit of my farm by a USDA GAP auditor if my farm is one of those selected at random from the group.
- Attend Debriefing Meeting.
- Communicate & provide feedback in a timely manner to the GroupGAP Food Safety Team.
- Comply with food safety regulations including completing regularly scheduled monitoring tasks requiring an estimated 5-15 minutes daily (daily, weekly, monthly), performing scheduled water sampling, etc.
- Share the cost of the audits of those selected by USDA to represent the group, as well as the group’s QMS audit (estimated costs may reach \$500.00).
- Agree to make necessary food safety upgrades and/or accommodation at my farm (at my own expense) in order to meet GroupGAP standards.
- Make a reasonable effort to become certified under USDA GroupGAP during the 2016 growing season.
- Share knowledge and implementation of food safety practices with other farmers in the group.

## **What you can expect from the Program:**

- Technical assistance in any of the above items.
- Access to templates, forms, and other documents to aid in GroupGAP compliance.
- Collaboration and knowledge sharing with other farmers in the group.
- Assistance in communicating with buyers regarding GroupGAP certification.

## GroupGAP Application

Thanks for your interest in GroupGAP Certification! Please complete this application and submit to Allen Market Place Exchange Manager: [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org), 517-999-3923.

Mailing address: Allen Neighborhood Center, 1611 E. Kalamazoo St. Lansing, MI 48912

**Deadline: Friday, February 12.**

Name: \_\_\_\_\_

Farm Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

How long have you been farming? \_\_\_\_\_ years \_\_\_\_\_ months

How many acres of specialty crop do you grow? \_\_\_\_\_ acres

Have you had food safety training? Yes or No

If yes, please describe:

\_\_\_\_\_  
\_\_\_\_\_

Do you currently have a farm food safety plan? Yes or No

If yes, please highlight what is included, generally:

\_\_\_\_\_  
\_\_\_\_\_

If no, are you willing to develop one? Yes or No

If yes, why?

\_\_\_\_\_  
\_\_\_\_\_

Do you see a demand for food safety certification in your current market(s)? Yes or No

Do you anticipate you will need food safety certification in the next few years? Yes or No

Where are you currently selling your produce?

\_\_\_\_\_  
\_\_\_\_\_

What crops are you interested in certifying? \_\_\_\_\_

Do you already have a buyer requesting food safety certification? Yes or No

Do you intend to expand where you are selling your product to other institutional markets?

Yes or No

Do you think GroupGAP will provide you additional outlets to sell your product? Yes or No

Do you have access to a computer and the internet? Yes or No

If yes, are you comfortable communicating via email? Yes or No

Where do you see your business selling products in five years? Please describe.

\_\_\_\_\_  
\_\_\_\_\_



**Allen Market Place**

*A Project of Allen Neighborhood Center*  
 1611 E. Kalamazoo St., Lansing, MI 48912  
 517-367-2468; [www.allenmarketplace.org](http://www.allenmarketplace.org)  
[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

**Allen Market Place Rate Sheet**

The Allen Market Place is mid-Michigan’s premier food hub, housing the Exchange, our online wholesale market for local foods, a licensed incubator kitchen, cold & dry storage, rental space for events and meetings, and a year round farmers market. Our goal is to strengthen the relationship between our community and our farmers and food producers. We provide full transparency and traceability, sharing the stories of our farms and processors. We offer farmers and food processors additional markets for their products, fair pricing, and a wide range of educational opportunities including ongoing technical assistance, marketing and business development. The Allen Market Place is an enterprise of the Allen Neighborhood Center, a non-profit organization working to strengthen mid-Michigan’s local food system since 1999.

Below are the rates for the use of our rental spaces: Kitchen (Cooking & Wash-Pack), Cold Storage, Dry Storage, Great Room, and Classroom. For more details, please contact Joan: 517-999-3912  
[joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org)

**Kitchen**

Type	Sporadic Rental (one-time or occasional use)	Regular User (minimum of 4 hours/week for minimum of 6 months)	Anchor Tenant (minimum 8 hours/week for minimum of 6 months)	Deposit
Licensing (for licensed renters with MDARD or Ingham Co. Health Dept.) and/or Prep (Walk-through practice, set-up & clean-up) with all Kitchen renters	\$25/hour			
Cooking Kitchen	\$24/hour	\$22/hour	\$20/hour	\$100
Wash-Pack Kitchen	\$16/hour	\$15/hour	\$14/hour	\$75

**Kitchen Amenities**

1. Cooking Kitchen rental includes use of workspace, food preparation and cooking equipment. Wash-Pack Kitchen rental includes use of workspace for washing & packaging of food and food products.
2. Limited cutlery and cookware is available. Professional cooks and chefs will likely wish to supply your own based on preferences. Please discuss all small-ware needs with Joan before your first session.
3. Cleaning supplies (paper towels, sanitizer, side towels, dish soap, and floor cleaning supplies) are provided by ANC. Users may supply their own personal use items (aprons, hair restraints, and gloves), or may utilize those provided by ANC.

**Scheduling Kitchen Time:** Kitchen renters shall request use of the Kitchen as early as possible. ANC will make its best efforts to create a schedule for use of the Kitchen that accommodates all renters' reasonable requests. The kitchen is carefully (and manually) scheduled in order to maximize resources and the time of all producers. Late arrivals can throw off the schedule. Please work to arrive at the time scheduled. If you are running late, let Joan know; if your production is taking longer than planned, please check in with Joan to ensure that it will not impact the next producer.

**Cancellation of Reserved Time:** In order to ensure that maximum kitchen time is available to all clients, reservations may be cancelled at no charge up to two weeks in advance. Unless alternative arrangements have been made, the following fees will apply for cancellations.

Within 24 hours of scheduled start	1 hour rent for each 2 hour block (rounded up to nearest 2 hours); UNLESS kitchen is rebooked for same or larger slot
Within 25-72 hours of scheduled start	1 hour rent for each 4 hour block (rounded up to the nearest 4 hours); UNLESS kitchen is rebooked for same or larger slot

For sporadic (one time or occasional use) renters, if you wish to change (rather than cancel) your reservation, it will depend on availability of both space and staffing.

**Facility** ANC will provide the Kitchen renters with a clean and sanitary kitchen and with a checklist for renters to complete before and after use. All production and packaging of food products must take place within the Kitchen spaces. As this is a shared-kitchen and is frequently booked subsequently, it is the responsibility of each user to sanitize all surfaces and equipment before, during, and after use. All renters are responsible for leaving the kitchen as clean (or cleaner) as when they begin production. If any immediate cleaning is required in order for the next renter to begin, the cost of such will be deducted from your deposit at a rate of \$25/hour.

**Deposit** A one-time deposit will be charged at the time of the initial reservation. This deposit covers cleaning (if the facility is not left as clean as it was found), equipment breakage and/or loss outside of normal wear and tear, and facility key as needed. You will be notified of any deductions to the deposit within 72 hours of occurrence. Deposits (minus deductions) will be returned upon request at the beginning of the month in which you do not schedule time. Should you wish to rent kitchen space later, the deposit must be re-submitted. A flat \$25 fee will be charged for time used during licensing inspection (for licensed clients with MDARD or Ingham Co. Health Dept.) and/or Prep (walk-through/practice, set-up & clean-up) with all kitchen tenants. If denial of license is as a result of the condition of the kitchen, the \$25 will be waived.

**Monthly Fees** Renters are billed on the first of each month, payable by check or cash to Allen Neighborhood Center. Rent is due by the 10<sup>th</sup> of each month, after which a late fee of \$5/day will be assessed.

## Cold Storage

Type	Weekly	Monthly	Regular (With 6 month agreement)
<b>Reach-In Cooler in the Cooking Kitchen</b>			
<ul style="list-style-type: none"> <li>• ½ fridge (4 shelves sized 2 ft. x 2 ft.)</li> </ul>	\$17.50	\$65	\$50
<b>Walk-In Cooler</b>			
<ul style="list-style-type: none"> <li>• 2 ft. x 6 ft. shelving unit (4 shelves)</li> </ul>	\$27.50	\$106	\$96
<ul style="list-style-type: none"> <li>• Rate per shelf</li> </ul>	\$7.00	\$26.50	\$24
<ul style="list-style-type: none"> <li>• 2 ft. x 3.5 ft. shelving unit (4 shelves)</li> </ul>	\$17.50	\$66	\$56
<ul style="list-style-type: none"> <li>• Rate per shelf</li> </ul>	\$4.50	\$16.50	\$14
<ul style="list-style-type: none"> <li>• Dunnage Rack (2 ft. x 4 ft.)</li> </ul>	\$15	\$55	\$45
<b>Chest Freezer</b>			
<ul style="list-style-type: none"> <li>• 1/3 Chest Freezer (appx. 7.3 cu. ft.)</li> </ul>	\$9	\$32	\$26

• Rate per Basket (10 in. x 21 in. x 7 in.)	\$4	\$15	\$12
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## Dry Storage

Type	Weekly	Monthly	Regular (With 6 month agreement)
• Pallet or ½ shelf (pallet size is 3.5 ft. deep by 4 ft. wide by about 4 ft. high)	\$7.50	\$27	\$17
• Closed cabinet (4 shelves sized 16 in. x 3 ft.) -rented as full cabinet only	\$18.75	\$70	\$60
• 2 ft. x 3.5 ft. shelving unit (4 shelves)	\$12.50	\$45	\$35
• Rate per shelf	\$3.15	\$11.25	\$8.75

ANC staff will work with renters to identify the best storage space to suit your needs. Storage is limited by availability. Coolers are kept at 38 degrees Fahrenheit. Chest freezers are kept at 0 degrees Fahrenheit. ANC staff will work with renters to identify the best storage space to suit your needs. Storage is limited by availability.

## Great Room

Type	Business Hours (Monday-Friday 9am-5pm)	Evenings & Weekends
Rate	\$50/hour	\$75/hour
Assisted Set-Up & Clean-up Rate*	\$40/hour	\$60/hour
ANC Set-Up & Clean-Up Rate	\$100 flat rate	\$150 flat rate
Deposit**	\$150	
Full-Service Table Settings	\$1.00/person	
Black Linen Service	\$5.00 per linen	
Coffee Service	\$50-\$75	
Projector & Screen	\$50	
Podium & Microphone Stand	\$25	
Stage	\$50	
Sound System for Music	\$25	

Prices are inclusive of tables, chairs, and accordion wall. Maximum capacity is 200 people for a stand-up, mix and mingle event and up to 100 for a formal seating event. Catering is allowed and, if alcohol is served, a licensed bartender or other certified and trained person must be provided.

\*ANC staff must be assisted by 3-5 people from your group for both set-up and clean-up.

\*\* The Deposit will be returned to the Renter within 7 business days, upon satisfactory inspection of the rented facility. Portions of the deposit may be retained to compensate for any damages or additional clean-up costs attributable to the Renter. Deposits are non-refundable in the case of cancellations.

## Rental Fees for Use of the Conference/Classroom

Type	Classroom	Rented with Great Room Package
Rate/daytime, M-F	\$50 for first hour, \$25/hour thereafter	\$35 for first hour, \$20/hour thereafter
Rate/evenings/wknd	\$75 for first hour, \$45/hour thereafter	\$50 for first hour, \$25/hour thereafter

Includes use of Smart TV, Wi-Fi, phone line, etc. For 10-15 people, excellent for meetings and break-out sessions.





# 2015 CATALOG

Programs

Workshops

Garden Supplies & Services

Support

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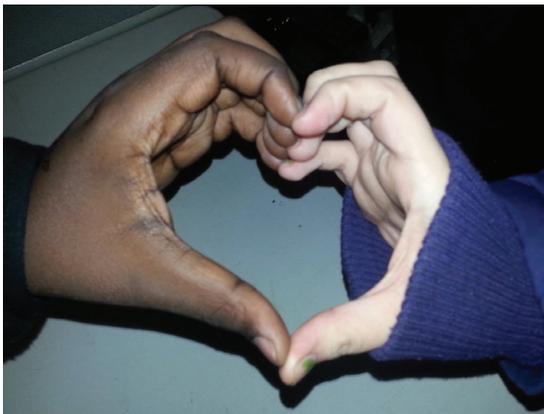


# OUR MISSION

Allen Neighborhood Center (ANC), a non-profit 501(c)(3) organization, is located in Lansing, Michigan and serves as a dynamic hub for capacity building, neighborhood enhancement, and for activities that promote the health, safety, stability, and economic well-being of Eastside residents and other stakeholders.

For sixteen years, ANC has pioneered and continues to offer successful programs in health education and outreach, housing improvement, food security and nutrition education, youth development, commercial corridor revitalization, and social capital building.

Thanks for checking out our 2015 Catalog! Proceeds from the featured products and services support our programs and serve our community, because that's what we are all about.



# ALLEN STREET FARMERS MARKET

**Open Year-Round! Wednesdays**  
**Outdoors (June - October) 2:30-7:00pm**  
**Inside (November - May) 3:00-6:30pm**



## Featuring

Locally grown produce, organic beef, farm-fresh eggs, cheeses, breads, baked goods, deli selections from East Lansing Food Co-Op, locally brewed beer from Sleepwalker Spirits and Ale, coffee from Bloom Coffee Roasters, live music, and much more!

## Payments Accepted

Cash, Debit/Credit, SNAP, Double Up Food Bucks, Senior Market Fresh, WIC Project Fresh

## 2015 Festivals

*Food & fun!*

May 27 Herbs & Starts Festival

June 17 Strawberry Festival

July 22 Kid's Festival

August 26 Tomato Festival

September 23 Apple Festival

October 14 Harvest Festival



## 2015 Farmers Market Poster Design Competition

*Design a poster, win a prize!*

Attention artists: Help us design a farmers market poster for our outdoor or indoor market season! See full competition details online: [www.allenmarketplace.org/farmers-market](http://www.allenmarketplace.org/farmers-market)

# AMP RENTALS

For full rental details & fees, contact Joan:  
[joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org), 517-999-3912

## Commercial Kitchen

*Licensed kitchen for multi-use.*

Fully equipped commercial kitchen to create food products or utilize for special events. Long term lease & short term use available.



## Great Room

*The place for fundraisers, parties, or special events.*

Our 1500 square foot big room can host up to 200 people for a stand-up, mix and mingle event, and up to 100 for a formal seating event. Tables, chairs, linens, place settings for up to 75 guests, and digital projector/ screen and sound equipment are also available.



## Classroom

*A great space for meetings.*

Equipped with conference table, wi-fi, SmartTV, and dry-erase board, excellent for meetings and break-out sessions for 10-15 people.

## Storage Space

*For your food storage items.*

Dry storage available by the shelf or cabinet. Cold storage available in our large coolers/ freezers.

# ATTENTION FOOD BUYERS:

## Exchange

*Mid-Michigan's food hub*

Visit our online wholesale market where you can shop for local food including a wide range of produce, eggs, meats, cheeses, and baked goods. Purchase goods each Monday by 8pm, for pick-up on Wednesday. It's a one-stop-shop for supporting local growers and food producers (and getting delicious food for your table!). Register for an account (free) and start shopping today!



Visit [www.allenmarketplace.org](http://www.allenmarketplace.org)

For more info, contact Egypt:

[exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org), 517-999-3923

# FOOD BUSINESS WORKSHOPS

Check out the Allen Market Place's full menu of workshops for farmers and food producers. Please RSVP for the following workshops by contacting Egypt:

[exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org), 517-999-3923.

## Growing Your Internet Presence

*Friday, January 16, 1-3pm*

Websites and social media have the potential to have a huge marketing impact for your business. Learn options for website creation and get design tips for creating an effective website, as well as advice on how to best use social media to your advantage. Workshop led by Sam Rose of Holocene Systems LLC, and Veronica Gracia-Wing of Piper & Gold Public Relations.

## Effective Crop Planning: How to Plan for Your Target Markets

*Friday, January 30, 1-3pm*

Crop planning is a vital component of farm success. Learn to grow your bottom line through effective planning and efficient use of space. We'll discuss how to identify crop needs and create seeding, transplanting, and harvest schedules to meet the needs of your markets and ensure you have a steady supply of high-quality product. Workshop led by Dan Fillius of MSU Student Organic Farm.

## **Developing A Farm Safety Plan**

*Friday, February 13, 1-3pm*

Join us as farm food safety expert Phil Tocco, of MSU Extension, explains food safety concerns for farmers. Learn how to identify potential hazards and complete a meaningful food safety plan.

## **How to Use Local Orbit**

*Friday, February 20, 1-3pm*

Interested in buying or selling through the Allen Market Place Exchange, but intimidated by our online sales system? Already on the Exchange and interested in learning how to best make it work for your business? Join us for a workshop led by Local Orbit staff member Kate Barker and learn the ins and outs of the Local Orbit platform.

## **Who Licenses Your Food Business?**

*Friday, February 27, 1-3pm*

Licensing of ready to eat and packaged food products can be tricky! You need to know how your product is categorized, who to get licensing from, and what steps you need to take. Here to help are Amy Thomas from the Ingham County Health Department and Ken Settimo from the Michigan Department of Agriculture & Rural Development.

## **Diversifying Your Revenue Streams: Exciting Business Ideas for Small Farms**

*Friday, March 6, 1-3pm*

Looking for ways to strengthen your farm business and grow sales? Ever consider adding cut-flowers or a u-pick operation to your farm? Or turning some of your fresh farm produce into a value-added product? Learn from experienced local farmers how these business ideas have worked for them. Workshop led by Denae Friedheim of Foodshed Farm, and Anne Rauscher of Swallowtail Farm.

## **Crop Storage and Post-Harvest Handling**

*Friday, March 20, 1-3pm*

Keep your crops at peak quality and freshness: learn recommended best practices for post-harvest handling and crop storage techniques for common Michigan crops. Explore different storage options to meet the needs of your farm.



## **Organic? MAEAP? Choosing the Right Certification for Your Farm**

*Friday, March 27, 1-3pm*

Wading through the various farm certification options can be overwhelming. Come join us for a discussion on several of the most popular options, what they mean, and how they can benefit you. Workshop led by Jen Silveri of Eaton Conservation District.

## **How to Start a (Food) Business**

*Friday, April 10, 1-3pm*

Designed with an eye towards starting businesses in the food sector, this introductory session helps aspiring entrepreneurs assess their abilities to lead and manage a company, as well as evaluate market and sales potential for their products/services. The basics of business ownership are introduced, along with resources available to help launch new ventures in Michigan. Workshop led by Tom Donaldson of LCC's Small Business Development Center.

## **Breaking into Wholesale Markets: Presentation, Standards, and Pricing**

*Friday, April 24, 1-3pm*

As farms expand, wholesale markets can be a key component of a successful farm business. Learn from farmers who have experience selling to wholesale markets how to best present yourself and your business, what kind of quality standards institutional buyers are likely to expect, and how to price your product.

## **Cottage to Commercial: Taking Your Business to the Next Level**

*Friday, May 8, 1-3pm*

Interested in starting a new food business or creating value added products on your farm? Already have a cottage food business and considering the next steps to grow your business? In this workshop, led by Diane Smith of MSU Product Center, we'll discuss guidelines for starting cottage and commercial food businesses, advantages of each, and how to grow an existing cottage food business into a commercial one.



# FOOD PRESERVATION



## Food Preservation Series

You can sign up for the whole 4-session series or for individual sessions. Sign up in advance and pay \$35 (save \$5) or pay as you go (\$10 session). To register for the series or individual sessions, contact Zach: [gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org), 517-999-3910. Sessions held in the Allen Market Place kitchen.

### Part 1: Intro to Food Preservation

*Thursday, July 30, 6-7:30pm, \$10 registration*

Put those veggies, fruits, and herbs to good use! Learn different preservation techniques to get the most from your garden & bountiful growing season. Workshop led by plant-based nutrition educator, Dianne Moore.

### Part 2: Freezing & Drying

*Thursday, August 6, 6-7:30pm, \$10 registration*

Learn methods & equipment needed for effective freezing & drying of herbs & produce. Participants will have samples & recipes to take home. Workshop led by plant-based nutrition educator, Dianne Moore.

### Part 3: Water Bath Canning

*Thursday, August 13, 6-7:30pm, \$10 registration*

Learn canning basics as well as the full range of products that can be safely water-bath preserved in this hands-on workshop. Workshop led by Johnny Bolan, local food preservation hero.

### Part 4: Fermentation

*Thursday, August 20, 6-7pm, \$10 registration*

Learn the ancient skill of fermentation! Participants will make their own jars of sauerkraut to bring home. We will provide all the basic ingredients and jars, but feel free to bring spicy peppers, carrots, or any other crunchy veggies you might want to include. Workshop led by Alex Bryan of the Greater Lansing Food Bank's Garden Project.

# GARDENHOUSE WORKSHOPS

Come to the Hunter Park GardenHouse for a full menu of year-round food & gardening education workshops.

Please RSVP for the following workshops by contacting Zach: [gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org), 517-999-3910.



## **Intro to Beekeeping**

*Saturday, January 24, 12:30-2pm, \$5-10 suggested donation.*

This workshop will teach the basics of backyard beekeeping, equipment needed, and safety. Workshop led by beekeepers Jeremy Sprague and Matt Wojack.

## **Basic Construction Skills for Gardening**

*Saturday, January 31, 12:30-2pm, \$5-10 suggested donation.*

Learn helpful skills that will guide you in an assortment of home & garden projects. Workshop led by Rita O'Brien of Hunter Park GardenHouse.

## **Fruit Tree Care**

*Saturday, February 14, 12:30-2pm, \$5-10 suggested donation.*

Learn how to maintain healthy and productive fruit trees. Workshop led by John Hooper of Michigan Organic Food & Farm Alliance.

## **Planning Your Gardening Year**

*Saturday, February 28, 12:30-2pm, \$5-10 suggested donation.*

Plan the layout, crops, and planting schedule for your home garden. Workshop led by Linda Anderson of Lansing Urban Farm Project.

## **Seed Starting and Transplanting**

*Saturday, March 14, 12:30-2pm, \$5-10 suggested donation.*

Tips and tricks to grow successful vegetable plants from seed. Workshop led by Denae Friedheim of Foodshed Farm.

### **Soil Care in Home & Community Gardens**

*Saturday, March 28, 12:30-2pm, \$5-10 suggested donation.*  
Create healthy soil for your backyard or community garden space. Workshop led by Brian Allnutt of Detroit Farm and Garden.

### **Organic Pest and Disease Management**

*Saturday, April 25, 12:30-2pm, \$5-10 suggested donation.*  
Learn how to identify, prevent, and treat vegetable plant damage by common pests. Workshop led by Dan Fillius of MSU Student Organic Farm.

### **Composting 101**

*Saturday, May 9, 12:30-2pm, \$5-10 suggested donation.*  
**WORKSHOP HELD AT URBANDALE FARM (653 S. Hayford Ave)**  
Everything you need to know to get started with outdoor and indoor composting. Workshop led by Sarah Fillius of Lansing Urban Farm Project.

### **Mushroom Cultivation**

*Saturday, May 23, 12:30-2pm, \$15 registration.*  
Learn the basic skills required to grow your own edible mushrooms. Workshop led by Chris Wright of Easygrow Mushrooms.

### **Gardening Basics**

*Saturday, June 6, 12:30-2pm, \$5-10 suggested donation.*  
New to gardening? Learn tips to growing a successful garden. Workshop led by Zach Scott of Hunter Park GardenHouse.

### **Urban Foraging**

*Saturday, June 20, 12:30-2pm, \$5-10 suggested donation.*  
Learn how to identify and harvest wild edible plants native to the Lansing area. Workshop led by Kirk Green of Learning Leaves Community Farmscape.

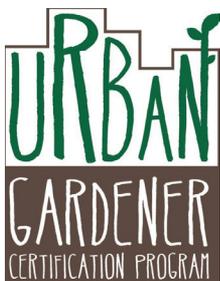
### **Permaculture 101**

*Saturday, July 11, 12:30-2pm, \$5-10 suggested donation.*  
An introduction to sustainable permaculture design practices. Workshop led by Egypt Mapes of Allen Market Place.

### **Flower Arranging**

*Saturday, July 18, 12:30-2pm, \$5-10 suggested donation.*  
Learn the art of flower arranging, and what flower varieties to grow for bouquets. Workshop led by Barb Laxton of Allen Neighborhood Center.

# EDUCATIONAL COURSES



## Urban Gardener Certification Program

Looking for a fun introduction to gardening? This program, intended for beginner to intermediate gardeners, features 11 sessions of instruction in basic yard and greenhouse gardening skills. Participants will have hands-on instruction as we plant and care for a garden together over the length of the program. Registrants attend Saturday workshops with

special guest lecturers, and additional Tuesday evening labs offering hands-on practice with GardenHouse staff. Participants receive a certificate at the end of the course. More info about the program and schedule online:

[www.allenneighborhoodcenter.org/gardenhouse/urbangardener](http://www.allenneighborhoodcenter.org/gardenhouse/urbangardener)

*Program fee is reduced with work-share hours:*

**\$100 (no work-share hours)**

**\$75 (complete 20 work-share hours)**

**\$50 (complete 40 work-share hours)**



# GARDENING SERVICES

## Visiting Gardener

*Bring GardenHouse expertise to your yard.*

Schedule a yard call with our Gardening Educator, who helps Eastside neighbors tackle various gardening issues. Examples of services: identify plant diseases in your garden, help plan the layout of a new garden, pick out vegetables that work best for your yard, show you how to grow and care for different kinds of vegetables, etc.

*Contact Zach to schedule: 517-999-3910 or*

*gardeningeducator@allenneighborhoodcenter.org*

**Suggested donation: \$10-15 (free for low-income households)**

# FREE GARDEN BOX

## Garden-in-a-Box

*Free for neighbors living within walking distance of Hunter Park.*

A 2ft x 2ft raised garden bed is a small-scale introduction to yard gardening. Apply for a FREE raised garden box kit complete with soil, and plants/seeds of your choice. We'll help you plan & plant. More info/application can be found online:

[www.allenneighborhoodcenter.org/youthservicecorps/#boxgarden](http://www.allenneighborhoodcenter.org/youthservicecorps/#boxgarden)

# FRUIT TREE PROJECT

## Fruit Tree Project

*Join the movement- map a fruit tree!*

We're mapping fruit trees & harvesting fruit in the Eastside neighborhood to prevent fruit from going to waste and redistribute it to those in need. We are looking for more trees to map this year! To map your fruit tree and read more about the project, visit:

[www.allenneighborhoodcenter.org/youthservicecorps/#fruittreeproject](http://www.allenneighborhoodcenter.org/youthservicecorps/#fruittreeproject)



# EDIBLE PARK

## Edible Park

Hunter Park visitors are encouraged to help themselves to fresh produce from fruiting trees, bushes, and perennial herbs from designated spaces (outside the fence only) in Hunter Park, that youth plant and nurture. Join us for one of our Collection Days this summer: **Fridays, June 26, July 31, August 28, 10am-12pm**

# PARK CART

## Park Cart

*Healthy snacks for service!*

Stop by Park Cart during the summer season of the Allen Street Farmers Market and purchase a variety of youth-grown & produced food products! This project enables youth to learn entrepreneurial and culinary skills, and sales support their program. Visit Park Cart at the Allen Street Farmers Market:

**Wednesday, 2:30-7pm (June-August only)**

# GARDENHOUSE PRODUCE

## Community Supported Agriculture (CSA)

*Get your fill of fresh veggies.*

We grow and sell produce through a multi-season CSA, providing access to affordable, sustainably-grown veggies year-round. We offer work-shares and accept SNAP & Double Up Food Bucks for payment. Members sign up at the beginning of a season and commit to purchasing produce for the full season. It is a great way to meet other community members, talk about food, try new recipes, and eat healthy. Membership in the CSA is offered at the beginning of each season through an application process. More details can be found online:

[www.allenneighborhoodcenter.org/gardenhouse/csa](http://www.allenneighborhoodcenter.org/gardenhouse/csa)



### Spring Greens CSA (8 weeks, March-April)

\$80 for season. Payment via Lump sum or Weekly SNAP/EBT payments. Produce includes: salad mix and cooking greens (Swiss chard, kale, collards).

### Summer CSA (16 weeks, June-September)

\$416 (All Pay), \$208 (1/2 pay & 1/2 work), or Work only (16 work hours per month) for season. Payment via Lump sum, Monthly, or Weekly SNAP/EBT payments.

Produce includes: salad mix, head lettuce, cooking greens (Swiss chard, kale, collards), carrots, tomatoes, peppers, eggplant, beets, cucumbers, summer squash, radish, pole beans, basil, turnips, scallions, onions, potatoes, kohlrabi, garlic, herbs, and flowers.

### Fall-Winter CSA (20 weeks, October-February)

\$520 (All Pay), \$260 (1/2 pay & 1/2 work) for season. Payment via Lump sum, Monthly, or Weekly SNAP/EBT payments.

Produce includes: salad mix, cooking greens (Swiss chard, kale, collards), carrots, beets, Brussels sprouts, bok choy, scallions, winter squash (acorn, butternut, delicata), potatoes, onions, radish, turnips, kohlrabi, garlic, herbs, and flowers.

# YOUTH PROGRAMS

*Planting seeds for the future.*

Our free after-school and summer youth programs teach youth valuable gardening, nutrition, culinary, physical fitness, leadership, teamwork, and various other job and life skills. For more information contact Youth Programs Coordinator, Lacey: 517-999-3918, [youthprograms@allenneighborhoodcenter.org](mailto:youthprograms@allenneighborhoodcenter.org)

**Take Root Garden Club, for youth ages 5-10**, focuses on food, gardening, nutrition, and physical fitness. Youth participate in educational games and activities, tend their own veggie garden, and make healthy snack recipes.

Permissions slips available at:

[www.allenneighborhoodcenter.org/gardenhouse/takeroot](http://www.allenneighborhoodcenter.org/gardenhouse/takeroot)

*During School Year:*

*Tuesday & Thursday, 4:15pm-5:15pm at Foster Community Center*

*During Summer:*

*Tuesday & Thursday, 10:30am-12:00pm at GardenHouse*



**Youth Service Corps, for youth ages 11-17**, is a job and life skills training program focusing on food availability projects. Current projects include: *Garden-in-a-Box, Edible Park, Park Cart, and Fruit Tree Project.*

School year enrollment is limited to 20 youth, and Summer enrollment is limited to 30 youth. To be considered for membership, complete and return a YSC Registration Form, available at:

[www.allenneighborhoodcenter.org/gardenhouse/youthservicecorps](http://www.allenneighborhoodcenter.org/gardenhouse/youthservicecorps)

*During School Year:*

*Monday & Wednesday, 4:30pm-6:00pm at GardenHouse/AMP*

*During Summer:*

*Monday-Friday, session times/days vary based on youth availability*

# GARDENING SUPPLIES

## Raised Garden Bed Kits

*Gardening made easy!*

A planting box is just the thing for summer veggies, herbs, and flowers! Raised garden beds solve the issue of amending the soil to make it acceptable for gardening. They lengthen the growing season, help the soil retain nutrients, and reduce the risk of pests and weeds. Kits include untreated white pine, hardware, and instructions. A hand screwdriver is the only tool needed for assembly. Call for pricing on custom sizes. Kits are available for pick-up only. Pre-assembly is available.

*Raised 11"*

**4ft x 4ft      \$45.00**

**4ft x 8ft      \$65.00**



## Season Extension Kits

*Grow earlier & later in the season.*

Create a low-tunnel in your backyard with one of our easily assembled kits. Low-tunnels protect plants from harsh elements and increase the temperature inside the tunnel by creating an insulating barrier. Kits include curved metal conduit hoops, 6 mil poly-film plastic, clips, and assembly instructions.

**4ft x 4ft kit      \$40.00**

**4ft x 8ft kit      \$55.00**

## Combo Pack: 1 Raised Garden Bed Kit + 1 Season Extension Kit

Save money by bundling. Your choice of the following.

*Raised 11"*

**4ft x 4ft      \$75.00**

**4ft x 8ft      \$110.00**

## Plant Starts

*Get a jump start on the growing season with our sustainably-grown veggies, herbs, and flowers.*

All plants are started from seed in the Hunter Park GardenHouse. Multiple varieties of tomato, eggplant, pepper, kale, collard, Swiss chard, basil, herbs, and flowers available.

**Pre-Order due Friday, February 20**

**GardenHouse Plant Sale Saturday, May 30, 10am-2pm.**

*For more info on plant varieties, visit:*

[www.allenneighborhoodcenter.org/gardenhouse/plantsale](http://www.allenneighborhoodcenter.org/gardenhouse/plantsale)



## Seed Packets

Large variety of vegetable, herb, and flower seeds available. Call 517-999-3910 for more info on specific varieties.

**\$0.25 per packet**

## Garden Soil Mix

*Blend of 50% compost & 50% top soil*

This garden soil mix is perfect for adding to your raised garden beds!

This high quality mix is from Tuthill Farms, a Michigan Centennial Farm.

It's been tested to ensure no pesticides are present.

**5-gallon bag \$5.00**



## Poly-Film Plastic for Season Extension

*Purchase however much you need.*

This 6 mil, high-quality, clear plastic is durable for long-winters.

Offers 92% light transmission. Plastic is 10 ft wide, and purchased by the linear foot. *Recommend ordering 12 feet for 4'x4' raised bed, and 16 feet for 4'x8' raised bed.*

**\$1.50 per linear foot**

# HEALTH PROGRAMS

Register for the following health programs by contacting our Outreach team: [denisep@allenneighborhoodcenter.org](mailto:denisep@allenneighborhoodcenter.org), 517-367-2468.

## Program Enrollments

*We're here to help*

Stop in to Allen Neighborhood Center for an assortment of services: MIBridges including Medicaid, Food Assistance, Emergency Services, Ingham Health Plan, and Affordable Care Act assistance).

*Walk-In Hours: 12-5:30pm (Monday-Thursday); 12-5pm (Friday)*

*Appointment Only Hours: 9am-12pm*

## Market Walk

*Exercise & earn tokens for local food!*

Earn vouchers for the Allen Street Farmers Market to exchange for healthy and delicious food by walking each week. Walkers earn \$10 after walking their first 5 miles, and \$5 for every additional 5 miles.

Walk 15 miles and you'll receive a Market Walk t-shirt!

### **Saturdays, 10am-12pm**

*Jan-March: meet inside the Allen Market Place*

*April-October: meet at Hunter Park*



## Breast Health Club

*Keep the ta-tas healthy!*

Monthly postcard reminders with breast health tips, recipes, and tickets for free classes, discounted produce, etc., and a Facebook discussion group. **Sign up today!**

## Komen Mid-Michigan Race for the Cure

*Join the fight, one step at a time*

Join the ANC Race for the Cure team and walk with us to support the elimination of breast cancer. *April 26, 2:00pm, State Capitol*

## Pathways to Better Health

Home visiting program for neighbors residing in the 48912 zip code, with 2 or more chronic conditions and who access emergency rooms frequently. Call to see if you qualify: 517-367-2468.

# SENIOR PROGRAM

## Senior Discovery Group

*Pretty good coffee and great conversation.*

You don't have to be a senior (but it's a plus) to be part of this group. An eclectic line-up of guest speakers and presentations keep this weekly group lively.

**Every Wednesday, 10am-12pm in the Allen Market Place classroom.**



# FOOD PANTRY

## Bread Basket

*Helping to feed those in need.*

A wide selection of free donated bread, baked goods, produce, pantry items, healthy recipes, and neighborly conversations are available in the Allen Market Place each week.

**Every Tuesday, 1-5pm in the Allen Market Place**



# GET INVOLVED

## Volunteer with ANC

*We want to work with you.*

Our programs rely on help from volunteers. In addition to daily volunteer shifts, we also have periodic events that require volunteer help. It is a great opportunity to meet others, partake in hands-on activities, and give back to the community.

To volunteer with us, please contact our Volunteer Coordinator: [volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org), 517-999-3919.



## Active Neighboring Café

*Get active in your neighborhood*

Active Neighboring Cafés are two-hour workshops on emerging topics that are of interest to neighborhood leaders and residents. Topics will be announced in Active Neighboring News e-bulletin and The Eastside Neighbor approximately one month prior to the workshop. For more information, contact Denise: [denisep@allenneighborhoodcenter.org](mailto:denisep@allenneighborhoodcenter.org), 517 999-3924.

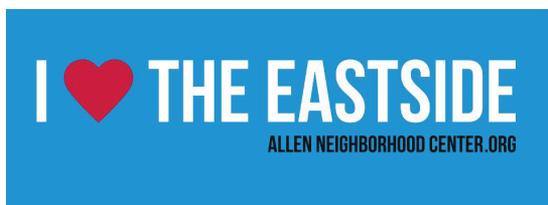
**Saturdays: February 21, April 11, August 22, October 24**

## Active Neighboring News

*Sign up for our weekly e-newsletter!*

Stay up to date on events, workshops, programs and more. Sign up online: <http://bit.ly/1xmA04H>

# SHOW YOUR SUPPORT



## **I (heart) the Eastside Bumper Stickers**

*Share the love on your bumper*

Pick up a bumper sticker at the Allen Street Farmers Market bank or ANC main office. **\$2.00**

## **Allen Neighborhood Center "Donation Made in Your Name"**

*The gift that grows.*

Contact us for details on how to make a donation in the name of a friend, co-worker, or loved one.

**You decide the amount of your gift.**

## **Gift Certificates**

*Great for gardeners and food lovers!*

Allen Street Farmers Market & Hunter Park GardenHouse gift certificates available at the Allen Street Farmers Market bank.

## **GardenHouse Commemorative Bricks**

*Celebrate a life event or honor a special person, occasion or memory.*

Pavers are placed in the indoor walkways of the GardenHouse, where they will be enjoyed for years. Pavers are inscribed with words of your choice. 3 lines, 15 characters per line.

**4"x 8" paver \$100.00**

## **GardenHouse T-Shirts**

*Supporting a good cause is always in style.*

Printed on American Apparel 100% soft jersey cotton t-shirts. Very limited quantities. Color: Grass. Sizes: S, M, L

Fine Jersey Short Sleeve T-Shirt (Unisex)

**\$10.00**

Drop off a cotton shirt of your choice to be screen printed with the GardenHouse logo. **\$5.00**



# HOW TO PLACE AN ORDER

## MAIL

Mail the order form and payment to Allen Neighborhood Center, 1619 E. Kalamazoo St. Lansing, MI 48912. Please do not mail cash.

## PHONE

Call 517-367-2468 and have your credit card information ready.

## IN PERSON AT ANC

Stop in the Allen Neighborhood Center (1619 E. Kalamazoo St. Lansing, MI 48912) with the order form and payment. Open hours are: Monday, Tuesday, Thursday, Friday 9am-5pm, Wednesday 9am-6pm.

We accept cash, check (made payable to Allen Neighborhood Center), and credit cards (Visa & MasterCard).

Catalog pricing is good through October 2015.



# ORDER FORM (please print clearly)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

<i>Item</i>	<i>Cost</i>	<i>x</i>	<i>Qty</i>	=	<i>Total</i>
<b>GARDENING SUPPLIES</b>					
Raised Garden Bed Kit					
4'x4'x11"	\$45	x	_____	=	_____
4'x8'x11"	\$65	x	_____	=	_____
Season Extension Kit					
4'x4'	\$40	x	_____	=	_____
4'x8'	\$55	x	_____	=	_____
Combo Pack: Raised Garden Bed Kit + Season Extension Kit					
4'x4'x11"	\$75	x	_____	=	_____
4'x8'x11"	\$110	x	_____	=	_____
Seed Packets	\$0.25	x	_____	=	_____
Garden Soil Mix	\$5.00	x	_____	=	_____
Poly-Film Plastic for Season Ext. (linear foot)	\$1.50	x	_____	=	_____

**GARDENING SERVICES**

Visiting Gardener Session <i>(*cost waived if low-income)</i>	\$15*	x	_____	=	_____
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**SUPPORT ANC**

I (heart) the Eastside Bumper Sticker	\$2.00	x	_____	=	_____
ANC "Donation Made in Your Name"	\$ _____	x	_____	=	_____
Gift Certificates	\$ _____	x	_____	=	_____
GardenHouse T-Shirt (note size)	\$10	x	_____	=	_____

GardenHouse Commemorative Brick \$100 x \_\_\_\_\_ = \_\_\_\_\_

Brick inscription EXACTLY as it should read. *Use upper or lower case letters, spaces, punctuation. Some symbols are available. 15 spaces per line max.*

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**WORKSHOPS/COURSES**

Name	Day/Time	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**TOTAL PAYMENT DUE:** \_\_\_\_\_

**PAYMENT**

Check Enclosed     Cash Enclosed

Credit Card / Cardholder Name \_\_\_\_\_

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

# COME VISIT US

## **Allen Neighborhood Center**

1619 E. Kalamazoo St. Lansing, MI 48912

*Walk-In Hours:* 12-5pm (Mon, Tues, Thurs, Fri)  
12-6pm (Wednesday)

*Appointment Only Hours:* 9am-12pm

## **Hunter Park GardenHouse**

1400 E. Kalamazoo St. Lansing, MI 48912

*September-May Monday-Saturday:* 10am-12pm

*June-August Monday-Friday:* 10am-12pm & 5:30pm

*Saturday:* 10am-12pm

## **Allen Market Place**

1629 E. Kalamazoo St. Lansing, MI 48912

Allen Street Farmers Market

Wednesdays

*Outdoors (June-October)* 2:30-7:00pm

*Inside (November-May)* 3:00-6:30pm

# KEEP IN TOUCH

[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

 AllenNeighborhoodCenter

 AllenMarketPlace

 HunterParkGardenHouse

 AllenStreetFarmersMarket



# 2016 Catalog

Programs

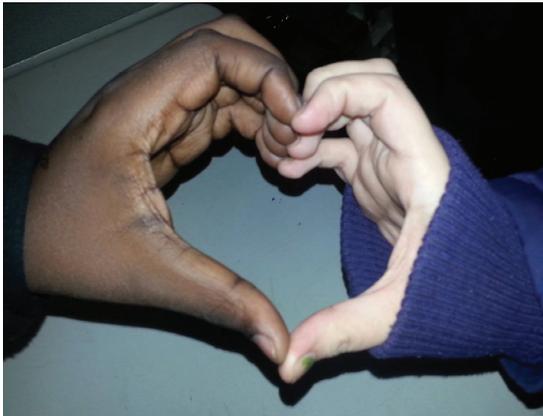
Workshops

Garden Supplies & Services

Support

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# Our Mission

Allen Neighborhood Center (ANC) is a place-based, 501(c)(3) non-profit organization that serves as a hub for neighborhood capacity-building and for activities that promote the health and well-being of Lansing's Eastside Community and other regional stakeholders.

For seventeen years, ANC has pioneered and continues to offer successful programs in health education and outreach, housing improvement, food security and nutrition education, youth development, commercial corridor revitalization, and social capital building.

Thanks for checking out our 2016 Catalog! Proceeds from the featured products and services support our programs and serve our community, because that's what we are all about.



# Allen Farmers Market

## *Open Year-Round Every Wednesday!*

Indoors (November-May) 3:00-6:30pm

*Inside Allen Market Place*

Outdoors (June-October) 2:30-7:00pm

*Corner of E. Kalamazoo & Allen*



### **Featuring**

Locally grown, raised, and prepared foods! Our vendors offer fresh produce, bread, eggs, meat, cheese, baked goods, ready-to-eat foods including BBQ from Red's Smokehouse, authentic Ethiopian cuisine from Teff-rific, as well as beer brewed on-site from Sleepwalker Spirits and Ale.

### **Payments Accepted**

Cash, Debit/Credit, SNAP, Double Up Food Bucks, Market Fresh, WIC Project Fresh, Hoophouses for Health vouchers.

### **2016 Festivals**

*Food & fun!*

Herbs & Starts Festival May 25

Strawberry Festival June 22

Kid's Festival July 20

Tomato Festival August 24

Apple Festival September 21

Harvest Festival October 12



### **2016 Farmers Market Poster Design Competition**

*Design a poster, win a prize!*

Attention artists: Help us design a farmers market poster for the outdoor or indoor market seasons! See full competition details online:

[www.allenmarketplace.org/farmers-market](http://www.allenmarketplace.org/farmers-market)

# Exchange

## *Mid-Michigan's Food Hub*

Visit our online wholesale market where you can shop for local food including a wide range of produce, eggs, meats, cheeses, baked goods & more. It's a one-stop-shop for supporting local growers and food producers (and getting delicious food for your table!). Register for an account (free) and start shopping today!

Visit [www.allenmarketplace.org](http://www.allenmarketplace.org)

For more info, contact John:  
[exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org), 517-999-3923



# Veggie Box

*Sign up for a subscription to local, seasonal veggies!*

A box of locally sourced vegetables and fruits, with optional add-on items of bread, eggs, meat, coffee, and more, conveniently delivered to your workplace each week. All food is sourced from mid-Michigan farmers & food producers!

**Summer Veggie Box** (20 weeks, June 16-Oct. 27), \$400

**Fall Veggie Box** (8 weeks, Nov. 3- Dec. 22), \$160

More details online: [www.allenmarketplace.org/veggiebox](http://www.allenmarketplace.org/veggiebox)



# Allen Market Place Rentals

For full rental details & rates, contact Joan:  
[joann@allenneighborhoodcenter.org](mailto:joann@allenneighborhoodcenter.org), 517-999-3912  
[www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)

## Commercial Kitchens

*Licensed kitchens for multi-use.*

Fully equipped cooking & wash-pack kitchen to create food products or utilize for special events. Long & short term use available.

For hourly rates, visit [www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)

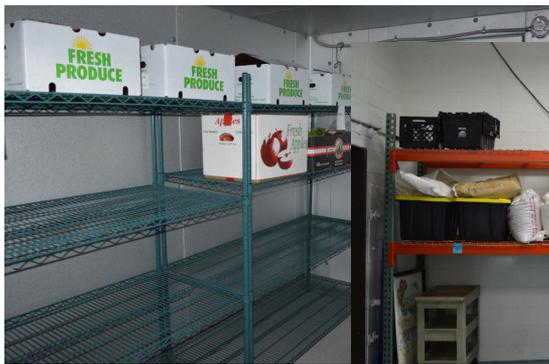


## Food Storage

*Flexible options for all your food storage needs.*

Dry storage available by the shelf, pallet, or cabinet. Cold storage available in our large coolers/ freezers.

For rates, visit [www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)



## Great Room

*The place for fundraisers, parties, or special events.*

Our 1500 square foot great room can host up to 200 people for a stand-up, mix and mingle event, and up to 100 for a formal seating event. Tables, chairs, linens, place settings for up to 75 guests, digital projector/screen, and sound equipment are also available for rent.

For hourly rates, visit [www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)



## Classroom

*A great space for meetings.*

Equipped with conference table, wi-fi, SmartTV, and dry-erase board; excellent for meetings and break-out sessions for 10-15 people.

For hourly rates, visit [www.allenmarketplace.org/rentals](http://www.allenmarketplace.org/rentals)



# Food Business Workshops

Check out the Allen Market Place's full line-up of workshops for farmers and food producers. **Please RSVP for the following workshops by contacting John: [exchange@allenneighborhoodcenter.org](mailto:exchange@allenneighborhoodcenter.org), 517-999-3923.**

## How to Start a Food Business

*Friday, January 29, 1-3pm, Allen Market Place*

Designed with an eye towards starting businesses in the food sector, this introductory session helps aspiring entrepreneurs assess their abilities to lead and manage a company, and evaluate market and sales potential for their products/services. The basics of business ownership are introduced, along with resources available to help launch new ventures in Michigan. Workshop led by Tom Donaldson of LCC's Small Business Development Center.

## Developing A Farm Safety Plan

*Friday, February 26, 1-3pm, Allen Market Place*

Join us as farm food safety expert Phil Tocco, of MSU Extension, explains food safety concerns for farmers. Learn how to identify potential hazards and create a meaningful food safety plan.

## Breaking into Wholesale Markets: Presentation, Standards, and Pricing

*Friday, March 18, 1-3pm, Allen Market Place*

As farms expand, wholesale markets can be a key component of a successful farm business. Learn from farmers who have experience selling to wholesale markets how to best present yourself and your business, what kind of quality standards institutional buyers are likely to expect, and how to price your product. Workshop led by Colleen Matts, Farm to Institution Specialist with MSU Center for Regional Food Systems. Please RSVP by March 17 via: <http://tinyurl.com/p7jecrt>



## **How to Use Local Orbit**

*Friday, April 8, 1-3pm, Allen Market Place*

Interested in buying or selling through the Allen Market Place Exchange, but intimidated by our online sales system? Already on the Exchange and interested in learning how to best make it work for your business? Join us for a workshop led by Exchange Manager, John McCarthy, and learn the ins and outs of the Local Orbit platform.

## **Growing Your Internet Presence**

*Friday, April 22, 1-3pm, Allen Market Place*

Websites and social media have the potential for huge marketing impacts for your business. Learn options for website creation and get design tips for creating an effective website, as well as advice on how to best use social media to your advantage. Workshop led by Veronica Gracia-Wing of Piper & Gold Public Relations.

## **Who Licenses Your Food Business?**

*Friday, May 13, 1-3pm, Allen Market Place*

Licensing of ready to eat and packaged food products can be tricky! You need to know how your product is categorized, who to get licensing from, and what steps you need to take. Here to help are Amy Thomas from the Ingham County Health Department and Ken Settimo from the Michigan Department of Agriculture & Rural Development.

**More workshops & resources online:  
[www.allenmarketplace.com/happenings](http://www.allenmarketplace.com/happenings)**



# GardenHouse Workshops

Come to the Hunter Park GardenHouse for a full menu of year-round food & gardening education workshops.

**Please RSVP for the following workshops by contacting Alex: 517-999-3913, [gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org)**



## **Intro to Beekeeping**

*Saturday, January 23, 12:30-2pm, \$5-10 suggested donation.*

This workshop will teach the basics of backyard beekeeping, equipment needed, and safety. Workshop led by beekeepers Jeremy Sprague and Matt Wojack.

## **Planning Your Gardening Year**

*Saturday, February 6, 12:30-2pm, \$5-10 suggested donation.*

Plan the layout, crops, and planting schedule for your home garden. Workshop led by Linda Anderson of Lansing Urban Farm Project.

## **Raising Backyard Chickens**

*Saturday, February 13, 12:30-2pm, \$5-10 suggested donation.*

Learn the basics of raising chickens in your backyard including housing, care and maintenance, and producing eggs for you and your family. Workshop led by neighborhood chicken expert Corie Jason.

## **Seed Starting and Transplanting**

*Saturday, March 12, 12:30-2pm, \$5-10 suggested donation.*

Tips and tricks to grow successful vegetable plants from seed. Workshop led by Denae Friedheim of MSU Student Organic Farm.

## **Soil Care in Home & Community Gardens**

*Saturday, March 26, 12:30-2pm, \$5-10 suggested donation.*

Create healthy soil for your backyard or community garden space. Workshop led by Brian Allnutt of Detroit Farm and Garden.

## **Composting 101**

*Saturday, April 9, 12:30-2pm, \$5-10 suggested donation.*

Everything you need to know to get started with outdoor and indoor composting. Workshop led by Nic Houle of the Ingham County Land Bank Garden Program.

## **Organic Pest and Disease Management**

*Saturday, April 30, 12:30-2pm, \$5-10 suggested donation.*

Learn how to identify, prevent, and treat vegetable plant damage by common pests. Workshop led by Adam Ingrao of MSU Vegetable Entomology Lab.

## **Container Gardening**

*Saturday, May 14, 12:30-2pm, \$5-10 suggested donation.*

Expand your knowledge on growing potted herbs and vegetables in your yard, on rooftops, or even on windowsills. Workshop led by Alex Bissell of Hunter Park GardenHouse.

## **Small Fruit Production**

*Saturday, June 18, 12:30-2pm, \$5-10 suggested donation.*

Learn all about growing small fruits (raspberries, strawberries, blackberries, etc.) in your home garden. Workshop led by Diane Brown of MSU Horticulture Dept.

## **Flower Arranging**

*Saturday, July 16, 12:30-2pm, \$5-10 suggested donation.*

Learn the art of flower arranging and what flower varieties to grow for bouquets. Make and take home your own bouquet. Workshop led by neighborhood flower guru, Barb Laxton.

# **Gardening Services**

## **Visiting Gardener**

*Bring GardenHouse expertise to your yard.*

Schedule a yard call with our Gardening Educator, who helps Eastside neighbors tackle various gardening issues. Examples of services: identify plant diseases in your garden, help plan the layout of a new garden, pick out vegetables that work best for your yard, show you how to grow and care for different kinds of vegetables, etc.

*Contact Alex to schedule: 517-999-3913 or [gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org)*

**Suggested donation: \$10-15 (free for low-income households)**

# Free Garden-in-a-Box

*Free for neighbors within walking distance of Hunter Park.*

A 2ft x 2ft raised garden bed is a small-scale introduction to yard gardening. Apply for a FREE raised garden box kit complete with soil, and plants/seeds of your choice. We'll help you plan & plant.

More info/application can be found online:

[www.allenneighborhoodcenter.org/youthservicecorps/#boxgarden](http://www.allenneighborhoodcenter.org/youthservicecorps/#boxgarden)

# Fruit Tree Project

*Join the movement- map a fruit tree!*

We're mapping fruit trees & harvesting fruit throughout the area to prevent fruit from going to waste and redistribute it to those in need. We are looking for additional trees to map this year! To map your fruit tree and learn more about the project, visit:



[www.allenneighborhoodcenter.org/youthservicecorps/#fruittreeproject](http://www.allenneighborhoodcenter.org/youthservicecorps/#fruittreeproject)

# Edible Park

Hunter Park visitors are encouraged to help themselves to fresh produce from fruiting trees, bushes, and perennial herbs from designated spaces (outside the fence only) in Hunter Park, that youth plant and nurture. Join us for one of our facilitated Collection Days this summer:

**Fridays, June 24, July 29, August 26, 10am-12pm**

# Park Cart

*Healthy snacks for service!*

Stop by Park Cart during the summer season of the Allen Farmers Market and purchase a variety of youth-grown & produced food products! This project enables youth to learn entrepreneurial and culinary skills, and sales support their program.

**Visit Park Cart at the Allen Farmers Market:  
Wednesdays, 2:30-7pm (June-August only)**

# Youth Programs

*Planting seeds for the future.*

Our free after-school and summer youth programs teach youth valuable gardening, nutrition, culinary, physical fitness, leadership, teamwork, and various other job and life skills. For more information contact Youth Programs Coordinator, Stephanie: 517-999-3918, [youthprograms@allenneighborhoodcenter.org](mailto:youthprograms@allenneighborhoodcenter.org)

## **Take Root Garden Club**

*For youth ages 5-10.*

Focuses on food, gardening, nutrition, and physical fitness. Youth participate in educational games and activities, tend their own veggie garden, and make healthy snack recipes.

*During School Year:*

*Tuesday & Thursday, 4:30-5:30pm, Foster Community Center*

*During Summer:*

*Tuesday & Thursday, 10:30am-12:00pm, Foster Community Center*



## **Youth Service Corps**

*For youth ages 11-17.*

A job and life skills training program focusing on food availability projects. Current projects include: *Garden-in-a-Box, Edible Park, Park Cart, and Fruit Tree Project.*

School year enrollment is limited to 20 youth, and Summer enrollment is limited to 30 youth. To be considered for membership, complete and return a YSC Registration Form, available at:

[www.allenneighborhoodcenter.org/gardenhouse/youthservicecorps](http://www.allenneighborhoodcenter.org/gardenhouse/youthservicecorps)

*During School Year:*

*Monday & Wednesday, 3:45-5:45pm at GardenHouse/AMP*

*During Summer:*

*Monday-Friday, session times/days vary*

# GardenHouse Produce

## Community Supported Agriculture (CSA)

*Get your fill of fresh veggies.*

Hunter Park GardenHouse grows and sells produce through a multi-season CSA, providing access to affordable, sustainably-grown veggies year-round. We offer work-shares and accept SNAP & Double Up Food Bucks for payment. Members sign up at the beginning of a season and commit to purchasing produce for the full season. It is a great way to meet other community members, talk about food, try new recipes, and eat healthy. Membership in the CSA is offered at the beginning of each season through an application process. More details can be found online:

[www.allenneighborhoodcenter.org/gardenhouse/csa](http://www.allenneighborhoodcenter.org/gardenhouse/csa)



### Spring Greens CSA (8 weeks, March-April)

\$80 for season. Payment via Lump sum or Weekly SNAP/EBT payments.

Produce includes: salad mix, spinach, and cooking greens (Swiss chard, kale, collards).

### Summer CSA (16 weeks, June-September)

\$416 (All Pay), \$208 (1/2 pay & 1/2 work), or Work only (16 work hours per month) for season. Payment via Lump sum, Monthly, or Weekly SNAP/EBT payments.

Produce includes: salad mix, head lettuce, cooking greens (Swiss chard, kale, collards), carrots, tomatoes, peppers, eggplant, beets, cucumbers, summer squash, radish, pole beans, basil, turnips, scallions, onions, potatoes, kohlrabi, garlic, herbs, and flowers.

### Fall-Winter CSA (20 weeks, October-February)

\$520(All Pay), \$260 (1/2 pay & 1/2 work) for season. Payment via Lump sum, Monthly, or Weekly SNAP/EBT payments.

Produce includes: salad mix, cooking greens (Swiss chard, kale, collards), carrots, beets, Brussels sprouts, bok choy, scallions, winter squash (acorn, butternut, delicata), potatoes, onions, radish, turnips, kohlrabi, garlic, herbs, and flowers.

# Gardening Supplies

## Raised Garden Bed Kits

*Gardening made easy!*

A planting box is just the thing for summer veggies, herbs, and flowers! Raised garden beds solve the issue of amending the soil to make it acceptable for gardening. They lengthen the growing season, help the soil retain nutrients, and reduce the risk of pests and weeds. Kits include untreated white pine, hardware, and instructions. A hand screwdriver is the only tool needed for assembly. Kits are available for pick-up only. Pre-assembly is available. *Call ahead for availability: 517-999-3910.*

### *Raised 11" Garden Bed*

4ft x 4ft      \$45.00

4ft x 8ft      \$65.00



## Pre-Ordered Plant Starts

*Get a jump start on the growing season with our sustainably-grown veggies, herbs, and flowers.*

All plants are started from seed in the Hunter Park GardenHouse. Multiple varieties of tomato, eggplant, pepper, kale, collard, Swiss chard, basil, herbs, and flowers available.

**Pre-Orders are due Friday, February 19.**

*For more info on plant varieties, visit:*

[www.allenneighborhoodcenter.org/gardenhouse/plantsale](http://www.allenneighborhoodcenter.org/gardenhouse/plantsale)



# Health Programs

Register for the following health programs by contacting our Outreach team: [denisep@allenneighborhoodcenter.org](mailto:denisep@allenneighborhoodcenter.org) 517-367-2468.

## Program Enrollments

*We're here to help.*

Stop by Allen Neighborhood Center for an assortment of services: MiBridges including Medicaid, Food Assistance, Emergency Services, Ingham Health Plan, and Affordable Care Act assistance.

*Walk-In Hours: 12-5pm (Monday-Friday), 12-6pm (Wed.)*

*Appointment Only Hours: 9am-12pm*

## Market Walk & Market Moves

*Exercise & earn tokens for local food!*

Earn vouchers for the Allen Farmers Market to exchange for locally grown, healthy and delicious food by exercising each week. Walkers earn \$10 after walking their first 5 miles and \$5 for every additional 5 miles. Walk 15 miles and receive a free Market Walk t-shirt!



Market Moves is held during the colder months inside the Allen Market Place. Market Moves participants enjoy yoga, badminton, stretching and other activities that are appropriate for all fitness levels.

***Sessions held Tuesday, Thursday & Saturday***

## Tai Chi

*Improve your overall health as well as your balance.*

Group led by Bob Teachout, meets at Hunter Park in the summer and at Allen Market Place in the winter.

***Saturdays, 9-10am, FREE***

## Breast Health Club

*Keep the ta-tas healthy!*

Monthly postcard reminders with breast health tips, recipes and tickets for discounted healthy activities. Turn in your postcard at the Allen Farmers Market to receive a sample of walnuts or flaxseeds. **Sign up today:**

517-367-2468, [denisep@allenneighborhoodcenter.org](mailto:denisep@allenneighborhoodcenter.org)

# Senior Program

## Senior Discovery Program

*Pretty good coffee and great conversation.*

You don't have to be a senior (but it's a plus) to be part of this group. An eclectic line-up of guest speakers and presentations keep this weekly group lively.

**Wednesdays, 10am-12pm in the Allen Market Place classroom.**



# Food Pantry

## Bread Basket

*Helping to feed those in need.*

A wide selection of free donated bread, baked goods, produce, pantry items, healthy recipes, and neighborly conversations are available in the Allen Market Place each week.

**Tuesdays, 1-5pm in the Allen Market Place**



# Get Involved

## **Volunteer with ANC**

*Growing in Community.*

Our programs rely on service from volunteers. In addition to daily volunteer shifts with our programs, we also have periodic events. It is a great opportunity to meet others, participate in hands-on activities, and give back to the community.

To volunteer with us, please contact our Volunteer Coordinator: 517-999-3919,  
[volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org)



## **Active Neighboring Café**

*Get active in your neighborhood.*

Active Neighboring Cafés are quarterly two-hour workshops designed to build the capacity of neighborhood leaders (formal and informal) and to inform on emerging neighborhood topics. Topics will be announced in Active Neighboring News and The Eastside Neighbor approximately one month before the workshop.

For more information, contact Denise:

[denisep@allenneighborhoodcenter.org](mailto:denisep@allenneighborhoodcenter.org), 517-999-3924.

## **Active Neighboring News**

*Stay up to date on what is happening around town!*

Learn about events, workshops, programs and more.

**Sign-up online: <http://bit.ly/1xmAo4H>**

# Show Your Support

*We appreciate every gift, large or small.*

Whether you choose a one-time or recurring contribution to Allen Neighborhood Center, you can donate online (using credit card or PayPal) or by sending a check (payable to Allen Neighborhood Center) to our office:

1611 E. Kalamazoo St. Lansing, MI 48912

## Sponsorship Opportunities

*Publicity for your business or organization.*

Available for the farmers market, youth programs, and special events. Contact Joan for details: 517-999-3912.



## I Love the Eastside! Bumper Stickers

*Slap it on your rear (bumper)!*

Pick up a bumper sticker at the Allen Farmers Market bank or ANC main office. **\$4.00**

## Allen Neighborhood Center "Donation Made in Your Name"

*The gift that grows.*

Contact us or visit [www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org) for details on how to make a donation in the name of a friend, co-worker, or loved one.

**You decide the amount of your gift.**

## Allen Farmers Market Gift Certificates

*Great for food lovers!*

Available at the Market Bank during farmers market hours.

## GardenHouse Commemorative Bricks

*Celebrate a life event or honor a special person, occasion or memory.*

Pavers are positioned in the indoor walkways of the GardenHouse. Pavers are inscribed with words of your choice. 3 lines, 15 characters per line.

**4"x 8" paver                      \$100.00**

# Come Visit Us

Allen Neighborhood Center

1611 E. Kalamazoo St. Lansing, MI 48912

Walk-In Hours: 12-5pm (Mon, Tues, Thurs, Fri)  
12-6pm (Wednesday)

Appointment Only Hours: 9am-12pm

Hunter Park GardenHouse

1400 E. Kalamazoo St. Lansing, MI 48912

September-May Monday-Saturday: 10am-12pm

June-August Monday-Friday: 10am-12pm &  
5:30pm-7:30pm

Saturday: 10am-12pm

Allen Market Place

1629 E. Kalamazoo St. Lansing, MI 48912

Allen Farmers Market

Wednesdays

Indoors (November-May) 3:00-6:30pm

Outdoors (June-October) 2:30-7:00pm

# Keep In Touch

[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)



AllenNeighborhoodCenter



AllenMarketPlace



HunterParkGardenHouse



AllenStreetFarmersMarket

# CSA FAIR

**Meet your farmer**

*and sign up for  
your farm share!*



**FREE EVENT - LIVE MUSIC  
FOOD VENDORS - RAFFLE PRIZES**

**SUNDAY  
FEBRUARY 14**

**12-4pm**

**at Allen Market Place**

1629 E. Kalamazoo St. Lansing  
[bit.ly/CSA\\_FAIR](http://bit.ly/CSA_FAIR)

A partnership of:



# CSA FAIR

**Meet your farmer**

*and sign up for your farm share!*



**Farms:**

*CBI Giving Tree Farm  
Hillcrest Farm  
Hunter Park GardenHouse  
Lansing Roots  
Monroe Family Organics  
MSU Student Organic Farm  
Titus Farms  
Trillium Wood Farm  
Urbandale Farm  
Veggie Box  
Wildflower Eco Farm  
+ more!*

**Food & Drinks:**

*Teff-Rific  
Sleepwalker Spirits & Ale  
Rust Belt Roastery  
Glory Bee Sweet Treats  
Cultured*

Shop from a variety of CSAs from mid-Michigan farmers to get the freshest locally grown produce and farm products.

**SUNDAY, FEBRUARY 14, 12-4pm**

**at Allen Market Place**

1629 E. Kalamazoo St. Lansing

**FREE EVENT - LIVE MUSIC - FOOD VENDORS - RAFFLE PRIZES**

For more information,  
visit [allenmarketplace.org](http://allenmarketplace.org)  
Facebook event: [bit.ly/CSA\\_FAIR](https://bit.ly/CSA_FAIR)  
or call (517) 999-3910

A partnership of:



# Allen Street Farmers Market *Indoors!*

Wednesday, October 22, 3:00-6:30  *New Hours!*

**Featuring:**

- American Delicacy
- CBI's Giving Tree Farm
- The Country Mill
- New!** Foodshed Farm
- Green Eagle Farm
- Hillcrest Farms
- Tomac Pumpkin Patch
- Urbandale Farm

- New!** Bloom Coffee Roasters
- Gluten Free Rox
- Hickory Knoll Farms Creamery
- Kolache Kitchen
- Schneider's Organic Beef
- Stone Circle Bakehouse



ELFCO will be serving deli selections out of the Allen Market Place Kitchen!



*DJ Clarinet will perform 4-6!*



*Pick up a growler or howler of locally brewed beer. Open 4-8!*



A Big Thank You to MSUCU, our market day sponsor! Stop by their table to learn about their programs and services.

# Allen Street Farmers Market *Indoors!*

Wednesday, March 11, 3:00-6:30

**Featuring:**

- Green Eagle Farm
- Hillcrest Farms
- Titus Farms

*Hot Coffee!*

-  Bloom Coffee Roasters
- Gluten Free Rox
- Hickory Knoll Farms Creamery
- Kolache Kitchen
- Ofilia's El Burrito
- Schneider's Organic Beef
- Stone Circle Bakehouse

- New!** Stone E River Ranch
- Special Guest:**
- Charter House
- Bake Sale Fundraiser



*Pick up a growler or howler of locally brewed beer. Open 4-7!*



*ELFCO will be serving deli selections out of the Allen Market Place Kitchen!*



**From East Africa to the Eastside**

The six Kenyan artists (aged 18-35) whose work will be displayed are all current or former students of Mwangaza Art School, a three-year, non-formal art college in the informal settlement area of Nyalenda in Kisumu, Kenya.

# Allen Farmers Market *Indoors!*

Wednesday, February 17, 3:00-6:30

## Featuring:

Green Eagle Farm  
Hillcrest Farms

Cultured  
Glory Bee Sweet Treats  
Gluten Free Rox  
Hickory Knoll Farms Creamery  
Kolache Kitchen  
Ofilia's El Burrito  
Rooted Home Farm  
Rust Belt Roastery  
Schneider Organic Beef  
Stone Circle Bakehouse  
Stone E River Ranch



**I ❤️ THE EASTSIDE**  
ALLEN NEIGHBORHOOD CENTER

*Bumper Stickers  
available at the Bank*



EBT-Friendly!



# Allen Farmers Market *Indoors!*

Wednesday, March 30, 3:00-6:30

## Featuring:

Green Eagle Farm  
Hillcrest Farms  
Wildflower Eco Farm

Cultured  
El Burrito Mexicano  
Glory Bee Sweet Treats  
Gluten Free Rox  
Hickory Knoll Farms Creamery  
Kolache Kitchen  
Rooted Home Farm  
Rust Belt Roastery  
Schneider Organic Beef  
Stone Circle  
Stone E River Ranch



**I ❤️ THE EASTSIDE**  
ALLEN NEIGHBORHOOD CENTER

*Bumper Stickers  
available at the Bank*



EBT-Friendly!



Welcome to

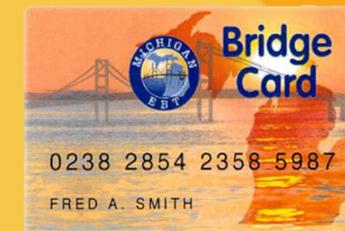
# Allen Farmers Market

Every Wednesday 2:30 - 7:00

[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)



**ALLEN**  
NEIGHBORHOOD CENTER



Farmers Market Emails

November 5, 2014

April 29, 2015



**Brussels Sprouts, Pies, Cage-Free Eggs, and Delicious Dinner To-Go From ELFCO!**  
Wednesday, November 5

**New Hours: 3:00 - 6:30 pm**

Lots of ingredients to choose from this week to cook yourself and/or your family some delicious comfort food. Too tired to cook? Pick up soup, salads, sandwiches, and more from East Lansing Food Co-op. And last, but not certainly not least, be sure to stop by Sleepwalker Spirits and Ale! Open from 4-7, they'll have 4 delicious beers on tap, including a seasonal pumpkin variety, which are available for purchase in either a growler (32 oz) or a growler (64 oz). The market will be open from 3-6:30 inside the Allen Market Place every Wednesday through May 13, 2015, after which we will move back outside!

The Double Up Food Bucks (DUB) program is now over for the year, so we will no longer be dispensing DUB tokens from our market bank. However, if you still have tokens, you can spend them on eligible items with vendors through our November 12 market.

Here are just a few offerings from each of our farmers and vendors:

- American Delicacy**  
Fresh mushrooms, gourmet mushrooms butter, dried scapes
- CB's Giving Tree Farm**  
Garlic, herbs, kale, Brussels sprouts, spinach, salad mix
- The Country Mill**  
Back-hill wheat!
- Foodshed Farm**  
Puffed herbs, ginger, garlic, onions, kale, squash
- Green Eagle Farm**  
Cabbages, onions, radishes, huge variety of potatoes, shallots, squash
- Hilcrest Farms**  
Gold Rush apples, Indian corn, onions, potatoes, acorn and butternut squash
- Tomac Pumpkin Patch**  
Huge variety of squash, pumpkins & gourds, honey, maple syrup, pumpkin butter
- Urbandale**  
Brussels sprouts, winter squash, spinach, spicy salad mix
- Bloom Coffee Roasters**  
Fresh pour over coffee and bags of fresh-roasted beans
- Gluten Free Rox**  
Apple and pumpkin pies, pie slices, turkey cut bread, pizza crust, brownies, carrot cupcakes, fresh dried culinary teas
- Hickory Knoll Farms Creamery**  
Goat and cow milk cheeses including feta, fresh cheese curds, 4 flavors of cheese, cheddar, hick, cage-free eggs
- Kolache Kitchen**  
Beef/porky, cabbage rolls, pierogies, turkey snack sticks, Czech pasties, also mini-apple pies & plush toys from Lisa Shuecher
- Schneider's Organic Beef**  
Roasts, ground beef, hamburger patties, brisket, beef snack sticks
- Stone Circle Bakehouse**  
Focaccia and other delicious bread varieties

- Featuring -



Looking for a healthy and delicious lunch or dinner option? Pick up sandwiches, salads, and sweet treats that satisfy as well as nourish from East Lansing Food Co-op's new deli selections.



Open from 4-7, be sure to pick up a growler (64 oz) or howler (32 oz) of this delicious, locally-brewed beer. 4 Different varieties available!

A word on market currency: Got to the market only to realize you're out of cash? No worries! Visit our Market Bank where you can use your debit or credit card to get the amount you need to make your purchases at Market Money Tokens, worth \$1 each. All of our vendors accept these and they are used just like cash. For example, if you buy a \$4 item from a vendor with one Market Money Token, they will simply give you a \$1 back in cash. Don't worry about having to run to the ATM before coming to the market! Similarly, EBT cards can be used to purchase EBT tokens, worth \$1 each. With EBT tokens, however, you cannot buy something for \$1.00 with 2 EBT tokens and get .50 back in change - you would need to use .60 of your own change. Questions? Just stop by the bank table and our friendly banker, Aime, will be happy to help!

Coming up at the Allen Market Place:



On Friday, November 14, join us from 5:30-7:30 for our Big Fuss! Fest & Fundraiser. Featuring live music, free hors-d'oeuvres, and a cash bar brought to you by Sleepwalker Spirits & Ale. Enter a raffle to win our exciting door prizes and learn more about Allen Neighborhood Center!

See you at the Market!  
Liz Ferguson, Market Manager  
517-499-3911  
Liz@allenneighborhoodcenter.org



**Mid-Week Dinner Ideas, Locally Brewed Beer, and General Togetherness!**  
Wednesday, April 29  
**3:00 - 6:30 pm**

We have reached that wonderful point in spring where you can get pretty much everything you need to cook a beautiful, nutritious meal using ingredients purchased exclusively at the farmers market. What? There's chicken, beef, and pork available in a variety of cuts. Add to that any combination of the following: mushrooms, beans, garlic, onions, salad, kale, spinach, herbs, and potatoes. Here some cheese from Hickory Knoll. Get that with some bread from Stone Circle. Choose from a huge variety of sweet treats for dessert! Eat farm fresh eggs for dinner! You've even got dried beans and flour if you really want to cook from scratch. Of course, we've also got you covered if you're fit that not want well and just want to pick up something tasty. Red's Smokehouse will have their delicious offerings of pulled, smothered meats served on sandwiches and over noodles. Other El Barrio has enchiladas and tortillas to take home, and Kolache Kitchen has fresh cabbage rolls and pierogies! Whatever you choose to have for dinner, know that some beer from Sleepwalker Spirits and Ale would make a good accompaniment, open from 4-7 and offering a lovely variety. Sleepwalker beers are available for purchase in either a growler (32 oz) or a growler (64 oz). Take your food up to the Kalamazoo Cafe to enjoy with a brand, grab a book from our Little Free Library or a CD, Poem or get some cash from our swap (ask Market staff for VHS passwords - we're ones wearing buttons).

Here are just a few offerings from each of our farmers and vendors:

- American Delicacy**  
Mores and other mushrooms, bees, gourmet mushroom butters
- CB's Giving Tree Farm**  
Spinach, beans, herbs, kale
- Green Eagle Farm**  
Baked mix, chives, fingerling potatoes, shallots, popcorn, beehive candles, Ferns Organic Farms beans, cornmeal, salad, dried cash, whole wheat, all purpose, & pastry flour
- Hilcrest Farms**  
Baby lettuce, carrots, salad toppings, kohlrabi, spinach
- Wildflower Eco Farm**  
Mustard greens mix, spring mix, lettuce, Jerusalem artichokes
- Bloom Coffee Roasters**  
Fresh pour-over and bags of freshly roasted beans
- Gluten Free Rox**  
Brownies, donut bars, cakes, pies, bread, candy like bread, preserves
- Hickory Knoll Farms Creamery**  
Goat and cow milk cheeses including Camembert, cheddar, feta, fresh cheese curds, 4 flavors of cheese, cage-free eggs
- Kolache Kitchen**  
Baba, Kolachas, spicy mustard, cabbage rolls, pierogies, Czech pasties, also mini steamed hokidai pies, plush toys, and jewelry from Lisa Shuecher
- Orilla's El Burrito**  
Breakfast and lunch burritos, burrito quesadillas, pizza de gallo, beef tortilla chips, take-home tamales & burritos, Mexican pastries
- Schneider's Organic Beef**  
Beef snack sticks, boneless chuck roast, ground beef, steaks, brisket
- Stone Circle Bakehouse**  
Focaccia and other delicious bread varieties, broccoli bread, soft pretzel sticks, sweet bread
- Stone E River Ranch**  
Whole chickens, thighs, legs, pork, eggs



**They're Back!**  
Open from 3:30-6:30 every Wednesday  
Featuring pulled pork and chicken sandwiches, nachos, vegetarian sloppy joes, bacon chocolate brownies, and more!



Open from 4-7, be sure to pick up a growler (64 oz) or howler (32 oz) of this delicious, locally-brewed beer. Up to 5 different varieties available!

Allen Market Place presents:  
**From East Africa to the Eastside**



Continuing through April, the Allen Market Place will be presenting the art exhibition, From East Africa to the Eastside. This exhibition features paintings with themes around markets, food production and preparation, and urban life on the shores of Lake Victoria. The six Kenyan artists (aged 18-36) are all current or former students of Mwangazi Art School, a three-year, non-formal art college in the informal settlement area of Nyakinda in Kisumu, Kenya. For more information about Mwangazi and the artists, please see the following website: [www.mwangaziart.com](http://www.mwangaziart.com). 20% of the sales from the exhibition will go toward continuing to build Kipigi Art Center, which aims to nurture the talents of the children of Nyakinda. The other 80% will go directly to the artists. The paintings will be on display (and on sale) during market hours in the classroom space on Wednesdays (from 3 to 6:30pm) at the Allen Street Farmers Market.

Going's-on of interest at Hunter Park GardenHouse



Check out the Hunter Park GardenHouse Summer CSA Enrollment, and apply for a Free Hunter Park GardenHouse Garden-in-a-Box

See you at the Market!  
Liz Ferguson, Market Manager  
517-499-3911  
Liz@allenneighborhoodcenter.org



Great Gift & Dinner Ideas, Fresh Produce, Meats, Cheese, Bread, and More!

Indoor Season Hours: 3:00 - 6:30 pm

Pick up fresh produce to detox from last week's over-indulgence and/or pick up dinner from Ollie's, Taffi's, or Red's Smokehouse to give yourself a break from cooking!

Here are just a few offerings from each of our farmers and vendors:

- CB's Giving Tree Farm: Kohlrabi, turnip, Swiss chard, kale, spinach, carrot, garlic, herbs
The Country Mill: Apples, color doughnuts
Green Eagle Farm: Cakes, potatoes, garlic, beans, parsnips, lettuce, radishes, turnips, Chinese cabbage, broccoli, greens, cilantro, parsley
Hillcrest Farms: Acorn & butternut squash, carrots, kale, onions, spring mix, apples, eggs, potatoes, cabbage
Wildflower Eco Farm: Jerusalem artichokes, Brussels sprouts, collard greens, spinach, garlic, shallots, eggplant, onions
AMP Kitchen Table: Kvass, sauerkraut, kimchee
Gluten Free Rox: Breads, pies, muffins, brownies, granola, nutting sprouts, culinary tea blends
Hickory Knoll Farms Creamery: Goat and cow milk cheeses including fresh mozzarella, cheddar, feta, fresh cheese curds, flavored and plain cheddar, Kronberg, Crottin, Colton
Kolache Kitchen: Pierogies, cabbage rolls, Czech pastries
Ollie's El Burrito: Breakfast and lunch burritos, tamales, enchiladas, salsa, guacamole, pico de gallo, fresh tortilla chips, Mexican pastries
Rusted Home Farm: Mini pies, plush toys, hand-dyed headbands & hats, handmade jewelry
Rust Belt Roastery: Hot pour-overs, cold brew, and bags of beans roasted over wood fire
Schneider Organic Beef: T-bone and porterhouse steaks, English roast, 10 ribs, burger patties, soup bones
Stone Circle Bakehouse: The best bread in town, crossbuns, pretzels, muffins
Stone & River Ranch: Cuts of chicken and pork
Wooden Shoe Herb Farm: Candies, soap, wreaths & swags, jams & jellies

Featuring Red's Smokehouse: Smoked, pulled chicken and pork sandwiches, nachos, potato salad, bacon brownies, and more. Taffi-Rific! From local Ethiopian cuisine.



Open from 3-8, be sure to pick up a growler (64 oz) or howler (32 oz) of this delicious, locally-brewed beer. Up to 5 different varieties available! Pints available for sale from 5-7 for Food & Brew event!



For every \$2 worth of EBT tokens you purchase at the Market Bank, we will match that amount (up to \$20) in Double Up Food Bucks tokens, which you can spend on any fruits or vegetables. Learn more here. Double Up Food Bucks now operates YEAR ROUND at the Allen Street Farmers Market.

Gift Ideas Available at the Bank!



Gift Certificates

Gift Ideas Available at the Bank!



Gift Certificates

Vote for LAFCU and help Allen Street Farmers Market win up to \$10,000! We are so honored our Summer Market Music Sponsors and regular supporters at Lansing Area Federal Credit Union (LAFCU) chose Allen Street Farmers Market for the Summer Fair event Champion! Thank You LAFCU is a company that regularly credit unions going back to their communities and showing their heartfelt work on video. These videos are being shared to inspire customer sites of citizenship and give back to charities that are near and dear to credit unions and members. You can make a difference by voting for your favorite credit union sites. LAFCU got the most votes. Allen Street Farmers Market can win up to \$10,000! You can vote once a day, every day, through December 24, 2015. VOTE HERE!

See you at the Market! Lay Ferguson, Market Manager 517-669-2811 Lay@lansingfedcreditunion.org



Help support the market and Allen Neighborhood Center's other great programs through the Big Bang-quet Challenge!

"ANC should win the Big Bang-quet Community Charity Challenge because I've seen how much this organization has done for the community...We've done so much, but we just need to do more, more, and more. Because the need is still out there. We're not done yet." --Julia, Market Banker (see the rest of her spotlight post!)

VOTE NOW!

Are you a local musician who wants a low-key gig to share your music with the Lansing community? Fill out our application for the outdoor market ASAP before the slots fill up!

We are also looking for acoustic acts to live up our indoor market in March and April. Please contact me for details.

Thank you for your support, and see you at the market!

Julia Kramer, Market Manager 517-999-3911 julia@alleneighborhoodcenter.org

Did you know that YOU can help out your Eastside neighbors by donating plastic or paper bags to the Breadbasket food pantry?



While you're doing your weekly shopping at the market, just drop them off at the Market Bank and they will be put to good use.



As always, join our neighbors at Happendence for a free workshop from 6-7, called "Write, Move, Create," on dance-making for tweens and teens. Call 517-333-3528 to reserve your spot!

Grab a delicious Sleepwalker beer from 4-7, brewed on site at the Allen Market Place!



Available in a growler (64 oz) or howler (32 oz), up to 6 different varieties to choose from.

FRESH PRODUCE AVAILABLE THIS WEEK

- Green Eagle Farm: Back next week!
Hillcrest Farms: Carrots, beets, Gold Star apples, onions, kale, various greens
Titus Farms: Potatoes, shallots, winter squash, rutabagas, celery, Kosack kohlrabi, carrots, green cabbage

OTHER OFFERINGS

- AMP Kitchen Table: Kvass, sauerkraut, kimchee, curtido from Cultured
Glory Bee Sweet Treats: Cookies, sweet breads, granola bars
Gluten Free Rox: Bread, cakes, cupcakes, brownies, pies, culinary tea blends
Hickory Knoll Farms Creamery: Eggs, goat and cow milk cheeses including fresh mozzarella, cheddar, feta, fresh cheese curds, flavored and plain cheddar, Kronberg, Crottin, Polton
Kolache Kitchen: Back next week!
Rusted Home Farm: Super-nutrition protein bars, mini pies, eggs, plush toys, headbands
Rust Belt Roastery: Hot pour-overs, cold brew, coffee beans roasted over wood fire, NEW fair trade, organic, wood-roasted dark chocolate!

**Schneider Organic Beef**

Ground chuck, stew meat, steaks, beef snack sticks, marrow bones  
Small House Farm

Back next week!

**Stone Circle Bakehouse**

The best bread in town, plus a rotating selection of delectable baked goods

**Stone E River Ranch**

NEW - pork! Plus all natural duck, chicken, and eggs

**HOT & PREPARED FOODS**

**El Burrito Mexicano**

Breakfast and lunch burritos, tamales, enchiladas, salsa, guacamole,  
pico de gallo, fresh tortilla chips, Mexican pastries

**Red's Smokehouse**

Smoked, pulled chicken and pork sandwiches, nachos,  
potato salad, bacon brownies, and more

**Teff-Rific!**

From scratch Ethiopian cuisine, plus teff grain, teff pancakes,  
and berbere seasoning for sale



For every \$2 worth of EBT tokens you purchase at the Market Bank, we will match that amount (up to \$20) in Double Up Food Bucks tokens, which you can spend on any fruits or vegetables. [Learn more here.](#)

Double Up Food Bucks is now offered YEAR ROUND at the Allen Farmers Market!

**Rep the Eastside:**

Bumper stickers available at the Market Bank for just \$3!



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You are receiving this email because you either opted in at our website, or you signed up for Active Neighboring News at one of our events.

Our mailing address is:  
Allen Neighborhood Center  
1611 E. Kalamazoo St  
Lansing, MI 48912

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*Community • Food • Connection*





**Allen Street Farmers Market  
Every Wednesday, Year-Round!**  
 Outdoor Market: May 21-October 15, 2:30-7  
 Indoor Market: October 22-May 13 3-6:30  
 SNAP-friendly, offering locally grown, raised,  
 & prepared foods as well as live entertainment.  
 For more information, call 517-999-3911



**The Exchange** is our new online marketplace connecting Mid-Michigan farmers with local businesses, institutions, individuals and buying clubs. Register online at [www.AllenMarketPlace.org](http://www.AllenMarketPlace.org), and purchase products 24/7.  
 For more information, call 517-999-3923



**The Kitchen** is a fully licensed food processing facility that is available to local food entrepreneurs for rental, as well as being host to the new What's Cookin'? culinary skills workshop series.  
 For more information, call 517-999-3912

Allen Market Place is a project of Allen Neighborhood Center.  
 1629 E. Kalamazoo • Lansing, MI 48912

 Find us on Facebook



**Allen Street Farmers Market**  
*Indoor Season*  
*Every Wednesday, 3:00-6:30*

inside Allen Market Place  
**1629 E. Kalamazoo**  
**Lansing, MI 48912**

Featuring:







Accepted @ the **BANK**

Like Allen Street Farmers Market on Facebook for ongoing updates!

*Open all winter long!*  
*(closed 12/24 & 12/31)*

For more information call 517-999-3911  
[www.allenmarketplace.org/farmers-market](http://www.allenmarketplace.org/farmers-market)

**To Help You Find Us:**



Located 3 blocks south of Michigan Avenue and the #1 Bus Line, and just east of the #15 Bus Line stops at Allen and Lathrop on Kalamazoo.

Allen Street Farmers Market  
 is a project of Allen Neighborhood Center  
[www.allenneighborhoodcenter.org](http://www.allenneighborhoodcenter.org)

# Allen Street Farmers Market

Inside  Every Wednesday 3-6:30

October 22, '14-May 13, '15

Allen Market Place is located at 1629 E. Kalamazoo, behind Allen Neighborhood Center.

Locally grown, baked, and prepared foods all through the colder months!

Visit us online at [www.allenmarketplace.org/farmers-market](http://www.allenmarketplace.org/farmers-market) and check us out on Facebook for more information, call 517-999-3911



Located 3 blocks south of Michigan Avenue and the #1 Bus Line, and just east of the #16 Bus Line stops at Allen and Lathrop on Kalamazoo.

# Allen Street Farmers Market

Inside  Wednesdays 3-6:30

Open every Wednesday through May 13 - Outdoor Season starts May 20!

Allen Market Place is located at 1629 E. Kalamazoo, behind Allen Neighborhood Center.

Locally grown, baked, and prepared foods all through the colder months!

Visit us online at [www.allenmarketplace.org/farmers-market](http://www.allenmarketplace.org/farmers-market) and check us out on Facebook for more information, call 517-999-3911



Located 3 blocks south of Michigan Avenue and the #1 Bus Line, and just east of the #16 Bus Line stops at Allen and Lathrop on Kalamazoo.

A project of Allen Neighborhood Center

## ALLEN STREET FARMERS MARKET



Every Wednesday  
3:00-6:30 pm

October 21, 2015- May 11, 2016

INSIDE ALLEN MARKET PLACE  
1629 E. KALAMAZOO LANSING, MI 48912



Questions? Call 517-999-3911 or visit our Facebook

A project of Allen Neighborhood Center

## Allen Farmers Market

indoor season



Every Wednesday  
3:00-6:30 pm

October 21, 2015- May 11, 2016

INSIDE ALLEN MARKET PLACE  
1629 E. KALAMAZOO LANSING, MI 48912



EBT-FRIENDLY!

Questions? Call 517-999-3911 or visit our Facebook

# ALLEN FARMERS MARKET

Locally grown, raised & prepared foods  
25+ vendors  
Food court & patio seating  
Live entertainment

Outdoor Season: Wednesdays 2:30-7:00 pm  
May 18 - October 12



1629 E. Kalamazoo St. Lansing, MI

517-999-3911  
[www.allenmarketplace.org](http://www.allenmarketplace.org)  
Follow us on Facebook!



# ALLEN FARMERS MARKET

Wednesdays 2:30-7:00 pm, May 18 - October 12

Locally grown, raised & prepared foods  
Food court & patio seating  
Live entertainment

## Monthly Festivals

- 5/25 Herbs & Starts Fest
- 6/22 Strawberry Fest
- 7/20 Kid's Fest
- 8/24 Tomato Fest
- 9/21 Apple Fest
- 10/12 Harvest Fest



517-999-3911

[www.allenmarketplace.org](http://www.allenmarketplace.org)  
1611 E. Kalamazoo St. Lansing, MI

Blue Cross  
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of Michigan

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Farmers Market Paid Ads

Indoor 2014-15 season: published once per month October 2014 – March 2015



**Allen Street Farmers Market**  
*Indoor Season*  
*Every Wednesday through May 13, 2015*  
*3:00-6:30*  
inside Allen Market Place  
1629 E. Kalamazoo  
Lansing, MI 48912

*Featuring:*



*How to Find Us!*



**Allen Street Farmers Market**

Like us for ongoing updates!

**Open all winter long!**

*Indoor Season*  
*Every Wednesday*  
*3:00-6:30*

*Featuring:*



inside Allen Market Place  
1629 E. Kalamazoo  
Lansing, MI 48912

For more information  
call 517-999-3911

## **GardenHouse CSA Post Survey (electronic)**

**I live on Lansing's Eastside.**

Yes

No

**I grow some of my own food at home.**

Yes

No

**I participate in other ANC programs.**

Yes

No

**These include:**

Bread Basket

Allen Farmers Market

Youth Programs

Wednesday Senior Discovery Group

Market Walk/ Market Moves

Allen Market Place Kitchens

Allen Market Place Exchange

Other

**I am interested in eating more fruits and vegetables, low-fat dairy, and whole grain.**

Yes

No

**My involvement in this CSA has helped me to eat more fruits and vegetables.**

Yes

No

**My involvement in this CSA has helped me to increase my physical activity.**

Yes

No

**Did you try a new food by participating in the Summer CSA?**

Yes

No

**What did you enjoy most with the Summer CSA?**

**How did you like the quality of the Summer CSA ?**

**How many people did you feed with your weekly share?**

**How did you like the quantity of items in the Summer CSA?**

**Did you purchase any of the CSA add-on shares?**

Yes

No

**How did you like the quality, quantity, and frequency of the add-ons you purchased?**

**What additional add-ons would you be interested in that we don't already offer? In what quantity & frequency?**

**What could be improved with the Summer CSA?**

# Hunter Park GardenHouse Summer CSA 2016



## Our CSA

We put a lot of thought into what goes into a CSA share, and we've seen six successful summer CSA seasons so far. We utilize sustainable growing practices, and stringent food safety measures, so you can be sure our produce is safe and healthy for you and your family.

The **Summer CSA** will run for sixteen weeks, **June 1 – September 14**.

In the share each week, members will receive:

- A seasonal assortment (8-15 items) of fresh, locally grown vegetables. Due to seasonality, some weeks will be lighter than others. Projected items include: basil, beets, broccoli, carrots, pak choi, cucumbers, eggplant, pole beans, kale, collards, Swiss Chard, kohlrabi, herbs (sage, thyme, mint, dill, oregano, lemon balm, etc.), head lettuce, salad mix, okra, scallions, onions, peas, hot peppers, sweet peppers, red potatoes, radishes, summer squash, tomatoes, tomatillos, turnips, and garlic.
- A newsletter with healthy recipes utilizing the produce, and upcoming food and garden-related events.
- An occasional bouquet of cut flowers.

## Add-On Shares

We offer add-on shares to further increase the diversity of items in your box. We partner with local farmers and producers who participate in the Allen Market Place Exchange to offer eggs, bread, coffee, cheese, black beans, meats, fruit pies, fruit pops, and beer!

## Work Share, Cost & Payment

We offer a unique selection of payment and work share options to include those who otherwise might not be able to afford membership in a CSA.

### SHARE OPTIONS:

1. **All Pay-** members pay \$26 (\$20 for SNAP recipients) per share.
2. **Work Share-** *A limited number of these shares are available.* Members pay \$13 per share (\$10 for SNAP recipients) and work 2 hours per week, 6-10 hours per month (depends on month). Members must commit to work during weekly scheduled shifts. Members must complete a Work Share application, ANC volunteer application and Background Check waiver. If the 2 hours per week, 6-10 work hours per month (depends on month) are not completed by the last day of the month, you will be charged \$6.50 per hour that is incomplete, that must be paid at the first pick-up of the following month.

### PAYMENT OPTIONS:

1. **Lump Sum-** Pay full balance at the beginning of the program. Cash, Check, and Credit only, due no later than May 11, 2016.
2. **Monthly-** Due by the first pick-up of each month. Cash, Check, and Credit tokens only. \$52 deposit due no later than May 11, 2016 (payable by Cash, Check, or Credit). The \$52 will be forfeited if you drop out mid-season, otherwise it will be applied to the final weeks of the Summer CSA.
3. **Weekly SNAP Payments-** For SNAP & Double Up Food Bucks payments only. Pay at the point of pick-up for your share. \$40 deposit (payable by Check or Credit) due no later than May 11, 2016. The \$40 deposit will be forfeited if you drop out mid-season, otherwise it will be applied to the final weeks of the Summer CSA. *SNAP can only be accepted at point-of-sale (not in advance or after).*

**\*You are responsible for paying for each share, even if you miss a pick up.**

Checks made payable to: Allen Neighborhood Center (Summer CSA in the memo line). Drop off or mail to: 1611 E. Kalamazoo Street Lansing, MI 48912

## Harvest & Pick Up

Harvest takes place on Wednesday mornings from 10am-12pm. All members are welcome to volunteer during the CSA harvest (an ANC Volunteer Application and Background Check waiver must be completed)

Shares are available for pick-up on:

**Wednesdays: 3:30-6:00pm.** Shares will be available at the **Allen Market Place** (1629 E. Kalamazoo Street).

Produce will be packaged in a reusable box labeled with your name. Empty boxes must be returned at each pick-up, which helps us ensure a low environmental impact and helps us to minimize program costs.

If you are unable to pick up your share during the available time, you must make prior arrangements with the GardenHouse Director; otherwise your share may be forfeited. If you know you're going to be out of town, or unable to make the scheduled pick-up time, we encourage you to coordinate with family, friends, or neighbors to pick up your share during the scheduled time.

## **Volunteering**

We are always excited about extra hands helping in the garden. Throughout the season, there is an endless amount of weeding, planting, harvesting, and other tasks to be done. If you or someone you know is interested in volunteering at the GardenHouse, please contact our Volunteer Coordinator at: 517-999-3919 or [volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org)

## **What Makes Our CSA Special**

### **You are supporting programs of the Hunter Park GardenHouse.**

Your CSA membership funds programs that serve our community. We host regular garden education workshops & courses, are open 6 days a week to the public, and serve as a demonstration site for garden, sustainability, and entrepreneurial projects. Our after school and summer youth programs, Take Root and Youth Service Corps, teach youth job and life skills through community service projects and garden and nutrition education. A significant portion of the CSA revenues are used to support these programs because that's what we're all about.

### **We are inclusive of our neighbors.**

We offer work-shares and multiple payment options to include those who otherwise might not be able to afford membership in a CSA. We are one of a few CSAs in Michigan accepting SNAP (Bridge Cards) for payment. Credit and SNAP tokens can be purchased at the Market Bank in the Allen Farmers Market.

### **We support other farmers and food producers.**

We offer a variety of add-on shares from local farmers and food producers to get their high-quality products in the hands of customers. We work with these businesses to ensure they receive fair prices for their products.

### **You pick up at the Allen Farmers Market.**

Each week you'll get a chance to enjoy the Allen Farmers Market and support other local vendors if there are other items you'd like to purchase. It's a one-stop shop for all your local food needs. It's also a great place to catch up with friends and neighbors.

## **What Our Members Are Saying About Our CSA**

"It encourages me to eat healthier because I regularly receive healthy ingredients and a recipe."

"I love the convenience of fresh food."

"I look forward to my 'meal in a box' each week."

## **Words of Wisdom**

CSA is not for everyone. One of the cornerstones of Community Supported Agriculture (CSA) is shared risk. "The essence of the relationship," as Elizabeth Henderson states in *Sharing the Harvest*, "is the mutual commitment: The people support the farm and share the inherent risks and potential bounty." Part of the mystique associated with being involved in a CSA comes from the organic uncertainty surrounding the fact that, because of factors beyond our control, we cannot guarantee what exactly will be in your share each week. If you know that you are not fond of trying new things, or you head out of town every week, or you aren't up for shared risks, you might be happier just visiting the Allen Farmers Market and picking out what you know you'll use.

So, think about it, discuss it. You are signing a binding contract. Ask questions, ask other CSA members. We want your CSA experience to be a good one and we work hard to insure that it is. With the GardenHouse share we are here, open to chat or hear constructive criticism, issues, problems and work with you to make your CSA experience a positive one.

## **Thank You for Supporting the Hunter Park GardenHouse!**

If you have any questions, contact Hunter Park GardenHouse Director, Rita O'Brien, at 517-999-3910 or [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)

## Hunter Park GardenHouse Summer 2016 CSA Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Emails: \_\_\_\_\_

### Check the option that applies:

- I am a returning CSA member. Last season/year you participated in the CSA? \_\_\_\_\_
- I am applying for the first time. How did you hear about us? \_\_\_\_\_

### Share Type:

- All Pay
- Work Share (must complete a work-share application – on back of this form)

### Payment Method:

- Lump Sum-** Pay your whole balance at the start of the program. Cash, Check, and Credit only, due no later than May 11, 2016.
- Monthly-** Pay a \$52 deposit at the start of the program. Cash, Check, and Credit only, due no later than May 11, 2016.
- Weekly SNAP Payment-** Pay at the point of pick-up for your share. SNAP (Bridge Cards) & Double Up Food Bucks only. \$40 deposit (payable by Check or Credit), due no later than May 11, 2016.

### Add On Shares:

- Select which add-on shares you'd like on attached worksheet.

### Agreement

- I wish to join the Hunter Park GardenHouse Summer CSA and I have read and understand the program.
- I agree to check in on the sign-in sheet before each pick-up and only take what is allotted in that week's share.
- I agree to bring my empty box back each week.
- I agree to adhere to the pick-up time of Wednesday 3:30-6:00pm. I understand that failure to pick up my share during pick-up times may constitute forfeiture of that share.
- I agree to communicate immediately to the GardenHouse Director, of any changes in my commitment to this agreement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please fill out the application & agreement forms and mail in or drop off at our office. **If accepted, you will receive a confirmation from the GardenHouse Director.** Please keep a copy for your records.

Allen Neighborhood Center  
Attn: Hunter Park GardenHouse Summer CSA  
1611 E. Kalamazoo Street  
Lansing, MI 48912

## Work Share Application

Work shares are intended for neighbors who otherwise might not be able to afford membership in a CSA. A limited number of these shares are available. A workshare member needs to be comfortable doing physical work in all weather conditions, including extreme heat and cold, and rain. They should be able to lift and carry 40 pounds. They should be able to talk and work at the same time, as they are doing important work that needs to get done by the end of the shift.

Please check any that apply.

- I am in a low-income household.
- I would be willing and able to do an All Pay share.
- I am able to commit to 2 hours of scheduled shifts each week.
- I am able to perform an assortment of gardening and greenhouse tasks (weeding, watering, harvesting), lift and carry 40 pounds, learn and work quickly.
- I am able to work in a variety of weather conditions (including extreme heat and cold, and rain.)
- I will complete an ANC Volunteer Application & Background Check Consent form.

Please answer the following questions:

What is the number in your household? \_\_\_\_\_

(tax filers + tax dependents= household). Who to include in household: yourself, your spouse, your children who live with you, anyone else under 21 who you take care of and lives with you, your unmarried partner (only if one or both of these apply: they are your dependent for tax purposes, they are the parent of your child).

What is your Household Gross Income? \_\_\_\_\_

Do you receive SNAP?

- Yes
- No

What type of health insurance do you have?

- Medicaid
- Ingham Health Plan (IHP)
- Affordable Care Act
- Employer
- Other:

Are you planning on sharing your CSA share and splitting the cost of the share?

- Yes
- No

**Hunter Park GardenHouse Work Share Shifts (June 1 – September 14)**

Monday-Saturday: 10am-12pm & 5:30-7:30pm

Please indicate your availability to commit to a weekly Work Share Shift(s).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-12pm	10am-12pm	10am-12pm	10am-12pm	10am-12pm	10am-12pm
5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm

## Summer CSA 2016 Payment Worksheet

Pick one of the following options for the Vegetable Share: 1 box of fresh local produce, weekly for 16 weeks, June 1 – September 14.

Option	Price	QTY	Total Price
Lump Sum Payment for All Pay Share	\$416		
Lump Sum Payment for Work Share	\$208		
Monthly Payment Deposit	\$52		
Weekly SNAP Payment Deposit	\$40		

**Add On Shares:** you can select multiple quantities of each of the add-on shares. Add-on shares must be paid in full by May 11, 2016.

Item	Description	Price	QTY	Total Price
Brown Eggs	1 dozen bi-weekly, for eight distributions. From Grazing Fields Cooperative (Charlotte, MI), A multi-farm cooperative of small to mid-sized local farmers who are dedicated to raising healthy, happy hens that are pasture raised and cage-free.	\$30.40		
Bread	1 loaf every week, for sixteen distributions. From Stone Circle Bakehouse (Holt, MI). Delicious artisan bread that is gently mixed, slowly fermented, hand-shaped, and baked in a wood-fired oven.	\$84		
Coffee	1 pound bag of whole beans bi-weekly or monthly, for eight bi-weekly distributions or four monthly distributions. From Rust Belt Roastery (Lansing, MI). With an Italian roaster from the 1930's, this wood-roasted coffee is delicious, Certified Fair Trade and Organic, and from 1 of only 8 wood-roasted coffee producers in the U.S.!	\$140 (bi-weekly) \$70 (monthly)		
Cheese	½ pound bi-weekly, for eight distributions. From Hickory Knoll Creamery (Eaton Rapids, MI). Delicious artisan, pasture-raised cow & goat cheeses include a variety of Tommes, sharp cheddar, Kronberg (Appenzeller-style Swiss), Poitou (Raclette-style), and mozzarella.	\$65.60		
Dry Black Beans	1 pound bag monthly, for four distributions. From Ferris Organic Farms (Onondaga, MI). This family farm has been around since 1837 and is certified organic.	\$12		
Pie of the Month	One 9" pie monthly, for four distributions. From Glory Bee Sweet Treats (Mason, MI). High quality ingredients are used to create delicious, assorted varieties of fruit pies.	\$52		
Meat Variety	1 package of frozen meat every week, for sixteen distributions. From producers dedicated to raising their animals humanely. From Stone E. River Ranch (Eagle, MI), Trillium Wood Farm (Williamston, MI), Heffron Farms (Belding, MI), and Grazing Fields Cooperative (Charlotte, MI). Includes one pound packages of pork chops, breakfast sausage, bacon (no additives), hot Italian sausage, bratwurst, ground lamb, chicken wings, chicken leg & thigh, half-chicken, and ground beef. You will also receive larger items such as: boneless chuck roast and whole chicken.	\$160		

Item	Description	Price	QTY	Total Price
Chicken	1 package of frozen chicken bi-weekly, for eight distributions. From Stone E. River Ranch (Eagle, MI) and Trillium Wood Farm (Williamston, MI). Includes whole chickens, chicken breast, chicken wings, legs & thighs, and half-chicken.	\$110		
Beef	1 package of frozen beef bi-weekly, for eight distributions. From Heffron Farms (Belding, MI). Originally settled in 1921 by Thomas and Cecelia Heffron, they are in their fourth generation of being good stewards of the land. Includes ground beef, ground beef patties, boneless chuck roasts, and beef brisket	\$98		
Pork	1 package of frozen pork bi-weekly, for eight distributions. From Grazing Fields Cooperative (Charlotte, MI). Includes pork chops, boneless pork loin, breakfast sausage, bacon (no additives), spare ribs, hot Italian sausage, bratwurst, and pork shoulder.	\$84		
Beer	1 howler (32 oz) or 1 growler (64 oz) every week, for sixteen distributions. Must provide glassware for each fill. Refillable glassware can be purchased from Sleepwalker (Growler- \$5.00, Howler- \$3.50). From Sleepwalker Spirits and Ale (Lansing, MI). A community-owned brewery & distillery, offers delicious handcrafted interpretations of classic beers and spirits.	\$128 howler \$240 growler		
Pops	Full share (12 pops) or half share (6 pops) monthly, for four distributions. From MI Pops (Webberville, MI). Different flavored ice pops have been hand-crafted with fully ripened Michigan fruits sweetened with Pioneer sugar, local maple syrup, or honey.	\$80 full share \$40 half share		

Total Payment Due by May 11, 2016: \_\_\_\_\_

I will be paying via:

- Check (payable to Allen Neighborhood Center)
- Credit Card (via phone: 517-999-3910)

Please submit this worksheet with application & payment to:

Allen Neighborhood Center  
 Attn: Hunter Park GardenHouse Summer CSA  
 1611 E. Kalamazoo Street  
 Lansing, MI 48912

Questions? Contact Rita: 517-999-3910, ritao@allenneighborhoodcenter.org

# Hunter Park GardenHouse Fall-Winter CSA 2016-2017



## Our CSA

Thanks for your interest in the Hunter Park GardenHouse Fall-Winter CSA! We love growing veggies year-round and teaching folks how to grow them! We put a lot of thought into what goes into a share, and we've seen six successful fall-winter seasons so far. We utilize sustainable growing practices and stringent food safety measures, so you can be sure our produce is safe and healthy for you and your family.

The **Fall-Winter CSA** will run for 20 weeks, September 21 – February 8.

In the share each week, members will receive:

- A seasonal assortment (4-13 items) of fresh, locally grown vegetables. Due to seasonality, some weeks will be lighter than others. Projected items include: Salad mix, head lettuce, spinach, Swiss chard, kale, collards, pac choi, kohlrabi, Brussels sprouts, radish, turnips, beets, carrots, garlic, onions, scallions, potatoes, winter squash, husk cherries, peas, beans, and herbs. In the beginning of the season there will also be eggplant, tomatoes, peppers, and tomatillos.
- A newsletter with healthy recipes utilizing the produce, and upcoming food and garden-related events.
- An occasional bouquet of cut flowers (in the beginning weeks of the season).

## Add-On Shares

We offer add-on items to further increase the diversity of items in your box. We partner with local farmers and producers who participate in the Allen Market Place Exchange to offer eggs, bread, coffee, cheese, black beans, and meats! See the payment worksheet for further details.

## Work Share, Cost & Payment

We offer a unique selection of payment and work share options to include those who otherwise might not be able to afford membership in a CSA.

### Share Options:

1. **All Pay:** Members pay \$26 (\$20 for SNAP recipients) per share.
2. **Work Share:** *A limited number of these shares are available.* Members pay \$13 per share (\$10 for SNAP recipients) and work 2 hours per week, 4-10 hours per month (depends on month). Members must commit to work during weekly scheduled shifts. Members must complete a Work Share application, ANC volunteer application and Background Check waiver. If the 2 hours per week, 4-10 hours per month (depends on month) are not completed by the last day of the month, you will be charged \$6.50 per hour that is incomplete, which must be paid at the first pick-up of the following month.

### Payment Options:

1. **Lump Sum:** Pay full balance at the start of the program (check or credit only). Due no later than **August 31, 2016**.
2. **Monthly:** Due by the first pick-up of each month. \$52 deposit due no later than **August 31, 2016** (payable by check or credit only). The \$52 will be forfeited if you drop out mid-season, otherwise it will be applied to the final weeks of the Fall-Winter CSA.
3. **Weekly SNAP Payments:** For SNAP & Double Up Food Bucks payments only. Pay at the point of pick-up for your share. \$40 deposit (payable by check or credit only) due no later than August 31, 2016. The \$40 deposit will be forfeited if you drop out mid-season, otherwise it will be applied to the final weeks of the Fall-Winter CSA. *SNAP can only be accepted at point-of-sale (not in advance or after).*

**\*You are responsible for paying for each share, even if you miss a pick up. SNAP & Double Up Food Bucks can only be accepted at point-of-sale (not in advance or after).**

Checks made payable to: Allen Neighborhood Center (Fall-Winter CSA in the memo line). Drop off at or mail to: 1611 E. Kalamazoo Street Lansing, MI 48912.

## Harvest & Pick Up

Harvest takes place on Wednesday mornings from 10am-12pm. All members are welcome to volunteer during the CSA harvest (an ANC Volunteer Application and Background Check waiver must be completed).

Shares are available for pick-up on **Wednesdays from 3:30-6:00pm** at the Allen Market Place (1629 E. Kalamazoo St).

Produce will be packaged in a reusable box labeled with your name. Empty boxes must be returned at each pick-up, and at the end of the season which helps us ensure a low environmental impact while minimizing program costs.

If you are unable to pick up your share during the available time, you must make prior arrangements with the GardenHouse Director; otherwise your share may be forfeited. If you know you're going to be out of town, or unable to make the scheduled pick-up time, we encourage you to coordinate with family, friends, or neighbors to pick up your share during the scheduled time.

## **Potluck & Orientation**

This year we'll kick off the Fall-Winter CSA season with an Opening Potluck and Orientation for new and returning members. This gives you a chance to tour the GardenHouse, meet other members, enjoy some food with us, and learn the ins and outs of the CSA. Mark your calendars for **September 8, 2016**. We'll send out more details as the date approaches.

## **Volunteering**

We are always excited about extra hands helping in the garden. Throughout the season, there is an endless amount of weeding, planting, harvesting, and other tasks to be done. If you or someone you know is interested in volunteering at the GardenHouse, please contact our Volunteer Coordinator at 517-999-3919 or [volunteer@allenneighborhoodcenter.org](mailto:volunteer@allenneighborhoodcenter.org)

## **What Makes Our CSA Special**

### **You are supporting programs of the Hunter Park GardenHouse.**

Your CSA membership funds programs that serve our community. We host regular garden education workshops & courses, are open 6 days a week to the public, and serve as a demonstration site for garden, sustainability, and entrepreneurial projects. Our after school and summer youth programs, Take Root and Youth Service Corps, teach youth job and life skills through community service projects and garden and nutrition education. A significant portion of the CSA revenues are used to support these programs because that's what we're all about.

### **We are inclusive of our neighbors.**

We offer work-shares and multiple payment options to include those who otherwise might not be able to afford membership in a CSA. We are one of a few CSAs accepting SNAP (Bridge Cards) for payment. Credit and SNAP tokens can be purchased at the Market Bank in the Allen Farmers Market.

### **We support other farmers and food producers.**

We offer a variety of add-on shares from local farmers and food producers to get their high-quality products in the hands of customers. We work with these businesses to ensure they receive fair prices for their products.

### **You pick up at the Allen Neighborhood Center during the Allen Farmers Market.**

Each week you'll get a chance to enjoy the Allen Farmers Market and support other local vendors if there are other items you'd like to purchase. It's a one-stop shop for all your local food needs. It's also a great place to catch up with friends and neighbors.

## **What Our Members Are Saying About Our CSA**

"It encourages me to eat healthier because I regularly receive healthy ingredients and a recipe."

"I love the convenience of fresh food."

"I look forward to my 'meal in a box' each week."

## **Words of Wisdom**

CSA is not for everyone. One of the cornerstones of Community Supported Agriculture (CSA) is shared risk. "The essence of the relationship," as Elizabeth Henderson states in *Sharing the Harvest*, "is the mutual commitment: The people support the farm and share the inherent risks and potential bounty." Part of the mystique associated with being involved in a CSA comes from the organic uncertainty surrounding the fact that, because of factors beyond our control, we cannot guarantee what exactly will be in your share each week. If you know that you are not fond of trying new things, or you head out of town every week, or you aren't up for shared risks, you might be happier just visiting the Allen Farmers Market and picking out what you know you'll use.

So, think about it, discuss it. You are signing a binding contract. Ask questions, ask other CSA members. We want your CSA experience to be a good one and we work hard to insure that it is. With the GardenHouse share we are here, open to chat or hear constructive criticism, issues, problems and work with you to make your CSA experience a positive one.

## **Thank You for Supporting the Hunter Park GardenHouse!**

If you have any questions, contact Hunter Park GardenHouse Director, Rita O'Brien, at 517-999-3910 or [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)

# Hunter Park GardenHouse Fall-Winter 2016-2017 CSA Application

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Emails: \_\_\_\_\_

## Check the option that applies:

- I am a returning CSA member. Last season/year you participated in the CSA? \_\_\_\_\_
- I am applying for the first time. How did you hear about us? \_\_\_\_\_

## Share Type:

- All Pay**
- Work Share** (must complete the work-share application on the back of this form)

## Payment Information: Please check one payment option.

- Lump Sum:** Pay your whole balance at the start of the program. Check or credit only, due no later than **August 31, 2016.**
- Monthly:** Pay a \$52 deposit at the start of the program. Check or credit only, due no later than **August 31, 2016.**
- Weekly SNAP Payment:** Pay at the point of pick-up for your share. SNAP (Bridge Cards), and Double Up Food Bucks only. \$40 deposit (payable by check or credit) due no later than **August 31, 2016.**

## Add On Shares:

- Select which add-on shares you'd like on attached worksheet.

## Agreement

- I wish to join the Hunter Park GardenHouse Fall-Winter CSA and I have read and understood the program description.
- I agree to check in on the sign-in sheet before each pick-up and only take what is allotted in that week's share.
- I agree to bring my empty box back each week.
- I agree to adhere to the pick-up time of Wednesday 3:30-6:00pm. I understand that failure to pick up my share during pick-up times may constitute forfeiture of that share.
- I agree to communicate immediately to the GardenHouse Director any changes in my commitment to this agreement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please fill out the application & agreement forms and mail in or drop off at our office. **If accepted, you will receive a confirmation from the GardenHouse Director.** Please keep a copy for your records.

Allen Neighborhood Center  
Attn: Hunter Park GardenHouse Fall-Winter CSA  
1611 E. Kalamazoo Street  
Lansing, MI 48912

If you have any questions, please contact Hunter Park GardenHouse Director, Rita O'Brien at (517) 999-3910 or email [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)

## Work Share Application

Work shares are intended for neighbors who otherwise might not be able to afford membership in a CSA. A limited number of these shares are available. A workshare member needs to be comfortable doing physical work in all weather conditions, including extreme heat, cold, and rain. They should be able to lift and carry 40 pounds. They should be able to talk and work at the same time, as they are doing important work that needs to get done by the end of the shift. Work share hours must be completed by 1 person, who must be 18+ years old, and children are not allowed to accompany the work-share member to GardenHouse shifts. As work-share hours are in lieu of payment, we expect 100% effort, reliability, and professionalism.

**Please check any that apply.**

- I am in a low-income household.
- I would be willing and able to do an All Pay share.
- I am able to commit to 2 hours of scheduled volunteer shifts each week.
- I am able to perform an assortment of gardening and greenhouse tasks (weeding, watering, harvesting), lift and carry 40 pounds, and learn and work quickly.
- I am able to work in a variety of weather conditions (cold, hot, humid, snowy, rainy, etc.)
- I will complete an ANC Volunteer Application & Background Check Consent form.

**Please answer the following questions:**

What is the number in your household? \_\_\_\_\_

(tax filers + tax dependents= household). Who to include in household: yourself, your spouse, your children who live with you, anyone else under 21 who you take care of and lives with you, your unmarried partner (only if one or both of these apply: they are your dependent for tax purposes, they are the parent of your child).

What is your Household Gross Income? \_\_\_\_\_

Do you receive SNAP?

- Yes
- No

What type of health insurance do you have?

- Medicaid
- Ingham Health Plan (IHP)
- Affordable Care Act
- Employer
- Other:

Are you planning on sharing your CSA share and splitting the cost of the share?

- Yes
- No

**HunterPark GardenHouse Work Share Shifts (September 21 - February 8)**

Monday-Saturday: 10am-12pm

**Please indicate your availability to commit to a weekly Work Share Shift(s).**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-12pm	10am-12pm	10am-12pm	10am-12pm	10am-12pm	10am-12pm

**\*Work Share Applications are due no later than August 10, 2016. Members will be notified of their selection on August 11.**

## Fall-Winter CSA 2016-17 Payment Worksheet

**Pick one of the following options for the Vegetable Share: 1 box of fresh local produce, weekly for 20 weeks, September 21 – February 8.**

Option	Price	QTY	Total Price
Lump Sum Payment for All Pay Share	\$520		
Lump Sum Payment for Work Share	\$260		
Monthly Payment Deposit	\$52		
Weekly SNAP Payment Deposit	\$40		

**Add On Shares: you can select multiple quantities of each of the add-on shares. Add-on shares must be paid in full by August 31.**

Item	Description	Price	QTY	Total Price
Brown Eggs	1 dozen bi-weekly, for ten distributions. From Grazing Fields Cooperative (Charlotte, MI), A multi-farm cooperative of small to mid-sized local farmers who are dedicated to raising healthy, happy hens that are pasture raised and cage-free.	\$38		
Bread	1 loaf every week, for twenty distributions. From Stone Circle Bakehouse (Holt, MI). Delicious artisan bread that is gently mixed, slowly fermented, hand-shaped, and baked in a wood-fired oven.	\$105		
Coffee	1 pound bag of whole beans bi-weekly or monthly, for ten bi-weekly distributions or five monthly distributions. From Rust Belt Roastery (Lansing, MI). With an Italian roaster from the 1930's, this wood-roasted coffee is delicious, Certified Fair Trade and Organic, and from 1 of only 8 wood-roasted coffee producers in the U.S.!	\$175 (bi-weekly) \$87 (monthly)		
Cheese	½ pound bi-weekly, for ten distributions. From Hickory Knoll Creamery (Eaton Rapids, MI). Delicious artisan, pasture-raised cow & goat cheeses include a variety of Tommes, sharp cheddar, Kronberg (Appenzeller-style Swiss), Poitou (Raclette-style), and mozzarella.	\$82		
Dry Black Beans	1 pound bag monthly, for five distributions. From Ferris Organic Farms (Onondaga, MI). This family farm has been around since 1837 and is certified organic.	\$15		
Meat Variety	1 package of frozen meat every week, for twenty distributions. From producers dedicated to raising their animals humanely. From Stone E. River Ranch (Eagle, MI), Trillium Wood Farm (Williamston, MI), Heffron Farms (Belding, MI), and Grazing Fields Cooperative (Charlotte, MI). Includes one pound packages of pork chops, breakfast sausage, bacon (no additives), hot Italian sausage, bratwurst, ground lamb, chicken breast, chicken leg & thigh, and ground beef. You will also receive larger items such as: boneless chuck roast, half chicken, and whole chicken.	\$210		
Chicken	1 package of frozen chicken bi-weekly, for ten distributions. From Stone E. River Ranch (Eagle, MI) and Trillium Wood Farm (Williamston, MI). Includes whole chickens, chicken breast, chicken wings, legs & thighs, and half-chicken.	\$148		
Beef	1 package of frozen beef bi-weekly, for ten distributions. From Heffron Farms (Belding, MI). Originally settled in 1921 by Thomas and Ceceilia Heffron, they are in their fourth generation of being good stewards of the land. Includes ground beef, ground beef patties, boneless chuck roasts, and beef brisket.	\$126		
Pork	1 package of frozen pork bi-weekly, for ten distributions. From Grazing Fields Cooperative (Charlotte, MI). Includes pork chops, boneless pork loin, breakfast sausage, bacon (no additives), spare ribs, hot Italian sausage, bratwurst, ground pork, and pork shoulder.	\$108		

**Total Payment Due by August 31, 2016:** \_\_\_\_\_ **I will be paying via:**  Check (payable to Allen Neighborhood Center)

Credit Card (via phone: 517-999-3910)

Please submit this worksheet with application & payment to:

Allen Neighborhood Center Attn: Hunter Park GardenHouse Fall-Winter CSA (1611 E. Kalamazoo St. Lansing, MI 48912)

Questions? Contact Rita: 517-999-3910, ritao@allenneighborhoodcenter.org



## SPRING GREENS CSA

The Hunter Park GardenHouse CSA (community supported agriculture) program is a seasonal subscription to a box of local, sustainably grown vegetables received each week.

- Spring Greens CSA will run for 6 weeks, March 4- April 8.
- Produce includes seasonal items: salad mix and cooking greens (kale, collards, chard).
- Cost is \$10 per week and we accept lump sum payment or weekly SNAP payments.
- It is a great way to meet other community members, talk about food, learn new recipes, and eat healthy.
- Space is limited to 16 shares through an application process. Our low-cost CSA is intended for low-income individuals and families. If you can pay more, please do.

*For more information or to apply please go to:  
[www.allenneighborhoodcenter.org/gardenhouse/spring-greens-csa](http://www.allenneighborhoodcenter.org/gardenhouse/spring-greens-csa)*

*If you have any questions, contact Rita:  
517-999-3910 or [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)*

# APPLY TODAY!



# SUMMER CSA

Now enrolling!

**Sign up for a subscription to local, seasonal, & sustainably grown veggies!**

We offer flexible payment plans & work-shares (including accepting SNAP & Double Up Food Bucks).

Receive tasty & healthy recipes for the items in your box.

Optional add-on shares from great local vendors:

Sleepwalker Spirits and Ale (beer!)

Rust Belt Roastery (coffee!)

Stone Circle Bakehouse (bread!)

Grazing Fields Cooperative (eggs!)

Heffron Farms (beef!)

Calico Fields Farm (black beans!)

Program runs for 16 weeks, June 3- September 16.

**FOR MORE DETAILS & TO APPLY:**

[www.allenneighborhoodcenter.org/gardenhouse/summer-csa](http://www.allenneighborhoodcenter.org/gardenhouse/summer-csa)

**CONTACT:**

Rita: 517-999-3910, [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)



# FALL-WINTER CSA

Now enrolling!

**Sign up for a subscription to local, seasonal, & sustainably grown veggies!**

We offer flexible payment plans & work-shares (including accepting SNAP & Double Up Food Bucks).

Receive tasty & healthy recipes for the items in your box.

Optional add-on shares from great local vendors:

Sleepwalker Spirits and Ale (beer!)

MI Pops (popsicles!)

Rust Belt Roastery (coffee!)

Stone Circle Bakehouse (bread!)

Grazing Fields Cooperative (eggs!)

Heffron Farms, Stone E. Circle Ranch, AppleSchram

(beef, pork, chicken!)

Calico Fields Farm (black beans!)

Program runs for 20 weeks, September 23- February 17.

**FOR MORE DETAILS & TO APPLY:**

[www.allenneighborhoodcenter.org/gardenhouse/fall-winter-csa](http://www.allenneighborhoodcenter.org/gardenhouse/fall-winter-csa)

**CONTACT:**

Rita: 517-999-3910, [ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)



## HUNTER PARK GARDEN HOUSE

# Spring Greens CSA

**Spring Greens CSA runs for 8 weeks,  
February 24- April 13.**

**Veggie share** includes salad mix and cooking greens (kale, collards, chard). Cost is \$10 per week and we accept lump sum payment or weekly SNAP and Double Up Food Bucks payments.

**Add-on items**, sourced from local producers, includes eggs, bread, coffee, cheese, dry beans, fruit pie, beer, and meat.

For more information or to apply visit:  
[www.allenneighborhoodcenter.org/gardenhouse/  
spring-greens-csa](http://www.allenneighborhoodcenter.org/gardenhouse/spring-greens-csa)

If you have any questions, contact Rita:  
517-999-3910 or  
[ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)

# APPLY TODAY!

# HUNTER PARK GARDENHOUSE SUMMER CSA



**SIGN UP FOR A SUBSCRIPTION TO LOCAL,  
SEASONAL & SUSTAINABLY GROWN VEGGIES!**

**16 WEEKS, JUNE 1 - SEPTEMBER 14**

Receive tasty & healthy recipes for the items in your box.

**ADD ON SHARES FROM LOCAL PRODUCERS:**

Eggs, Bread, Cheese, Coffee, Meat, Dry Beans, Beer, Pops, Pie

**WE ACCEPT SNAP & WORK SHARES!**

**FOR MORE DETAILS & TO APPLY:**

[www.allenneighborhoodcenter.org/gardenhouse/summer-csa](http://www.allenneighborhoodcenter.org/gardenhouse/summer-csa)

**CONTACT:**

517-999-3910

[ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)



# HUNTER PARK GARDENHOUSE FALL-WINTER CSA



**SIGN UP FOR A SUBSCRIPTION TO LOCAL,  
SEASONAL & SUSTAINABLY GROWN VEGGIES!**

**20 WEEKS, SEPTEMBER 21 - FEBRUARY 8**

Receive tasty & healthy recipes for the items in your box.

**ADD ON SHARES FROM LOCAL PRODUCERS:**

Eggs, Bread, Cheese, Coffee, Meat, Dry Beans

**WE ACCEPT SNAP & WORK SHARES!**

**FOR MORE DETAILS & TO APPLY:**

[www.allenneighborhoodcenter.org/gardenhouse/fall-winter-csa](http://www.allenneighborhoodcenter.org/gardenhouse/fall-winter-csa)

**CONTACT:**

517-999-3910

[ritao@allenneighborhoodcenter.org](mailto:ritao@allenneighborhoodcenter.org)





# what's coming up

Mark your calendars for our upcoming gardening workshops at the GardenHouse. Contact Zach at 517-999-3910 or [gardeneducator@allenneighborhoodcenter.org](mailto:gardeneducator@allenneighborhoodcenter.org) for questions or to RSVP.

For more information on other events in the area, visit [www.lets gardenlansing.org](http://www.lets gardenlansing.org)

saturday  
JAN 24

## Intro to Beekeeping

12:30pm – 2:00pm, at the GardenHouse

*This workshop will teach the basics of backyard beekeeping, equipment needed, and safety. Workshop led by beekeepers, Jeremy Sprague & Matt Wojack. \$5 -10 suggested donation.*

saturday  
JAN 31

## Basic Construction Skills for Gardening

12:30pm – 2:00pm, at the GardenHouse

*Learn helpful skills that will guide you in an assortment of home & garden projects. Workshop led by Rita O'Brien of Hunter Park GardenHouse. \$5-10 suggested donation.*

saturday  
FEB 14

## Fruit Tree Care

12:30pm – 2:00pm, at the GardenHouse

*Learn proper pruning, fertilizing, and pest management techniques for healthy fruit trees. Workshop led by John Hooper of Michigan Organic Food & Farming Alliance. \$5-10 suggested donation.*

saturday  
FEB 28

## Planning Your Gardening Year

12:30pm – 2:00pm, at the GardenHouse

*Plan the layout, crops, and planting schedule for your home garden. Workshop led by Linda Anderson of Lansing Urban Farm Project. \$5-10 suggested donation.*

saturday  
MAR 14

## Seed Starting and Transplanting

12:30pm – 2:00pm, at the GardenHouse

*Tips and tricks to grow successful vegetable plants from seed. Workshop led by Denae Friedheim of Foodshed Farm. \$5-10 suggested donation.*

saturday  
MAR 28

## Soil Care in Home and Community Gardens

12:30pm – 2:00pm, at the GardenHouse

*Create healthy soil for your backyard or community garden space. Workshop led by Brian Allnutt of Detroit Farm & Garden. \$5-10 suggested donation.*

saturday  
APR 25

## Organic Pest & Disease Management

12:30pm – 2:00pm, at the GardenHouse

*Learn how to identify, prevent, and treat vegetable plant damage by common pests. Workshop led by Dan Fillius of MSU Student Organic Farm. \$5-10 suggested donation.*

saturday  
MAY 9

## Composting 101

12:30pm – 2:00pm, hosted at **Urbandale Farm (653 S. Hayford Ave)**

*Everything you need to know to get started with outdoor and indoor composting. Workshop led by Sarah Fillius of Lansing Urban Farm Project. \$5-10 suggested donation.*

saturday  
MAY  
23

### Mushroom Cultivation

12:30pm – 2:00pm, at the GardenHouse

Learn the basic skills required to grow your own edible mushrooms. Workshop led by Chris Wright of Easygrow Mushrooms. \$15 registration.

saturday  
MAY  
30

### GardenHouse's 7th Birthday Party & Plant Sale Fundraiser

10am – 2pm, at the GardenHouse

Celebrate the GardenHouse's 7th birthday with free cake and garden tours! Our Plant Sale Fundraiser offers multiple tomato, pepper, and eggplant varieties as well as kale, collards, swiss chard, brussel sprouts, herbs, flowers, and more! Pricing, varieties, and more info can be found on our website, in the Hunter Park GardenHouse or Allen Neighborhood Center.

saturday  
JUN  
6

### Gardening Basics

12:30pm – 2:00pm, at the GardenHouse

New to gardening? Learn tips to growing a successful garden. Workshop led by Zach Scott of Hunter Park GardenHouse. \$5-10 suggested donation.

saturday  
JUN  
20

### Urban Foraging

12:30pm – 2:00pm, at the GardenHouse

Learn how to identify and harvest wild edible plants native to the Lansing area. Workshop led by Kirk Green of Learning Leaves Community Farmscape. \$5-10 suggested donation.

saturday  
JULY  
11

### Permaculture 101

12:30pm – 2:00pm, at the GardenHouse

An introduction to sustainable permaculture design practices. Workshop led by Egypt Mapes of Allen Market Place. \$5-10 suggested donation.

saturday  
JULY  
18

### Flower Arranging

12:30pm – 2:00pm, at the GardenHouse

Learn the art of flower arranging, and what flower varieties to grow for bouquets. Workshop led by Barb Laxton of Allen Neighborhood Center. \$5-10 suggested donation.



### Food Preservation Series

Learn the art of food preservation! You can sign up for the whole 4-session series or for individual session. Sign up in advance and pay \$35 (save \$5) or pay as you go (\$10 per session). To register for the series or individual sessions, contact Zach: [gardeningeducator@allenneighborhoodcenter.org](mailto:gardeningeducator@allenneighborhoodcenter.org), 517-999-3910. Sessions held in the Allen Market Place (1629 E. Kalamazoo St).

thursday  
JULY  
30

#### Part 1: Intro to Food Preservation

Thursday, July 30, 6:00pm – 7:30pm, \$10 registration

Put those veggies, fruits, and herbs to good use! Learn different preservation techniques to get the most from your garden & bountiful growing season. Workshop led by plant-based nutrition educator, Dianne Moore.

thursday  
AUG  
6

#### Part 2: Freezing & Drying

Thursday, August 6, 6:00pm – 7:30pm, \$10 registration

Learn the methods & equipment needed for effective freezing & drying of herbs & produce. Participants will have samples & recipes to take home. Workshop led by plant-based nutrition educator, Dianne Moore.

thursday  
AUG  
13

#### Part 3: Water Bath Canning

Thursday, August 13, 6:00pm – 7:30pm, \$10 registration

Learn canning basics as well as the full range of products that can be safely water-bath preserved in this hands-on workshop. Workshop led by Johnny Bolan, local food preservation hero.

thursday  
AUG  
20

#### Part 4: Fermentation

Thursday, August 20, 6:00pm – 7:00pm, \$10 registration

Learn the art of food preservation via fermentation in this hands-on workshop. Attendees will make their own jars of sauerkraut to bring home. We will provide all the basic ingredients, but feel free to bring spicy peppers, carrots, or any other crunchy veggies you might want to include. Workshop led by Alex Bryan of the Greater Lansing Food Bank's Garden Project.



HUNTER PARK  
GARDEN HOUSE

## 2016 Workshop Series

Workshops held at Hunter Park GardenHouse.  
1400 E. Kalamazoo St. Parking at corner of Clifford St. and Marcus St.  
Contact Alex Bissell at 517-999-3913 or  
gardeningeducator@allenneighborhoodcenter.org  
for questions or to RSVP.

Saturday  
**23**  
January

### Intro to Beekeeping

12:30pm-2pm at the GardenHouse.

*This workshop will teach the basics of backyard beekeeping, equipment needed, and safety. Workshop led by beekeepers Matt Wojack and Jeremy Sprague. \$5-10 suggested donation.*

Saturday  
**6**  
February

### Planning Your Garden Year

12:30pm-2pm at the GardenHouse

*Plan the layout, crops, and planting schedule for your home garden. Workshop led by Linda Anderson of the Lansing Urban Farming Project. \$5-10 suggested donation.*

Saturday  
**13**  
February

### Raising Backyard Chickens

12:30pm-2pm at the GardenHouse

*Learn the basics of raising chickens in your backyard including housing, care and maintenance, and producing eggs for you and your family. Workshop led by neighborhood chicken expert Corie Jason. \$5-10 suggested donation.*

Saturday  
**12**  
March

### Seed Starting and Transplanting

12:30pm-2pm at the GardenHouse

*Tips and tricks to grow successful vegetable plants from seed. Workshop led by Denae Friedheim of MSU Student Organic Farm. \$5-10 suggested Donation.*

Saturday  
**26**  
March

### Soil Care in Home and Community Gardens

12:30pm-2pm at the GardenHouse

*Create healthy, living soil for your backyard or community garden space. Workshop led by Brian Allnutt of Detroit Farm and Garden. \$5-10 suggested Donation.*

Saturday  
**9**  
April

### Composting 101

12:30pm-2pm at the GardenHouse

*Everything you need to know to get started with outdoor and indoor composting. Workshop led by Nic Houle of the Ingham County Land Bank Garden Program. \$5-10 suggested donation.*

Saturday  
**30**  
April

### Organic Pest Management

12:30pm-2pm at the GardenHouse

*Learn how to identify, prevent, and treat vegetable plant damage by common pests. Workshop led by Adam Ingrao of MSU Vegetable Entomology Lab. \$5-10 suggested donation.*

**Saturday**  
**14**  
**May**

**Container Gardening**

12:30pm-2pm at the GardenHouse.

*Expand your knowledge on growing potted herbs and vegetables in your yard, on rooftops, or even in windowsills. Workshop led by Alex Bissell of Hunter Park GardenHouse. \$5-10 suggested donation.*

**Saturday**  
**18**  
**June**

**Small Fruit Production**

12:30pm-2pm at the GardenHouse.

*Learn all about growing small fruits (raspberries, strawberries, blackberries, etc.) in your home garden. Workshop led by Diane Brown of MSU Horticulture Dept. \$5-10 suggested donation.*

**Saturday**  
**16**  
**July**

**Flower Arranging**

12:30pm-2pm at the GardenHouse.

*Learn the art of flower arranging, and what flower varieties to grow for bouquets. Workshop led by neighborhood flower guru Barb Laxton. \$5-10 suggested donation.*



**ALLEN**  
NEIGHBORHOOD CENTER