



SEEDS *of* HOPE

F A R M

Building Community Through Intensive Cultivation

seedsofhopefarm.org

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- The mission of CAASTLC, Inc. is to end poverty.
- We are committed to helping the families and communities of St. Louis County prevent the conditions of poverty for present and future generations

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SOHF : How we started and where we are

- CAASTLC had a community gardens program – one site at a church/daycare
- Nearby church had an empty lot and need for community involvement



Feb 27, 2012, a farm manager was hired. A shed and a half acre of grass were in place. Equipment, supplies, seeds and other necessities were not. By September 10, 2012, the half acre pilot plot had grown and distributed over 10000lbs of food. The end of November saw completion of an 18 week CSA.





Overview

- What We Do and How
(I.E. Turn Problems into Solutions)
- Community Farm Structure: Benefits and Obstacles
- Growing in Urban Environments: Plant Relationships
- Resources, Recap, and Discussion



Turn Problems into Solutions

- Address obstacles from a point of compassion
- Think about and feel for mother earth
- Seek points of connection
- One of the greatest gifts is that we get to be on our knees.
- What is needed is usually already here and now
- Fractal thinking



Community Farm Structure: Benefits and Obstacles

- SOHF structure and what we do
- Weekly newsletters featuring recipes, nutritional information, guides on storing produce, produce descriptions and sometimes photos
- Monthly farm dinners with Operation Food Search at our partner church Bethany Peace UCC
- Cooking demonstrations and free meals at on site and other local pantries



Community Farm Structure: Benefits and Obstacles II

- Non-profit status reduces personal risk
- Grant eligibility can increase budget capacity
- Agency support increases visibility and attracts partners
- Farm goals are conducive to public and private support



Community Farm Structure: Benefits and Obstacles III

- Obstacles to production: grant obligation
- Grant competition
- Increased workload
- Constant breaks in work flow
- By the book operation leads to increased operating costs
- Community involvement, education, meetings and partnering don't mix well with production schedules





Community Farm Structure: Benefits and Obstacles III

- Consistent low-income participation is difficult to achieve
- Education and motivation are larger impediments than transport
- CSA that is not prepaid creates risk and waste potential of resources and harvest





Trampe Ave

St Peter's
Lutheran Church



Lakeview Ave

1126

Straw/
+ post + S/
compost

200

tree

30'

60'

herbs

OAK CANOPY

cold
frame

hydrant

Wash
station

trailer
cooler

Small plot

shed

office

church/
pantry

community gardens



Growing in Urban Environments: Relationships

- Everything you need to know, you can learn in a garden!
- Orientation
- Companion planting/intercropping
- Use of shade and microclimates for crop/season extension
- Talk to the neighbors and local organizations –churches, non-profits, other farmers





Low tunnel

- Use of 10' EMT and row cover or plastic
- Leaf mulch from neighbors



Growing in Urban Environments: Plant Relationships II

- Improvise
- Improvise
- Scrounge
- Fail
- Fail







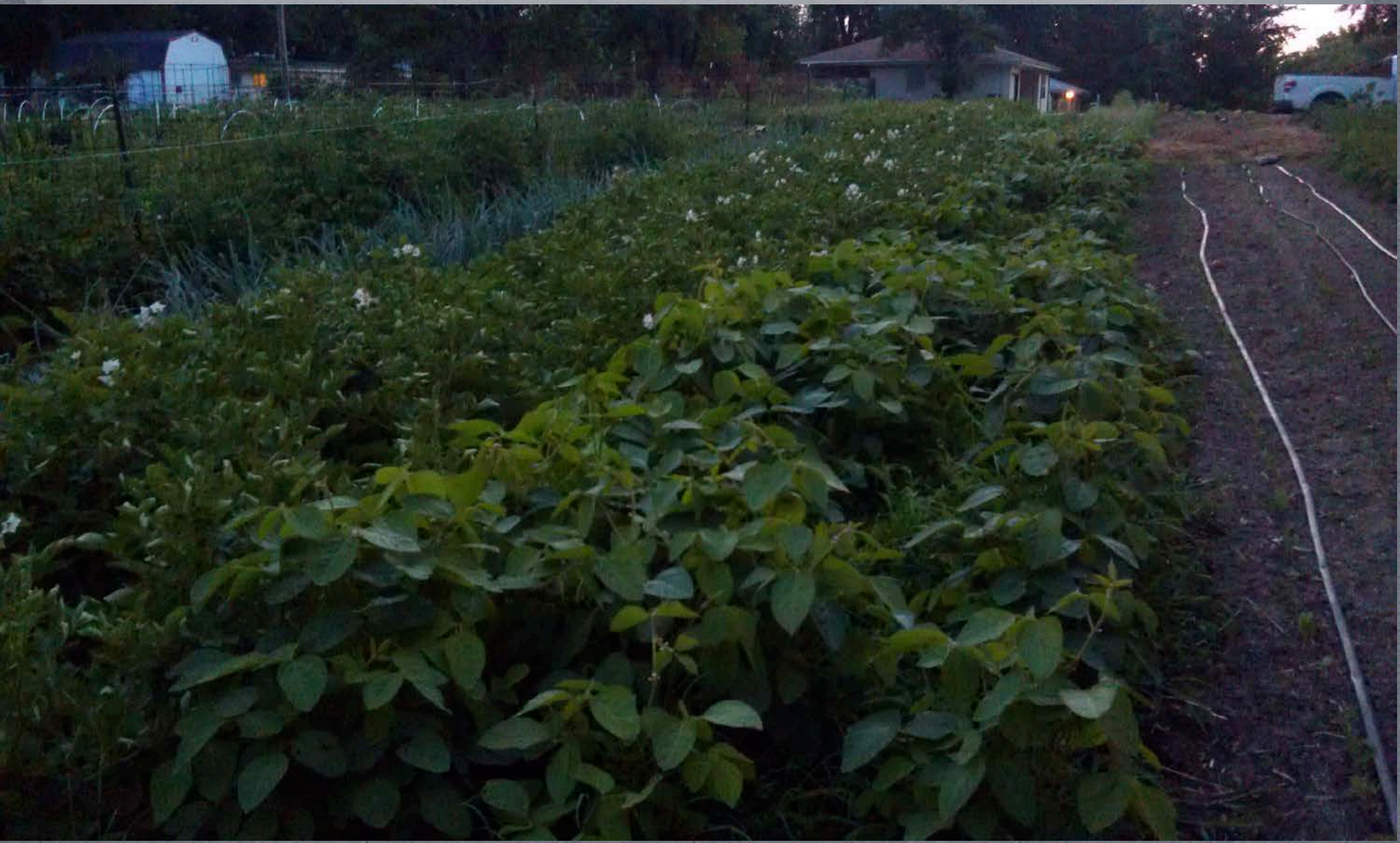








Companion planting and close row spacing







Turn Problems into Solutions

- Fractal thinking
- Address obstacles from a point of compassion
- Think about and feel for mother earth
- Seek points of connection
- One of the greatest gifts is that we get to be on our knees.
- What is needed is usually already here and now

Resources:

Yourself: observe

Your local community! Walk!

Other farmers

Local university extensions

Four Season Harvest by Eliot Coleman

SPIN –Farming Basics by Wally Satzewich and Roxanne Christensen

The Organic Gardener's Handbook of Natural Insect and Disease Control: A Complete Problem-Solving Guide to Keeping Your Garden and Yard Healthy Without Chemicals
by Fern Marshall Bradley

Resources cont.

TheFoodProject : thefoodproject.org

SARE Sustainable Agriculture and Reasearch Education Program
sare.org

<http://www.farmentoschoolfundingops.php>

http://www.fns.usda.gov/sites/default/files/FY_2014_Grant_Award_Summaries.pdf

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