



From the Field

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From Farm to Table, Building a Better Food System in Southeast Michigan

Michigan Farm & University of Michigan Chef Unite Bringing East Quad Students Fresh, Local Food

Rachel Luria

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For a little over a year now, Goetz Farm, a 265 acre operation situated in Monroe county, has been partnering with the University of Michigan (U-M) to serve the student population at the main campus's East Quad cafeteria. The main players in this partnership are Jonathan Goetz, the head farmer and owner of Goetz Farm, and Buzz Cummings, the head chef at East Quad cafeteria.

This local food system business relationship began when U-M dining services asked its head chefs at their main campus cafeterias to choose their own unique niche to focus on. Buzz Cummings was thrilled by the opportunity, and chose to use it to put local food on the menu. He selected this niche out of a passion for growing, preparing, and eating nutritious yet delectable food while helping to promote a healthy community and environment. At the East Quad, Buzz serves around 1500 meals a day during the regular school year. FSEP helped connect Buzz with the Goetz Farm which is now a staple

vendor contributing approximately 25% of the local produce Buzz Cummings procures from local farmers during the growing season.

Goetz Farm has been growing food in Southeast Michigan for four generations, dating back to the late 1800s. The Goetz's grow a wide variety of crops with approximately 25 acres devoted to a cornucopia of vegetable varieties. Goetz Farm is still a family operation; Jonathan Goetz manages the farm along with his wife, Karlene. Their four sons also help the couple run the farm. *(Continued on page 4)*



Karlene and Jonathon Goetz of Goetz Farm

FSEP Leadership TeamGetachew Abate, *MSU Product Center*Vivienne Armentrout, *Writer/Editor*Rena Basch, *Locavorous & Ann Arbor Township Clerk*Ruth Blackburn, *Ecology Center*Tom Bloomer, *Writer*Rodger Bowser, *Zingerman's Community of Businesses*Garry Bulluck, *Wayne County MSU Extension*Susan Cocciarelli, *C.S. Mott Group for Sustainable Food Systems at MSU **Al Connor, *Michigan Farmers Union*Larry Gould, *Lenawee County **Tamara Harmon, *Wayne County **Robb Harper, *edible WOW*Rick Katterman, *Organic Growers of Michigan*Susan Lackey, *Washtenaw Land Trust*Dave Lutchka, *Jackson County **Jeremy Moghtader, *MSU Student Organic Farm & Agrarian Adventure*Leslie Mortimer, *21st Century Seeds of Hope*Brenda Reau, *Monroe County MSU Extension **Hank Reed, *Michigan Coalition of Black Farmers*Susan Schmidt, *The Henry Ford **Mike Score, *Washtenaw County MSU Extension & MSU Product Center **Matt Shane, *Lenawee County MSU Extension*Sharon Sheldon, *Washtenaw County Public Health*Matt Shields, *Michigan Dept. of Labor and Economic Growth*Susan Smith, *Lenawee Economic Development Corporation*Deirdra Stockmann, *PhD Candidate—U-M School of Urban & Regional Planning*Joan Tobin, *Eat Local Food LLC*Phil Tocco, *Jackson County MSU Extension*Ginny Trocchio, *The Conservation Fund*Anthony VanDerworp, *Washtenaw County Dept of Planning & Environment*Van Varner, *MSU Extension-Southeast Region*

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StaffMichaëlle Rehmann, *Farm to School Program Director*Jennifer Fike, *Executive Director***Intern**

Jamie Bash

*Jennifer's Food For Thought...**A Message from the Executive Director*

It has been a busy fall for FSEP. We said farewell to our summer interns, Sarah Cwiek, Rachel Luria, and Lily Franklin and hired our new Farm to School Program Director, Michaëlle Rehmann. Jamie Bash has recently joined FSEP as a volunteer intern. Jamie grew up in Southwestern Michigan and holds a Bachelor's degree from Grand Valley State University. She will begin a Master's in Public Health focusing on Health Policy and Management in the spring. She joins us with a particular interest in the intersections of health and economic policy, and a love of local food.

We are grateful to Ruth Blackburn, our former Farm to School Project Coordinator, for her amazing work in establishing our pilot program and moving the project forward. Ruth created our Farm to School toolkit which is a useful tool that others can use to assist with establishing Farm to School programs. We are pleased that Ruth is continuing with FSEP in a new role, as a volunteer member of the FSEP Leadership Team; we are lucky to have her experience and dedication on our Team. In reflecting on the success of the pilot year of Farm to School, I am also grateful for our partners in the Ann Arbor Farm to School Collaborative. Without these invested partners - the Agrarian Adventure, Washtenaw County Public Health, Project Healthy Schools, Chartwells, and the Ann Arbor Public School - the program would not have succeeded. In fact, the Ann Arbor Farm to School Collaborative has expanded the Farm to School program beyond "Farm Fresh Fridays" to include more local food items on additional days of the week.

The Farm to School program has generated much interest from funders, and we are delighted to announce that we have expanded the program into Jackson County. Funding was received from the James A. and Faith Knight Foundation, along with the Jackson County Community Foundation in support of our expansion efforts. We are also pleased that Farm to School is expanding into Wayne County through funding received from the W.K. Kellogg Foundation and its People and Land (PAL) program.

In July, FSEP was invited to present at the National Association of Counties (NACo) annual meeting in St. Louis, Missouri. The topic of our presentation was "A Safe & Abundant Food Supply: The County Role." We were able to share with county officials how Extension offices, counties, farmers, nonprofits, and consumers can collaborate to create economic development opportunities.

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Jennifer Fike, FSEP Executive Director, and FSEP Leadership Team Members, Larry Gould (Gould Farms) and Brenda Reau (Monroe MSU Extension) at the National Association of Counties (NACo) annual conference.





Arbor Brewing Company Makes a Commitment to Healthier Communities and Healthier Food Systems

Rachel Luria

At Arbor Brewing Company, a local favorite brewpub and eatery in the heart of downtown Ann Arbor, plans are well underway to give the menu a make-over to reflect the “eaters rebellion” - as they call it - that is sweeping the world over. Arbor Brewing Company (known to regulars as “ABC”) is rebuilding its menu to be centered on *natural*, *organic*, *local* and “*from scratch*” food and drink.

But what do these terms mean for Arbor Brewing Company? Going *natural* means slowly but surely eliminating artificial or otherwise potentially hazardous ingredients from their kitchen. Going *organic* means choosing organic food items that are not simply certified organic but also “meet the spirit [of] the organic movement”. Going *local* means sourcing as locally as possible when creating linkages with local food system actors. Finally, “*from scratch*” means that the cooks at ABC will be making more of their dishes on-site in lieu of using pre-prepared ingredients in their dishes.

FSEP had the chance to talk with Rene and Matt Greff, the owners and managers of Arbor Brewing Company. The interview was an exciting opportunity to learn more about why ABC is making this menu make-over, the details of it, and the impetus behind it. ***Why are you doing a menu make-over incorporating natural, organic, local, and “from scratch” food items?***

Rene said that she and her husband, Matt, have experienced a slow but powerful growing awareness that changing the menu to include more natural, organic, local, and “from scratch” food and drink items is the right thing to do for the health of Ann Arbor community members and the natural environment. This awareness began to grow in earnest after the Greffs read the book *Fast Food Nation*, but the couple’s food convictions were more recently cemented into place after reading the popular *The Omnivore’s Dilemma* by author and food activist Michael Pollan.

For years, the Greffs had been making changes in their own personal lives to “eat their values”, but they struggled to imagine mustering the community support to make similar changes for ABC worthwhile. “It’s one

thing to eat freaky food at home, but can you impose that on the broader public?”, Rene recalls asking herself. Among ABC’s traditional trademarks are good value, and family friendly food that is accessible to the average palate. The Greffs were worried a shift in their menu to items deemed more sustainable would somehow diminish ABC’s appeal in the eyes of its most loyal customers. After reading *The Omnivore’s Dilemma*, however, Rene says she and Matt felt the call to sustainable food systems was too urgent to ignore, and their menu make-over soon began.

How many local vendors have you partnered with so far?

The Greffs have contracts with approximately 12 local food vendors and the number continues to grow. In the beginning, their local food sources consisted largely of produce, but they have now increased the percentage of local meat and dairy. The ground beef is all sourced locally from McLaughlin Farms, and the dairy products come from Calder Dairy. ABC’s new menu came out in late November and it has been a big hit. Other new local food items include beans, pierogies, goat cheese, dried cherries and pasta.

One of the biggest challenges in ABC’s menu make-over mission thus far has been finding food distributors able to do business with smaller-scale local growers. Locating this type of distributor would allow the restaurant to streamline its food delivery, in lieu of receiving items directly from several growers which takes extra time and logistical planning.

Have you received any feedback from customers?

ABC staff has already received

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Rene and Matt Greff – owners and managers of Arbor Brewing Company

Bringing East Quad Students Fresh, Local Food



Daily local food offerings are displayed for students at East Quad.

(continued from page 1) The Goetz's use organic practices whenever possible, and in the production of many vegetables they use no chemicals whatsoever.

The farm sells produce to 11 different outlets in Southeast Michigan including restaurants, grocery stores, and farmers' markets; this now includes East Quad at U-M. Jonathan Goetz attributes his success in connecting his produce with customers to the effort the farm makes to stay in touch with the needs and preferences of the local community. Before buying seed for the upcoming year, the Goetz's survey their clientele; this provides feedback on the vegetables the surrounding community is calling for. This practice has led to the introduction of many new vegetables at Goetz Farm. Several varieties of bok choy, for instance, are now staple crops. This addition was made after the Goetz's survey revealed that many Asian families living in Southeast Michigan use it frequently in their cooking.

There is still plenty of room to grow with this initiative; Goetz Farm and Buzz Cummings are prepared to stick it out to help make that growth happen. Currently, the U-M cafeteria menus are set far in advance, leaving Buzz with a shopping list to fill each week.

When the produce he is searching for is available at local farms and within his budget, he orders as much local produce as possible. Ideally, Buzz agreed, the future of food would put food availability *before* set menus; this would give chefs the chance to create inspired, fresh, nutritious food while supporting local farmers

and communities more fully. Buzz also feels that becoming a "locavore" is a growing trend. He believes it will take continued education and press coverage about the benefits of local food, continued cooperation between institutions and farmers, and resolving some of the logistical challenges of sourcing local food to allow the trend to flourish. The Goetz family and farm are excited to continue their partnership with U-M to bring healthier, fresher food to U-M students. This partnership is a fantastic beginning to promote a more environmentally and socially sustainable food system.

Jennifer's Food For Thought...

(continued from page 2)

New FSEP Leadership Team members joining us this fall include Ginny Trocchio with the Conservation Fund which manages the City of Ann Arbor Greenbelt program and Rena Basch, Ann Arbor Township Clerk. Rena is also the owner of Locavorious (www.locavorious.com), a new venture that is a Community Supported Agriculture business that provides shares of locally produced frozen fruits and vegetables. Local writer and marketing expert, Tom Bloomer has joined FSEP, along with Matt Shields, with the State of Michigan Department of Labor and Economic Group. All of these new members bring a depth of experience and energy to our organization.

During this fall, I was fortunate to take a trip to Vermont. During my time there, I visited nonprofit organizations doing innovative food system work including the Center for An Agricultural Economy, the Intervale Center, and Vermont FEED. There are many such efforts taking hold across the country and I'm proud to be involved in this local food revolution in Southeast Michigan.

Jennifer Fike
Executive Director

What is Available Locally for Dinner ...in Late Fall and Winter???

Jamie Bash

Many people learning to eat locally assume that fall signals the end of the year's supply of local food. Not true! Eating locally in late fall and winter can easily be done with a little planning and by thinking seasonally. While it may appear difficult to some, it is actually a joy that need not take much extra time. In fact, planning ahead may actually save time in the end by reducing trips to the store and allowing you to make have some meals fully or partially pre-made while also being homemade.

Local eating plans should begin with a seasonal perspective. While fall is frequently filled with harvest celebrations, it does not need to signal the beginning of the end for local food. A few farmers' markets are open year round; visit them! Southeastern Michigan markets that are open include: Ann Arbor, Detroit's Eastern Market, Royal Oak, and the Oakland County Farmer's market. If you do not live close to one of these, you will need to know what *is* and is *not* harvested in Michigan during fall. When you visit your local grocer this knowledge will help you identify what is most likely to be local and what is not. Here in Michigan, several items peak and are harvested in the fall, among the many items are: grapes, apples, beets, carrots, squash, eggplant, and parsnips. A more complete listing of peak harvest times can be found at:

<http://www.oakgov.com/cmarket/produce/>.

Thinking seasonally in winter, though, means planning ahead if you intend to eat locally. Several local foods are available year round, including; Cheese; milk; herbs, especially if grown on your kitchen window sill; wine; meat; and locally made pastas and breads. However, one should not live an entire three months on these items alone, and it is not yet too late to plan for winter even with it almost upon us. In late fall, stock up extra produce that keeps well when canned, dehydrated, frozen, or in a root cellar setting. To ensure variety in winter, it is ideal to pick up extra food during each season to preserve and put away for winter. This allows food preservation to be done over time in smaller batches, making it much more enjoyable and schedule-friendly.

Preservation processes can be done for both produce and meat. A Ball Blue Book guide and your local Extension offices are great resources when learning to can, and most vacuum sealers come with some guidelines for freezing. Dehydrating can be done with either a food dehydrator or oven; the instructions accompanying a food dehydrator and local Extension offices are good resources here as well. With current technology canning, freezing, and dehydrating foods are simple processes, however if you are not ready to learn something new another option is to look for a CSA that handles this for you, or a local grocer that specializes in local products. You can find a by county listing of Michigan CSA's at www.csafarms.org.

When looking at recipes for food preservation, you may find that many meals may be partially or entirely made ahead of time. My favorite preserved items include: frozen pesto, soups, and stews; canned jam (easier than jelly); and canned tomato sauce. To prepare a complete breakfast or dinner meal have a glass of milk with toast & jam; cook noodles adding defrosted pesto and cooked chicken; or thaw and re-heat the soups or stews. These meal "tricks" save time later in fall and winter when kids' school schedules, year-end work deadlines, and holidays demand precious time.

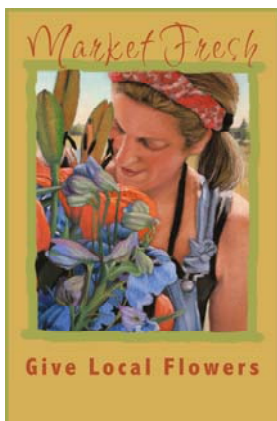
While staples of fall and winter include root vegetables, preserved foods from seasons long-gone, and meats, implementing a seasonal approach to eating locally does not have to be boring during the winter. We conclude with some personally-tested, favorite fall recipes. They are located on page 10. For more recipes check out www.epicurious.com; the seasonal guide is especially helpful.

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Eat Local Food – A Marketing Company Working to Strengthen Local Food Systems

Rachel Luria



Sisters Joan Tobin and Chris Witkowski understand the importance of strong, sustainable, local food systems and they are working to share the beauty of that vision through beautiful art. The business, named Eat Local Food, is a marketing and art design company dedicated to local food. Based out of Wyandotte, Michigan, Eat Local Food

opened for business in October of 2005. They offer a wide variety of products including customized marketing merchandise in the form of banners, tote bags, table tents and more. Beyond artistic merchandise they also offer a variety of services such as customized brochure design and marketing tips tailored to local food growers and retailers. Joan and Chris have seen their products increase sales for local food growers and retailers by encouraging a greater awareness of the presence and benefits of local food in the communities they serve.

Chris, the sister designated as Eat Local Food's resident artist, has a BA in Art from the University of Detroit and has worked as an artist for over thirty years. She has created images for many food related entities including farmers' markets, wineries, and organizations devoted to bringing fresh, healthy food to the public. She also creates non-food related images and does contract work when not working on Eat Local Food projects. Her full portfolio can be viewed at www.chriswitkowski.com.

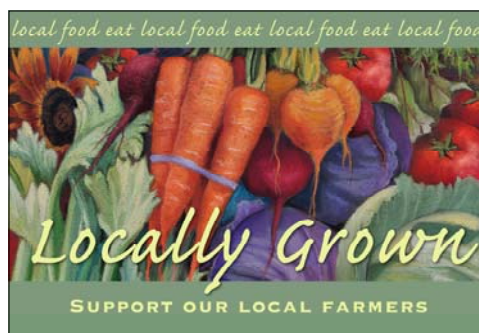
Inspiration for the creation of Eat Local Food came after the sisters saw first-hand the impact their products could have on communities and local food sales. This occurred at a farmers' market in Port Townsend, Washington. Several years ago, Chris had designed an image for the farmers market of a woman with a cornucopia of fruits and vegetables to be used on market posters, banners, and tote bags. The popularity of the market skyrocketed following the widespread use of her design - allowing Joan and Chris the

joy of watching the market's success spread to adjacent local businesses.

Approximately, one third of Eat Local Food's clientele is from the local Michigan area, but Joan and Chris aim to help any community across the country interested in promoting local food in their area. For this reason, they have built business connections in 30 different states. Additionally, Chris's artwork reflects the diversity of Eat Local Food's clientele ranging from rich, vibrant representations of apples and cherries to those of eggplants and artichokes. Images include displays of fruits and vegetables in simple still-life scenes to scenes placing food into context, like food and wildflowers growing next to a country home or a farm worker with his or her harvest in hand. Eat Local Food also just recently created their first image of value-added products such as jams and pickled items for the MSU product center.

Joan and Chris's goal is to create marketing materials that are easy to use and that bring a classy, *au courant* image to local food. They would like to dispel any myths that local food is unsophisticated or unhip, although those myths are disappearing rapidly as the local food movement spreads like wildfire around the country. Eat Local Food will be there to beautifully represent and display this movement with the kind of artful color and design that only a fresh, local harvest can bring!

Check them out www.eatlocalfood.com.



Farm to School Update— Our New Farm to School Program Director!

By *Michaëlle Rehmann*



Hello, my name is Michaëlle Rehmann and I am the new Farm to School Program Director for Food System Economic Partnership (FSEP). As I will be meeting many of you and working in your communities, I

thought I might take a moment to introduce myself and tell you a little bit about why FSEP is the perfect fit for me.

I have a broad background and hold a Bachelor's degree in Community Relations from Michigan State University and a Certificate in Horse Farm Management from Michigan State University Institute of Agricultural Technology. I have trained horses, judged dairy cattle and am completely at home in a Carhartt jacket! I love the beauty of Michigan and delight in all the bountiful produce that is grown across our great state.

Having grown up in a rural community in Mid-Michigan, I have experienced first-hand the pressure that housing development and urban sprawl can place on agricultural land. As children, my brother and I often rode our bikes up and down the road by our house, pulling out the "For Sale" signs as we went because we wanted to preserve our quiet, peaceful, rural community. Despite our efforts, the farms around my childhood home gave way to housing developments and home no longer looks the way I fondly remember it. In an attempt to see things from the other side, I worked in the housing industry for many years. My thoughts were that if we have quality housing in viable, vibrant cities, people will want to live there and the pressure to develop agricultural land will subside.

During my internship with Michigan State University Urban Collaborators program at the Jackson County MSU Extension office, I was introduced to FSEP. Over the course of the summer of 2006, I was responsible for conducting research and writing market studies on Farm to Consumer relationships. I looked at several specific areas including restau-

rants, independent grocers, and schools. During that work I realized that a viable region is not city versus country but that the two intermingle and are strengthened by one another. While working with FSEP as an intern, I felt I had found an organization whose core values supported my personal beliefs. It is for that reason I am once again delighted to be a part of FSEP. As the Farm to School Program Director, I am able to help school districts in the five counties connect with farmers in their communities while providing children with access to local, delicious food in their school lunch program.

Farm to School is a program that enhances the quality of life for both those living in the country and the city. By providing farmers with new outlets for what they produce we are strengthening our communities. By teaching children about where their food comes we are strengthening our communities. By connecting with and investing in our communities, we are making them stronger. I look forward to working with you in the coming year as we continue to build a strong and vibrant region together.

First Fundraiser For FSEP- Hosted by Zingerman's Roadhouse a Success!

Jamie Bash

On September 30, Zingerman's Roadhouse hosted a dinner benefiting FSEP. This fundraiser was the first of its kind for FSEP and raised \$946 for the Farm to School Program!

In keeping with the FSEP mission to promote local food and the passion that Zingerman's Roadhouse has for fresh local food, the menu featured several local items. Entrees featured Barred Rock Chicken from Homer, Cheshire Duroc Pork Chops from Dexter, and a Corn Crisp and Vegetable Napoleon from Cornman Farms. Cornman Farms is Chef Alex's "garden" that supplies the restaurant with much of its produce.

Our warmest thanks go to Chef Alex Young, Joanie Mallory and Christine Darragh for their efforts in putting the event on. We would also like to thank those who supported FSEP through their attendance. It is community efforts like these that will continue to allow us bring nutritious local food to more of our local schools.



Growing Hope's Roots & Shoots Program Joins Hands with Youth Farm Stand Project

Rachel Luria

Growing Hope, a nonprofit located in Washtenaw County in the city of Ypsilanti, is known for their innovative and diverse programming geared towards strengthening the local food system and community through gardening. This past year, Growing Hope signed onto the Youth Farm Stand Project – an initiative based out of Michigan State University whose focus is to educate at-risk youth about health and nutrition through the creation of youth farm stands. Growing Hope is in a unique position to participate in this project after great success with a program of their own called Roots & Shoots. Since 2003, Roots & Shoots has given young people a chance to learn about gardening, health and nutrition, leadership, and entrepreneurial skills. Although the program has always involved selling local produce at the Downtown Ypsilanti farmer's market, its focus has shifted more heavily toward market gardening since 2006. Since joining the Youth Farm Stand Project this past year, Roots & Shoots has increased education efforts for health and nutrition while continuing its strong focus on market gardening.

Roots & Shoots is made up of a diverse group of young entrepreneurs, ranging from 6th to 12th graders. The group from this past year has developed a strong sense of community; older members serve as mentors to younger members, all youth work collaboratively to make their market business a success. The staff at Growing Hope began the year providing as much structure and guidance as the youth needed but have noted that the youth quickly took ownership over the project. The youth successfully self-organized much of the time with very little assistance from staff.

There is a rhythm to the Roots & Shoots program that, like the produce they sell, changes with the seasons. During the growing season, the youth gather each Tuesday at the Ypsilanti farmers' market site. Some members stay to set up the market stand and the youth grow the produce they sell.

After harvesting, the rest journey to the Perry Learning Gardens where the youth bunch and bag what they have picked using attractive packaging they have seen modeled at other farmers' market stands or created themselves. Thursdays are often spent working to maintain the garden. Growing Hope staff can see the changes in the youth by how their perspectives on wild and cultivated edible plants have changed over the course of the program year. The youth have become excited about foraging for their daily snack amidst the plants instead of solely eating food available from outside the garden. This is a sign that the youth embrace the garden as a valid source for nourishing, and delicious food.

Roots & Shoots piloted a new project this year—homemade hand balm - made, packaged, and marketed by the participants. The youth fell in love with the hand balm project and were eager to bring this value-added product to fruition by choosing natural scents to add to the beeswax and designing labels for the tin containers that the balm was set into.

When the Michigan growing season is over, the group turns to business and garden planning, preparing themselves for another successful season at the Ypsilanti farmer's market. Although business planning seemed a bit dry for some of the youth's taste at first, they quickly came on board once they realized that these skills were needed for a their tangible, real-world market business.

Be sure to catch the Roots & Shoots produce and homemade hand balm at the Downtown Ypsilanti Farmer's Market next year. If you think you know a youth who may be interested in joining this program, Growing Hope is always welcoming to those who wish to join Roots and Shoots and can be reached via the contact information on their website at www.growinghope.net. For more information on the Michigan Youth Farm Stand Project, visit www.mottgroup.msu.edu.

Good News for Local Food

U.S Congress Supports Local Food in the Food, Conservation, and Energy Act of 2008

Jamie Bash

An amendment to the Richard B. Russell National School Lunch Act went into effect on October 1, 2008 as a result of the enactment of the Food, Conservation, and Energy Act of 2008. This is a win for the country's local food movement in that it allows participants in all of the Child Nutrition Programs to apply a specific geographic preference (i.e. county, state, or region) when procuring unprocessed agricultural products.

FSEP is excited about the enactment of this bill because it reinforces our Farm to School program. The bill does this by requiring the Secretary of Agriculture to encourage the purchase of unprocessed local agricultural products by institutions participating in the Child Nutrition Programs. "Institutions" in non-legal jargon translates to participating schools and state agencies.

While these geographic preferences cannot be applied procurements of value added (in other words—"processed") foods, it does allow unprocessed, fresh, local products to be delivered to the institutions. Processed items include those who have been seasoned, canned, frozen, cooked, or combined with other products. Minimal handling that is allowed under the unprocessed definition include washing vegetables, bagging greens, butchering livestock and poultry, placing eggs in

cartons, adding minimal amounts of preservatives, and pasteurizing milk. These definitions allow farm fresh items to be brought to institutions in a usable form, while allowing the institutions to ensure nutritional quality and culinary creativity through the remainder of the food process.

It is important to note that purchasing locally for participants is now allowed during the procurement process; however, it cannot be mandated by the state. This is a local, institutional choice. Those wishing to see the "local advantage" implemented in their local school system should access the Farm to School toolkit on the FSEP website (www.fsep-michigan.org).

The amendment to the National School Lunch Act is not the only reason for "locavores" to be excited about the Food, Conservation, and Energy Act of 2008. Support for local food was also expressed in the allocation of funds for local food purchases in the Food Distribution Program for Native Americans, and the provision of funds for the Farmers' Market Promotion Program through 2012—which was set to expire in 2007. We hope you are as excited as we are for these legislative victories for the nation's local food movements!

Food System Economic Partnership FSEP is a non-profit organization under section 501(c)(3) of the federal tax code.

If you enjoy this newsletter, please consider supporting us. FSEP projects include Business Innovation and Networking, Farm to School, User-Based Research and Software Development, Education and Outreach, and Membership Building.

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What is Available Locally for Dinner ... *(continued from page 5)*

Roasted Beet Salad with Oranges and Beet Greens (omit oranges for a truly local recipe)

Ingredients:

6 medium beets with beet greens attached
2 large oranges
1 small sweet onion, cut through root end into thin wedges
1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon grated orange peel

Preparation:

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve. Makes 6 servings.

Braised Chicken with Celery Root and Garlic

Ingredients:

3 lb chicken parts such as breasts and thighs (with skin and bone) and drumsticks
1 1/4 teaspoons salt
1/2 teaspoon black pepper
1 tablespoon olive oil
1 tablespoon unsalted butter
1 celery root (sometimes called celeriac; 1 1/4 lb), peeled with a sharp knife and cut into 3/4-inch cubes
1 head garlic, cloves separated and left unpeeled
1 1/4 cups reduced-sodium chicken broth (10 fl oz)
2 fresh thyme sprigs

Preparation:

Pat chicken dry and sprinkle all over with salt and pepper. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, starting skin sides down, turning over once, 8 to 10 minutes. Transfer to a plate and pour off all but 1 tablespoon fat from skillet.

Add butter to skillet and heat over moderately high heat until foam subsides, then sauté celery root and garlic, stirring frequently, until celery root is browned, about 5 minutes.

Add broth and thyme and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute. Return chicken, skin sides up, to skillet along with any juices accumulated on plate, then reduce heat and simmer, covered, until chicken is cooked through, 15 to 20 minutes for white meat, about 25 minutes for dark meat. Transfer chicken to a serving bowl as cooked and keep warm, loosely covered with foil. When all chicken pieces are done cooking, transfer sauce and vegetables to bowl with chicken, discarding thyme.

Arbor Brewing Company's Menu Make-Over Mission *(continued from page 3)*

“phenomenal feedback”, says Rene. Customers love the healthier choices at their disposal and that they can support the community through local selections. Certain menu items are priced slightly higher due to sourcing locally, but Rene says recent hikes in gas prices have kept the price differential between local and non-local food items manageable. Although a few customers have express frustration with the few price increases on ABC’s menu, most become supporters of the changes when they are told *why* this is occurring - that the increases reflect a greater value in terms of health and well-being of their family and community.

What are your visions for the future of local food at ABC?

Rene says that she and Matt envision using their own local gardens and hoop houses to grow a good amount of the produce they use in their cooking. A possible location for this is ABC’s sister brewpub, Corner Brewery, located on in the adjacent city of Ypsilanti. Venture to **Arbor Brewing Company** and check out the latest healthy, local, “from scratch” food and drink on the menu, visit their website at www.arborbrewing.com.

Don't Miss these Upcoming Events...

December 9-11—Great Lakes Fruit and Vegetable Expo. One of the biggest and best shows for fruit and vegetable growers and farm marketers. Informative educational programs, bus tours, and trade show featuring over 300 exhibitors (including FSEP). Held at the Amway Grand Plaza Hotel and the DeVos Convention Center in Grand Rapids. Visit www.glexpo.com to learn more and register.

December 10—Slow Food Huron Valley End of Year Membership Meeting and Potluck. Everyone is welcome to attend this potluck dinner celebrating the harvest our good work done this past year. Listen to Terra Madre delegates share their experiences from the annual trip to Italy. 6:00 p.m at 310 Ashley Street in Ann Arbor. For more information visit the Slow Food website at <http://slowfoodhuronvalley.com/events.html>

January 13—Community and School Garden Development Institute at Growing Hope. The Community & School Garden Development Institute (CSGDI) is a series of practical and hands on sessions for groups interested in starting and maintaining organic gardens in community settings. The Institute will cover key aspects of developing and sustaining gardens, emphasizing how your garden team can effectively plan, start & maintain garden. From 6:00—9:00 p.m. in a location TBD in Ypsilanti (additional dates are January 27 and February 10). More information can be found at www.growinghope.net.

January 17—Michigan Family Farms Conference. Sixth annual conference to be held at Lakeview High School in Battle Creek. This year's theme is "New Opportunities, Sustaining Local Agriculture for the Future" will discuss issues facing limited resource farmers and the family farm. Learn about the new farm bill opportunities, organic growing, soils and cover crops, woodlot management, beekeeping, marketing ideas, alternative energy and savings, Farm to School, insurance products, loans and more during the educational sessions. Visit the Michigan Food and Farming Systems website to register. <http://www.miffs.org/news37.asp>

January 31—10th Annual Northern Michigan Small Farm Conference—Building a Strong Community Supported Agriculture System. Featuring keynote speaker Dr. Fred Kirschenmann former Director of the Leopold Center for Sustainable Agriculture, break-out sessions, and a "100 Mile Lunch". Visit MSU Extension Antrim County's website at www.msue.msu.edu/antrim to learn more.

FSEP Leadership Team members Joan Tobin, Brenda Reau, Ruth Blackburn, and Van Varner (clockwise from bottom left) at FSEP Leadership Team retreat hosted by The Henry Ford in November.





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fsepmichigan.org

FSEP is a non-profit collaboration of urban and rural community and business leaders that exists to catalyze change in the food system of Southeastern Michigan. We provide research, education and outreach with urban and rural partnerships, resulting in agricultural development opportunities, sustainable communities, and healthy local economies.

FSEP Partner Organizations:

Governments

Jackson County
Lenawee County
Monroe County
Washtenaw County
Wayne County
State of Michigan

Farm Business Organizations

Michigan Coalition of Black Farmers
Michigan Farmers Union
Organic Growers of Michigan

Businesses /Community Organizations

Agrarian Adventure
The Conservation Fund
Eat Local Food, LLC

edible WOW

Ecology Center
Food Gatherers
Growing Hope
Lenawee Economic Development Corp.
Locavorious
Slow Food Huron Valley
21st Century Seeds of Hope
Washtenaw Land Trust

Resource Providers

MSU Extension
MSU Product Center for Agricultural and Natural Resources
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