



CULTIVATE

Kansas City

SPRING 2018 NEWSLETTER

Upcoming Events

THURSDAY, MARCH 22
6 PM TO 9 PM

UNION HORSE WHISKEY DINNER

UNION HORSE
DISTILLING CO.
11740 W. 86TH TERRACE,
LENEXA, KS

WEDNESDAY, JUNE 6
6:30 PM

URBAN GROWN FARMS & GARDENS KICKOFF EVENT W/ TOM PHILPOTT

MAHAFFIE
STAGECOACH FARM
1200 E. KANSAS CITY RD.
OLATHE, KS

JUNE 9 & 10
9 AM TO 5 PM (SAT)
NOON TO 5 PM (SUN)

URBAN GROWN FARMS & GARDENS TOUR

SEPTEMBER 16

7TH ANNUAL DIG IN! BENEFIT

CITY MARKET
20 E. 5TH ST.
KANSAS CITY, MO

Volunteers needed for Urban Grown tour

Volunteering during the Urban Grown Tour is the best way to forge a deep relationship with the urban grown movement.

Volunteers are assigned to a farm or garden where they are responsible for ticket sales and greeting participants. In return for a three hour shift, volunteers receive a ticket to the tour, an exclusive t-shirt, and a life-long relationship with a farm site growing food for your table.

Sign up at <http://bit.ly/UG2018Volunteer>

Get involved

Interested in learning more about urban agriculture? Want to meet others who share your passion for food? Excited to see where your tomatoes come from? Cultivate Kansas City offers a wide range of volunteer opportunities for groups and individuals.

Group Volunteer Opportunities

Plan a work the farm day with your organization, company, church or friend group to get a taste of what it means to be an urban grower. Volunteer groups can be as small as 5 and as large as 30. Fill out a Group Volunteer Day form on our website at www.cultivatekc.org/get_involved/volunteer.html

Individual Volunteer Opportunities

Contact volunteer@cultivatekc.org to plan a one-time or ongoing volunteer position with us.

Cultivate is

KATHERINE KELLY
EXECUTIVE DIRECTOR
& CO-FOUNDER

ALICIA ALFERMAN
ADMINISTRATIVE ASSISTANT

SAM DAVIS
SITE MANAGER,
JUNIPER GARDENS TRAINING FARM

KATHLEEN FOSTER
ASSOCIATE,
NUTRITION INCENTIVES PROGRAMS

KIM GASPER
DIRECTOR,
COMMUNICATIONS & DEVELOPMENT

KATE JOHNSON
INTERIM PROGRAM ASSOCIATE

SARAH JORDAN
DEVELOPMENT MANAGER

JENNIFER MARSH
MANAGER,
NUTRITION INCENTIVES PROGRAMS

MARY NGUYEN
COMMUNICATIONS MANAGER

LINDA SIEMENS
DIRECTOR,
FINANCE & ADMINISTRATION

TAYLOR WESTFALL
PUBLIC EDUCATION COORDINATOR

PJ QUELL & LARRY DAVIS
VOLUNTEERS EXTRAORDINAIRE

Dear Friends

Happy Spring from all of us at Cultivate KC! Springtime brings new beginnings and another year of promise for our farmers and growers. Our greenhouses are full of plants, farmers, and good smells while we wait for the warmer weather outdoors.

2018 is shaping up to be a big year for Cultivate Kansas City and it's thanks to your support that we are able to do our important work throughout the community. This year we're going to be working on the theme of "What is your Food Story?" as a way to gather the richness of experiences, cultures, and passions that motivate people- like you- who are engaging in our local food system. In this first newsletter we'll be highlighting Executive Chef Brandon Winn of Webster House and Linda Hezel of Prairie Birthday Farm, two great leaders and movers-and-shakers in our region.

Here's what your support has helped us accomplish so far this year:

- Hosted our 13th Annual Farmer's and Friends meeting for 168 growers and community members alike to come and discuss the challenges of the KC food movement.
- Awarded the John Kaiahua Mentorship Award to Linda Hezel of Prairie Birthday Farm. Linda is a pioneer in the art of sustainable farming and a remarkable mentor to farmers, growers, and food educators. You can read more about Linda on page 6.
- The Gibbs Road Farm community greenhouse is currently host to 22 urban farmers. This space is essential for local farmers without access to a greenhouse on their farm site. By providing this service we help them get a jump on the growing season so they can both sell transplants and get veggies to the market – and to your table - earlier in the year. This year, there are farmers from KCK (17), KMCO (4) and Johnson County (1); 5 languages spoken; 13 Burmese, 3 Hmong, 3 White, 2 African Americans, and 1 Latino/Irish farmer! There is a lovely diversity in the crops they are growing and amongst themselves.
- Through our Metro Farms and Foods Systems we recently awarded \$15,000 in mini-grants to several area farmers to help fund farm improvements such as a walk-in cooler or assist with farm startup costs. Many thanks to the Healthcare Foundation of Greater Kansas City for their support and to our volunteer review committee.
- In February, we welcomed seven new refugee farmers and their families to the New Roots for Refugees program at our Juniper Gardens Training Farm. Each family has been attending weekly workshops and growing in the farm's greenhouse (pictured on the front cover).

I invite you to join us in supporting the local food movement by making a gift to our Spring Campaign, attending one of our upcoming events or signing up to volunteer. We are so grateful for the support of our friends like you!

Sincerely,



Katherine Kelly
Executive Director & Co-Founder
Cultivate Kansas City





DOUBLE UP FOOD BUCKS™ KANSAS CITY

A PROGRAM OF CULTIVATE KC

Nutrition Incentive Program shows gains

At Cultivate Kansas City, we believe that people of all ages, races and zip codes should have access to fresh, healthy and local food.

And we put our words into action through several nutrition incentives programs, which serve members of our community who are at high risk of experiencing food insecurity.

Through Cultivate Kansas City's 2017 Nutrition Incentive programs, more than 7,300 families, seniors and individuals in the greater metro area were able to buy more fresh fruits and vegetables from hundreds of local farmers and growers in Kansas and Missouri.

The **Double Up Food Bucks** program allows participants to match their Supplemental Nutrition Assistance Program (SNAP) dollars to spend on fresh fruits and vegetables at 20 markets. The amount of coupons distributed increased as did the number of program participants and bucks redeemed.

All these increases indicate that our outreach efforts have been successful. We'll continue collaborating with local organizations that work directly with food insecure populations with the goal of incorporating programs such as these into the social service fabric of our community.

Market opening dates

OPEN NOW

CITY MARKET
20 E. 5TH ST., KCMO

APRIL 7

OVERLAND PARK
7950 MARTY ST., OPKS

APRIL 14

BROOKSIDE
6321 WORNALL RD., KCMO

APRIL 21

LENEXA
17201 W. 87TH ST. PKWY.,
LENEXA, KS

APRIL 28

PARKVILLE
1 EAST ST., PARKVILLE, MO

MAY 2

GLADSTONE
7117 PROSPECT AVE, KCMO

MAY 4

NORTH KANSAS CITY
CABOOSE PARK, KCMO

MAY 5

INDEPENDENCE
WALNUT & LIBERTY,
INDEPENDENCE, MO
HISTORIC LIBERTY
117B N. MAIN ST., LIBERTY, MO

MAY 6

ROSEDALE
4020 RAINBOW BLVD., KCK

MAY 17

**NORTHEAST
KANSAS CITY**
3001 INDEPENDENCE AVE.,
KCMO

JUNE 3

**IVANHOE
SMALL GROWERS**
3210 MICHIGAN AVE., KCMO

JUNE 5

KCK CENTRAL
2220 CENTRAL AVE., KCK

JUNE 6

**KCK
STRAWBERRY HILL**
N 6TH ST. & BARNETT, KCK

JUNE 7

**KCK
COMMUNITY COLLEGE**
CAMPUS BLVD.
& ARMOURDALE LANE, KCK

**MISSION FARM
& FLOWER MARKET**
5635 JOHNSON DR.,
MISSION, KS



Whiskey Dinner at Union Horse Distilling Co.

At our dinner at Union Horse Distilling Co. in Lenexa, Chef Brandon Winn will showcase local food in beautiful three-course meal.

For Chef Brandon Winn, the organic process extends beyond how food is grown. There should be an almost symphonic quality to how he and his team in the Webster House kitchen operate.

"It's very acrobatic," he says. "You have to move quickly, be fluid, fast and effective. You need to be able to operate without communicating sometimes."

With farmers he is the opposite, and more than happy to share conversation. There is a lot to learn from them, he says, that educates him as a chef about his food.

"They are jacks of all trades," Winn says. "They take pride in what they do and pride in doing it well. It's important to work with people who are as passionate or more passionate than you are."

And that's because he likes a good challenge. He pushes boundaries by creating dishes with ingredients that might lack mass appeal. Salmon and lobster? Overrated, according to Winn. He likes to cook with foods people think they hate.

"The challenge is to make it delicious," he says.



Event details

WHAT

Three-course meal by Chef Brandon Winn of Webster House. Paired with signature cocktails by Union Horse.

WHEN

Thursday, March 22
6 p.m. to 9 p.m.

WHERE

Union Horse Distilling Co.
11740 W. 86th Terr.
Lenexa, KS



Linda Hezel: Artist of the Soil

For Linda Hezel, Prairie Birthday Farm is rich with more than food if you just dig a little deeper.

Even in late winter, Linda Hezel is busy at Prairie Birthday Farm. Yes, there's plenty to prepare as spring teases its arrival. But even away from the 14 raised beds and wild vegetation - and the ducks, chickens, bees and horses - there are classes and workshops to research, plan and outline and a dish to prepare for an event.

On this day, she is preparing stuffed duck egg with foraged greens, including pepper grass, chickweed and dandelion greens.

"I think is food is only limited by our own imagination, our creativity, perhaps our arrogance," Hezel said.

So Hezel uses her own creativity - with extensive literature research - to utilize as much of what the land produces as possible. In growing seasons, she's reaping a bounty of vegetables and greenery. But she's also using biochar and even incorporates dried elements into tablescapes.

She says she teaches volunteers not to pull all weeds because people often don't think of them as food.

Hezel enjoys (and seeks!) volunteers, who she does not view as mere task doers. Instead, she exchanges education (and goodies from the farm) for their assistance.

Top: Linda Hezel combs through an album of photos showing the development of Prairie Birthday farms and some of the coverage and creatures that it has received.

Above: As of the first week of March, small signs of spring included scapes of garlic shooting from the cold ground.



Left: Hezel with Katherine Kelly at Cultivate KC's 13th Annual Farmer's and Friends, where Hezel was awarded the John Kaiahua Mentorship Award.. Center: Some of Hezel's collection of vessels she uses in her tablescapes and centerpiece designs. Right: Elements Hezel uses in her tablescapes.

"I am teaching the whole time," she said. "It's more an immersion than a task-oriented experience."

She refers to it as "soil quilting," referencing the social practice of gathering around a quilting project to exchange knowledge and stories between participants. With volunteers she works elbow-to-elbow as she guides the work.

"I learn from them, they learn from me," she said.

Her dedication to education and mentoring was recognized at Cultivate KC's 13th Annual Farmer and Friends meeting, where Hezel was awarded the John Kaiahua Mentorship Award.

The scholastic aspect of farming comes easily for Hezel, who prior to being a food grower, was a tenured professor in nursing at UMKC. There she helped develop, design and instruct in the bachelor and graduate programs.

She left that position to raise a family, and, as it would turn out, a farm.

She was committed to growing and making her own food and providing flavorful "nutrient dense, unpoisoned food" to her family, which, she knew from nursing, was

essential to her children's long-term health.

She says combining her "farm practice" with the education she provides to visitors, she doesn't feel like she's left nursing.

"I'm just specializing in a different branch," she says with a smile.

Hezel grew up on a farm herself and said there were always "tiny pots of something growing" everywhere she lived.

In 2003, she made her first sale of wild persimmon. And with some referrals, her career as a food grower evolved organically from there.

"I wasn't as intentional then," she said. "It took over me as opposed to me taking over it."

Now she sells to more than 20 area chefs year-round.

"I love working with chefs because they are artists of the plate, and I say I am an artist of the soil."

Beyond the purity of her farming practice, what appeals to the chefs about Hezel's produce is the flavor.

Her tagline, after all, is "exquisite flavor, healthy food."

And Hezel doesn't take credit for that. It's about the soil, she says.

With her science background, Hezel knows that flavor is influenced by the microbiome of the soil as much as one's own microbiome influences your health.

It's all connected, she says.

"It's all about relationships. Our relationship within nature, with the environment, with the soil, with our food."

People's relationship with food has become dysfunctional, Hezel said.

"Everything is always a diet," she said. "We're always at battle with something in our diet."

She believes that if you start with good, organic, untreated food, eating would be, as it should, a more enjoyable experience.

"It's a fundamental joy of the human experience," she said. "If it tastes good, we want to eat it, and it's good for us, right?"

"It's not a have to, shoulda, coulda. It's a joy."

To learn more about Prairie Birthday Farm and all it has to offer, or to sign up to volunteer there, visit www.prairiebirthdayfarm.com



SAVE THE DATE

June 9 & 10, 2018

During this self-guided tour, explore more than 20 farms and gardens across the KC metro area that are growing food for your table.

Our tour sites showcase the inspiring diversity of food and farm projects throughout our city, giving you a taste of urban farm businesses, community gardens, refugee training farms and so much more.

We are proud of the booming urban agriculture movement in Kansas City and are excited to share it with you.

www.cultivatekc.org/urbangrowntour

