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Let's *Cultivate the Change!* Feed your hunger for good food

Cultivate Kansas City invites you to join the urban grown revolution the week of June 15-23! Experience all the ways good food is being grown in your city. Explore 60 unique, innovative and beautiful urban farms and gardens during the fifth biennial **Urban Grown Farms & Gardens Tour**. Celebrate urban food and farms all week long with workshops, dining events and a keynote address by author Mark Bittman.

Kansas City hungers for good, fair, honest, delicious, urban grown food; we hunger for connection with our food, our farmers and our community; we hunger to *Cultivate the Change* in our food system.

But how? We encourage you to get to know your farmer and know your food.

- [Kick Off](#) Urban Grown week with us, celebrating food, farms and community, 6/17
- Get your hands dirty at an urban farm or garden during the [Crop Mob](#), 6/15
- Talk to a farmer when you shop at a farmers market, try a new veggie and learn about [cooking with the seasons](#) with Culinary Nutritionist, Lisa Markley, 6/18
- Learn to grow food yourself with the [Urban Grown at Home](#) workshop, 6/18
- Get started raising [chickens](#) or [bees](#) in your backyard! Learn from local experts at workshops, 6/19
- [Eat Out Local](#) at participating farm-to-table restaurants who will donate 10% to support our work, 6/18
- Enjoy art, food and community with the "[Local Earth](#)" event, 6/19
- Explore "[The Future of Food](#)" with Mark Bittman, 6/19
- Grab [lunch with Mark Bittman](#) at Webster House, 6/21
- [Experience Kansas City's farms and gardens](#) with all your senses, 6/22 & 6/23



We all eat, so we all share the responsibility of creating a food system for a healthy and sustainable future. Join us to cultivate this change ... one bite at a time. We hope the Urban Grown Farms & Gardens Tour and activities will both feed and deepen your hunger. [Read more...](#)

Kick Off event “Plants the Seed” for Urban Grown week of events

By Ami Freeberg, Cultivate Kansas City Community Outreach Coordinator



The Urban Grown Kick Off will take place at the KCMO Public Library Central Branch. They have long supported urban agricultural events. Photo by Ami Freeberg.

program at 6:30 p.m.

Urban agriculture is about so much more than growing food in the city. A series of speakers at “Plant the Seed”: Urban Grown Kick Off, Monday, June 17, at the Central Branch of the Kansas City Public Library, will show how urban agriculture has grown beyond a couple of farmers, a few markets and frankly, past food. Although food is what has brought us together; this revolution has grown to into something much larger. It is a revolution with threads throughout our community. It touches each of us on so many levels.

Join Cultivate Kansas City for an evening of inspiration, celebration and community on Monday, June 17. The Kansas City Mo. Public Library central Branch is hosting a reception featuring appetizers from Webster House, wine and Boulevard beer beginning at 5:30 p.m., followed by the

At the Kick Off, stories from the farmer, the chef, the urban planner, the community organizer, the entrepreneur, the health care provider and the youth will weave for you a broad picture of the fabric urban agriculture has become in Kansas City.

Speakers for “Plant the Seed” include:

Adam Jones, Foundation Architectural Reclamation; Alicia Ellingsworth, Farm Manager, Gibbs Road Farm; Brandon Hidaka, Student at University of Kansas Medical Center, Food is Medicine; Cindy Circo, Kansas City, Mo. Councilwoman; Dina Newman, Grown in Ivanhoe; Jake Wagner, Associate Professor, UMKC, Department of Architecture, Urban Planning & Design; Katherine Kelly, Executive Director and Co-founder, Cultivate Kansas City; Katie Nixon, Small Farm Extension Specialist, Lincoln University, Farmer ; Loretta Craig, Suburban Homesteader, Prairie Garden Farm; Renee Kelly, Chef, Renee Kelly’s Harvest; Robert Oritz, BoysGrow and Tariq Hafiz, BoysGrow.

This event is free, but RSVPs are required: <http://www.kclibrary.org/planttheseed>. For more information and see all Urban Grown Events, visit www.cultivatekc.org.

Urban Grown support from Kansas City community inspires

By Jill Erickson, Cultivate Kansas City Communication & Development Director

At Cultivate Kansas City, we talk lots about building community. It’s our mission, in fact. The relationships are with farmers, other community organizations, chefs, doctors, and local businesses. Our work simply doesn’t happen without the ideas, work and support we share with these partners.

Over the past months, we have relied on these relationships to pull together our largest outreach effort, the 2013 Urban Grown Farms & Gardens Tour. Many local businesses have provided financial support and volunteers, leadership and in kind services making it possible for this event to happen. I am especially grateful for the sponsorship committee co-chairs, Patti Banks and Tom Jacobs, for their support.

“Like Cultivate KC, we are dedicated to supporting local farmers because it matters to our health, our environment and our community,” said Patti Banks, Owner/Principal, Vireo. “As a Landscape Architecture, Community Planning, Environmental Design, and Graphic Arts firm in Kansas City and Omaha, we create solutions dedicated to community input and buy-in, ensuring project and program success.”



VML Foundation, a 2013 Urban Grown sponsor, also supports Cultivate Kansas City by hosting volunteer workdays for employees. Photo by Ami Freeberg.

There are so many ways our sponsors have supported this event. Posty Cards printed posters; VML is sponsoring the Gibbs Road Farm and sending more than two dozen volunteers to help greet visitors; Sarah at Floc5 has spent countless hours designing postcards, ads and billboards; Midland Loan has provided volunteers for the planning committee and the list goes on. I have spent many hours over many cups of coffee and glasses of wine with Ben at Chipotle planning all of the details for Mark Bittman’s visit. He has shared ideas and helped this year’s Urban Grown to be something really special.

“At Missouri Bank, we believe in relationship, partnerships and community. And so do our customers. Cultivate Kansas City is making a significant difference in our community by contributing to healthy lives, a strong local economy and a more sustainable future. It’s a perfect alignment with Missouri Bank’s beliefs,” said Missouri Bank President and CEO Grant Burcham.

The excitement and enthusiasm from some of our sponsors inspires me. We have a dozen employees from Accenture coming over to Gibbs Road Farm to lend a hand for the Crop Mob. How is it that a bunch of folks who spend their days working on computers are willing to spend a Saturday getting their hands dirt, I wonder?

“This is my favorite project!” confesses Marina with Truman Medical Center who will be bringing their Mobile Market to our Tour Hub this year.

Most tell me that this is an opportunity to support an organization that shares their values of creating inspiring and innovative solutions in our community. Many, like 360 Architecture, are helping urban agriculture projects directly. They are engaged in the urban farming movement at the 18th and Broadway garden, and tell me they look forward to continuing their commitment to local food production.

“Working with Zack with Urban Film + Design was a blast,” said Tour Coordinator Ami Freeberg. “They have been documenting urban ag over the years and I am so happy they stepped forward to help us share the urban ag story with their film.”

The fact is we just couldn’t make all this happen without our sponsors and we appreciate that these relationships are the long-term kind. Changing our food system will take some time.

“We are excited to support this community event because Door to Door Organics believes that organic food grown locally matters,” said Shane Hanson, Director, Door to Door Organics. “We partner with farmers to bring fresh, organic produce and natural groceries right to your doorstep.”

These folks have become part of our Cultivate Kansas City family and are helping change how we access and eat good food in our city. I am genuinely grateful for their help and leadership and encourage you to learn more about them and support. We are looking forward sharing this week long celebration with you, Kansas City!

Visit our website and check out all of the ways sponsors are helping with 2013 Urban Grown Farms and Gardens Tour.

Reach jill@cultivatekc.org

Community Spotlight: Kansas City Academy

The Kansas City Academy garden is one of 60 farms and gardens opening their gates to the public for the 2013 Urban Grown Farms & Gardens Tour hosted by Cultivate Kansas City. You can visit the garden on Saturday, June 22 between 10 am and 5 pm. For tickets and more information, visit our website www.cultivatekc.org.



Kansas City Academy boasts 19 raised beds and supplies fresh food to students. It will be one of 60 sites on the Urban Grown Tour. Photo courtesy KC Academy.

Janet Brown Moss, who led the site selection work group explained that there was an overwhelming number of sites that contacted Cultivate Kansas City to be on this year's tour. The event, like urban agriculture in our city, has grown quite a bit since 2005 when we had six tour sites.

“There is so much good work happening in our city,” said Katherine Kelly, Cultivate Kansas City Executive Director. “I think this tour offers farmers and growers a really tangible way to connect with the public.”

One example of this good work is The Kansas City Academy garden. Just a little over five years old, it features 19 raised beds. The garden began with just two raised beds; they had a dream to harvest food for their lunch program. The school serves middle and high school students and seeks to engage the students with the garden in many ways.

“Initially, most of our efforts involved educating students about the growing cycle and the nutritional benefits of fresh food,” explained Kathy Baldwin-Heitman, Principal of Kansas City Academy. “After the first two years, this expanded to include culinary instruction and several forms of outdoor art.”

One of Kansas City Academy's students, Robbie, was selected as a finalist to present at “Local Earth,” an Urban Grown event with BREAD! KC, which will provide funding for a farm or garden project through democratic voting at a community dinner. Tickets can be purchased for this event on Wednesday, June 19 online at www.cultivatekc.org.

“For my independent study art class I am building a cob hut,” Robbie wrote. “Cob is a building material made from dirt, clay, sand straw, and water mixed together to form a paste sort of like concrete that will dry and harden. I have always enjoyed the outdoors, as well as dirt and building stuff. When my teacher suggested that I build a cob hut, it seemed like the perfect idea.”

Robbie spent weeks researching and planning for construction of the hut, which will be a dome about eight feet tall. There isn't one recipe to follow, so he calculated quantities for dirt and sand, factoring different clay content of soils from different places.

“I experimented with different mixtures and found that a two to one ratio of sand to dirt worked best,” Robbie elaborated.

“Robbie's proposal to build a hut will allow us to further expand the idea of self-sufficiency beyond models for food, to include a model for shelter as well,” noted Baldwin-Heitman. “We think the hut broadens the overall conversation of sustainable living values and will peak the interest of those in our school community and for our neighbors as well.”

You can learn more about the Kansas City Academy garden and all of the tour sites online at our website, www.cultivatekc.org.

Food and arts organizations collaborate for Urban Grown event “Local Earth”

By Ami Freeberg, Cultivate Kansas City Community Outreach Coordinator

What could be a better than urban farmers teaming up with a micro-funding organization and local artists? Working together, and for the first-time ever, local arts organizations will present “Local Earth,” on Wednesday, June 19, 5 - 9 p.m. at the City Ice Arts Building.

“We are thrilled to work with BREAD! KC, PLUG Projects and City Ice Arts and I think this will certainly be a highlight of this year’s Urban Grown festivities this year,” says Ami Freeberg, Urban Grown coordinator. “At cultivate Kansas City, we are always looking to partner with community organizations in new and different ways.”



Popular Bread KC dinners support local artists. On June 19, they will host a dinner to support urban agriculture. Photo courtesy Bread KC.

PLUG Projects, a curatorial collaboration of five artists, is curating “Local Earth,” an exhibition in the City Ice Gallery in conjunction with their early summer exhibition, “Rare Earth.” “Rare Earth” showcases works of art that examine the environment in innovative ways. City Ice Arts open house and to view the “Local Earth” exhibition on June 19 between 5:00 - 6:30 p.m. The exhibit only is free and open to the public.

“At PLUG we search for new and innovative ways to connect the artwork and themes in our exhibitions with the local community,” said Cory Imig of PLUG. “These types of connections help to widen the conversation and dialogue beyond the work on display.”

BREAD! KC, a local micro-funding organization, hosts dining events several times a year at which three presenters are given the opportunity to share their proposed projects with the community. On June 19, the dinner will feature locally-sourced meats and produce. The traveling cocktail club Hawthorne & Julep will be serving farm fresh beverages for purchase. Dinner and presentations will begin at 6:30 p.m. Tickets for dinner are \$15, available at www.urbangrownbread.eventbrite.com.

At this event, three farmers and gardeners featured on the Urban Grown Tour will present proposals related to the “Rare Earth” theme. Dinner attendees will vote for the project they would most like to fund and the presenter with the most votes will receive funds collected through the entrance fee.

“As an organization, we strive to feed the community in lots of different ways,” says Erin Olm-Shipman, co-organizer at BREAD! KC. “In the literal sense, we always work to produce meals that are created with as many locally-sourced ingredients as possible. For this event, we’ll have the opportunity to give back to the urban farming community, and hopefully introduce some of our more art-oriented followers to another brand of creativity.”

The current exhibition at PLUG Projects (1613 Genessee) features seven national artists whose work borrows materials and figures from the natural world to reevaluate “the nature of nature” and examine the many landscapes we all inhabit. Those same ideas are carried into the City Ice Arts Gallery, where PLUG curated “Local Earth,” an exhibition featuring five Kansas City/ Lawrence based artists: Calder Kamin, Amber Hansen, Theo Bunch, Jeff Tackett, and Mark Cowardin.

Reach ami@cultivatekc.org



Urban Film + Design Video

Thanks to Zack Herrmann and Andrew Lewis of Urban Film + Design for a preview of the Urban Grown Farms & Gardens Tour! [Watch now.](#)

feedmekc.com

Thanks to Emily Farris and Jeff Akin of feed me kc for hosting a podcast all about Urban Grown. [Listen now.](#)

Events Calendar

Urban Grown Events | June 15-23 | See complete [Urban Grown events calendar.](#)

Brookside Farmers' Market | Saturdays | 8 a.m. - 1 p.m. | 63rd Street & Wornall Road, Kansas City, Mo. | Find our Gibbs Road Farm selling certified organic produce every Saturday through November. [Market info.](#)

Seed Savers Exchange Workshops | Saturday | July 6 | 10 a.m. | Powell Gardens | Promiscuous Plants: How to Control Pollination in the Garden | [Learn more.](#)

Whole Foods Market Road Show | Sunday | July 14 | 12 p.m. - 4 p.m. | 119th & Metcalf, Overland Park, Kan. | Whole Foods Market Farmers & Food Artisans Road Tour will feature live music, balloon animals, watermelon eating contest, vendor samples, photo bus photo booth and more! [Learn more.](#)

Dig In, KC! A dinner with farmers and friends | Sunday | September 22 | The City Market | Save the date and stay tuned for details about our second annual Dig In, KC! dinner. [Learn more.](#)

For editorial comments please contact *Urban Grown* editor Jill Erickson at jill@cultivatekc.org
The Cultivate Kansas City is a 501c3 not-for-profit organization.

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