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Date: 6/5/2008 11:26:07 AM

Subject: News from the Kansas City Center for Urban Agriculture

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In this issue:

- Training Farm and Community Gardens Break Ground in Kansas City, KS
- Website Introduces Principles of Sustainability
- Pastor Works to Transform Community: First in Mexico, Now in Johnson County
- KCCUA Welcomes New Development Director
- Field Notes from the Kansas City Community Farm
- KC Urban Farmer Keeps Bees in "People's Hive"
- Cooking Class Offers Unique Local Food Experience
- Calendar of Events

Training Farm and Community Gardens Break Ground in Kansas City, KS

Small farm incubator to further integrate agriculture into Metro's urban fabric.



By Katherine Kelly

KCCUA, in partnership with Catholic Charities and the Kansas City, KS, Housing Authority began tillage last month at the Training Farm at the new Juniper Gardens Community Park. With support from many people and organizations the first seeds have been planted - literally and figuratively - to start this innovative program. Juniper will be a unique model of integrated use of public land for food production with features that will address diverse food, health, and community needs.

Burmese farmer Pay Lay receives "title" to her new plot from Rachel Bonar at the KCCUA Training Farm.

Activities will include community gardens, quarter acre commercial plots, on-site sales of produce, youth and adult education, and, once funds are found, park activities like walking paths and play areas to promote health. The site is located in an inner city community in a low-income housing project just minutes away from downtown Kansas City, KS and downtown Kansas City, MO. It is in a neighborhood with many empty lots that could, with time and effort, be converted to productive small farms. As farmers at Juniper develop greater business independence, they could be supported in taking over and transforming those empty lots.

Additionally, Kansas City, KS, recently passed a master plan for the city that strongly emphasizes green businesses and economic development; Juniper Gardens will be part of a city-wide effort to create an environmentally sustainable community. And finally, there are strong organizations and leaders in this community that have worked to develop the Northeast Kansas City, KS neighborhood. The Training Farm and Gardens will add a dimension of entrepreneurial agriculture and gardening that can complement and support these long-standing community assets and resources.

KCCUA and Catholic Charities are excited to begin the program, and honored by the opportunity to work in this community to promote entrepreneurship and the production of healthy food. It will take some time to get the soil in good condition and to set up the systems and infrastructure necessary to support new farmers, but that will all be part of the education and growth process! With money, patience, and hard work, this lovely field that overlooks the city will yield vegetables and community.

Who Will Farm at Juniper in 2008?

In 2008, the first class of beginning farmers includes nine refugee women who have been market gardening on a smaller scale on Catholic Charities land. They are Khadijo Yussuf, Halima Durow, Hawo Barus, Isha Adan, Rukia Robow,

Pelagie Mukarwigamera, Aye Aye Nu, Dena Tu, and Pay Lay.

The nearby Third Street Church of God is also starting a Youth Market Garden to teach young people in their church about food production and to give them small business experience. Project organizer Angela Greene, with support from Pastor Timothy Jones, gardener Sam Davis, and other church members, has begun the seasons work of planting and organizing crops. Theyll be putting in tomatoes, peppers, greens, watermelons, melons, and more, on a quarter acre right behind the church.

In 2009, well add more plots and more beginning farmers, recruiting from the Juniper Gardens residents and from the immediate community.

Community Gardens

Kansas City Community Gardens has helped us lay out more than half an acre for community garden plots. Thirty-four plots have already been assigned and were still taking applications. We expect that some of the community gardeners will be inspired by the market gardeners, see the potential of growing and selling vegetables and sign up to be start-up farmers in the training program.

Walking Paths, Playgrounds and Park Activities

The Residents Council at Juniper Gardens is in the early stages of working with us to develop a plan for positive outdoor activities like walking for exercise, playing for the children, and just sitting on a bench and watching the crops grow. Once the plan is figured out, well work with the Council and the Housing Authority to find the funding to further develop the site into an integrated park, training farm and community garden.

Special Thanks

For all the support we've received in getting this project off the ground, we'd like to thank the following organizations and individuals:

- The Board of Commissioners of the KCK Housing Authority, especially Ladora Lattimore and Ruby Jones, for their leadership and vision
- Loretta Heath, President, Juniper Gardens Residents Council
- Tom Stibal, Marc Marcano, and Tony Shomin, KCK Housing Authority staff
- Pam Curtis, Mayors Office, Wyandotte County
- Joe Jennings, J-14 Enterprise
- Richard Mabion
- Beverly Pender, Urban Soul and Soil Gardens
- Don Nelson
- PJ Quell and Larry Davis
- Tom & Kathy Stull
- Angela Letizia
- St. Pius X Catholic Church-
- Julie Xiong, KCK Greenmarket
- Kansas City Community Gardens
- Irene Caudillo, Sharisa McDaniel, and Rachel Bonar, Catholic Charities
- Lew Edmister, Training Farm Coordinator
- Wellspring Foundation
- Refugee Agricultural Partnership Program, US Department of Health and Human Services (DHHS)

More Help Is Needed

- Cash donations: Much of the cost of the project has been paid for by the DHHS grant but more funds are needed! Were looking for donations to help with water lines, tools, straw, storage, and supplies.
- Trucking: the Kansas City Zoo has up to 200 cubic yards of Zoo Manoo that we can use for soil building, but we need to move it from the Zoo over to Juniper Gardens! The soil at Juniper is heavy clay, and a good addition of organic matter would make a world of difference. Do you know anyone with a dump truck who might donate all or some of the costs of transport? Would you be willing to donate cash to help pay for moving the manure? (How many people can say I gave funds to move elephant poop across town at a dinner party? Just imagine the conversations that would start from that opening line!)
- Construction Help: We will be building shade structures and storage over the coming months and could use good hands (and power tools) to put in closets, shelves and insulation.
- Rock Hauling: This is a site that had brick housing on it, so you can imagine what happened when we plowed. There are bricks galore and foundation stones that just need to be hauled out of the fields and paths.
- Tools (in good condition) for the Community Gardeners: Wed like to have a nice collection of tools that are available to all the gardeners: hoes, hand tools, spading forks, shovels.

Thanks in advance for any support you can provide!

Website Introduces Principles of Sustainability

Learn about thoughtful, systems-based design for gardens, farms & communities



By Daniel Dermitzel

When it comes to my outlook on farming (and pretty much everything else) a book of lasting influence has been Bill Mollison's *Permaculture: A Designer's Manual*. Starting out as I did in this business, on marginal land in an unfamiliar part of my adopted country and with no experience in growing vegetables, I received great inspiration from Mollison's optimistic, holistic, human-scaled and always practical approach to agriculture and design. I used to think that by applying the principles of permaculture I could do almost anything, learn to design a productive farm on just about any piece of land, and find it inside of me to be happy and satisfied with what was around me. I still feel that way today, even though I admit that the journey of learning about sustainable farming and living has been curvier than expected (straight lines are too easy, I guess).

Permaculture broadly outlines a vision of a sustainable design and culture. According to David Holmgren, the co-creator of the concept, permaculture is "consciously designed landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fiber and energy for provision of local needs." It involves "the use of systems thinking and design principles that provide the organizing framework for implementing the above vision." (1)

Holmgren's work has been made accessible on a website called PermaculturePrinciples.Com. Its purpose is to communicate the essence of permaculture simply and clearly, and to get visitors thinking about how it can apply to their own life. The website has three parts: (1) overview, (2) description of 12 design principles and (3) a photolog with pictures and text illustrating each principle.

Some of the design principles sound familiar and are much talked about as we aim to make our world greener. They include capturing and storing energy, reducing wastes and using renewable resources. Others may be less familiar; principle # 1: *observe and interact*, principle # 4: *apply self-regulation and accept feedback*, principle # 7: *design from patterns to details*, principle # 9: *use small and slow solutions*, principle # 11: *use edges and value the marginal* and principle # 12: *creatively use and respond to change*.

Each of these principles is illustrated with real-world examples, many from Australia, the home of Mollison and Holmgren. The examples come from all areas of life: farming, community development, transportation (dog-pulled sulkies, anyone?), architecture and more. Over the years I have found these principles to be true and effective in my own work as a farmer as well as in my personal life. Often, they require us to take more responsibility for our actions. Applying them requires patience and thoughtful, purposeful, considerate action. My work as a farmer has sometimes helped me understand this (though too often I forget to act accordingly).

At present, two of the principles listed at the website are particularly interesting to me. The first one is: *use edges and value the marginal*. What this means is that a kind of productive layer exists in the space where different systems meet (at the interface, margin or edge between them) and that extending the boundary between these systems tends to increase productivity. One example of such an interface is soil, located at the boundary of the non-living mineral earth and the atmosphere. This interface, says Holmgren, with its immense productive capacity, constitutes the most important edge for terrestrial life. (1)

In my own way, I had experienced the power of this principle before ever reading about it. Like many of us, I have spent a good amount of time throughout my life at one interface or another: For example, as an immigrant I occupy the boundary between my German heritage and my adopted US culture; and as an urbanite learning to farm in rural Missouri I lived at the edge between a kind of urban restlessness and rural rootedness. I find spending time at the margin or edge invigorating and productive. This is why urban agriculture is so important and convincing to me: because it operates at the margin, at the boundary between the rural and the urban, the hi-tech and what I would call the "appropriate tech", the fast pace and the slow, the profits and the labors of love. Urban farms extend this potent interface into the core of our city and into our neighborhoods. When we farm in cities we not only produce some of the most nutritious and freshest foods around, but we also provide a fertile edge for new ideas and experimentation in support of personal, environmental and social change. By exposing residents in the built environment to the natural environment, urban agriculture triggers entire trains of thought about the way we act and organize ourselves, about health and ecology and about our human nature. I have personally seen this happen with many who have spent time here at the KC Community Farm.

Another interesting principle mentioned at PermaculturePrinciples.Com is *design from patterns to details*. Elsewhere Holmgren has discussed this principle in some depth; at the website we get a lighter, introductory version to patterns. We are encouraged to observe and apply larger organizing patterns found in natural systems, to read natural patterns by stepping away so as to "see the forest for the trees", instead of trying to understand every minute detail. Once recognized, effective patterns can then be duplicated across domains, from agriculture to architecture, from insect colonies to city planning, etc., a process much like *biomimicry* which is often talked about today. Our forests, farms, gardens, parks, dwellings, cities and communities are wonderful learning laboratories for pattern recognition and

application. And once we understand the patterns of our (natural) environment, our sustainable designs may fall into place more readily.

See what you think for yourself by visiting PermaculturePrinciples.Com. From there you can take off to other permaculture-related websites, including video segments on YouTube. I admit that I have much to learn about permaculture and its applicability to my work as a farmer. However, I have already experienced some of the satisfaction and success that comes from "designing with nature" and look forward to doing more of this in the future. If you have similar interests or experiences, tell me about them at daniel@kccua.org.

(1) Holmgren, David; *Permaculture--Principles & Pathways Beyond Sustainability*; Holmgren Design Services, 2002.

Pastor Works to Transform Community: First in Mexico, Now In Johnson County *Pathway Community Church starts community garden, plans to sell produce from farm stand*

Kurt Rietema is the Pastor of Missional Life at Pathway Community Church on 159th Street in Olathe, KS. The church started about four years ago and has some 100 members. Rietema's interest in urban farming began when he was an undergraduate student in Landscape Architecture at Iowa State University. Rietema and his wife spent five years in Mexico with Youthfront of Kansas City doing community development work before recently transitioning back to the United States. Pathway Community Church is one of several Kansas City churches currently exploring food production as a way to build healthy communities.

By Kurt Rietema



Suburban food production
at Pathway Community
Church

OLATHE, KS. So why did we begin a community garden on the property of Pathway Community Church in southern Johnson County? Well, maybe its because theres a longing inside each of us that we cant quite put a finger on. Maybe its because we sense that while were becoming more and more connected with a global world, were becoming more and more disconnected with the most elemental relationships that humans have participated in for centuries. Maybe its because we have enough people we communicate with everyday through thousands of digital matrices of zeroes and ones, yet we hardly know our next-door neighbors. Maybe its because I eat enough hard, pinkish-green fruits from California that can only be named a tomato by genetic standards. I long for the deep, sultry flavor and color of a tomato that was born a stones throw from my house and shares the same dirt that I clean from under my fingernails. Its a longing for something that is really real. Real people, real relationships, real tomatoes, real dirt. In the land of a thousand franchised ethnic restaurants that offer highly sanitized, processed approximations of an authentic chile relleno, there are more than a few of us who crave something that hasnt undergone sixteen focus groups before

it ever makes it to our table.

At Pathway Community Church, thats the journey that were on a journey for life as it was always meant to be. We believe that Jesus was all about saving us from our destructive, fragmenting, isolating tendencies and restoring the world back to the way God had intended it. By opening up our property for an organic community garden we saw an opportunity to make our sometimes plastic-wrapped, isolated neighborhood a little bit more how God intended it. Its a place where neighbors can come together shoulder to shoulder, plunge their hands into the soil, curse at weeds and share real-life stories like human beings have done for thousands of years while making the world a little bit greener, a little more beautiful, a little more flavorful, and a little more human. It seems to us that creating a community garden is somehow in-step with what God is doing in this world and that its almost as if we get to participate in this restoration project, this dream of a new world, these longings for what is really real.

I met with KCCUA's Daniel Dermitzel sometime in January and told him about our dreams of a community garden and future plans for a farmers market. He gave us some thoughts and ideas and unleashed us to make them happen. I got a few soil samples taken, sketched up a plan for the garden, and made a simple sign announcing a new community garden. A farmer in our church plowed and prepared our soil and then Kurt Lutz, the husband/father of a couple of our gardeners retilled the land again before planting. It wasnt long before the thirty-two plots were snatched up by neighbors in the surrounding subdivisions and a waiting list sprouted up before we even had a chance to get any seeds in the ground. On April 5, a group of excited, wannabe (myself included) organic gardeners showed up to start tending our 10 x 20 plots. We talked about some of our ideas together and a number of people felt like they probably couldnt manage an entire plot on their own with their busy schedules so we devised a new kind of suburban sharecropping by sharing duties and the harvest. Most of us use a common library of tools that we use and plan to install lockers so everyone can have some of their own on site. Weve formed a Yahoo group to swap ideas and concerns through e-mail threads and have plans to create a farm stand by the roadside to sell some of our extra produce to the surrounding neighborhood.

Thats the first chapter in the story of our community garden. Im sure that the succeeding chapters wont be as rosy as this one. But for now, were content living out our once-upon-a-time beginning in suburbia, blissfully unaware of the

grotesque monsters of Mexican bean beetles, squash bugs and striped cucumber beetles lurking around the corner. Nevertheless, we'll always be longing for the happily-ever-after of a restored world.

To learn more about Pathway's urban agriculture project, contact Kurt Rietema at kurt@followthepath.org.

KCCUA Welcomes New Development Director

Passionate and experienced, Semie Rogers joins KCCUA to expand support for urban agriculture.



KCCUA Development Director Semie Rogers

Hi, I'm Semie Rogers, the new Development Director for KCCUA. My job is to work on finding funding for all of KCCUA's activities. From the new Juniper Gardens Training Farm and Community Gardens to the one-on-one technical assistance we provide to farmers from across the metro, KCCUA relies on generous ongoing support.

Working for KCCUA is something I'm passionate about, which makes my job easy! Not many groups offer such diverse benefits to the community as KCCUA does. Where else can you find sustainable agriculture combined with social justice? Hunger relief with community development? Cultural attractions like farmers markets with green space growth? The reasons I love this organization are as plentiful as tomatoes in July.

KCCUA feels like home to me. I grew up in an urban, diverse neighborhood in Wichita, and in an immigrant neighborhood of Greeks, Italians and Croatians in Melbourne, Australia. I'm happy to be working in an environment so vibrant and full of ideas. I like to see the mixing of cultures and the constant opportunity for learning from others that is found in diversity. And did I mention that the food is superb?

Another tie to KCCUA is that I've been a gardener my whole life. Some of my earliest memories are following my parents around in the garden, a tradition which I've continued with my own kids. I'm looking forward to introducing them to the wonderful plenty of the Kansas City Community Farm.

Last night Rowan, my seven-year-old, ate three bowls of mixed greens topped with microgreens (yum!) for a bedtime snack. It's my hope that lots of Kansas City's kids will visit an urban farm, or eat fresh veggies from a neighborhood stand or farmers market and learn a lifetime habit of choosing delicious fresh produce.

For the past six years we've lived in Ottawa, KS, just southwest of the Kansas City Metro area. I have helped several arts organizations there raise money. And I have done quite a bit of thinking about philanthropy as a uniquely American experience, and the ways in which our giving choices grow our communities.

No other country supports such large parts of its economy through private donations. While charity is a short-term answer for emergencies, true philanthropy helps people develop resources to address their own needs, or works to solve a larger issue in the world. KCCUA is an excellent choice for true philanthropic giving.

I am grateful to be back in the city and look forward to getting to know KCCUA's supporters. I'd love to hear from anyone who is interested in learning more about supporting KCCUA's projects or who has ideas for funding sources. Contact me at (785) 248-9591 or by email at semie@kccua.org. And thank you for supporting urban agriculture in Kansas City and beyond!

Field Notes from the Kansas City Community Farm



Potatoes of the variety "Romance" in bloom at the Community Farm. New potatoes, anyone?

By Dan Heryer

If you have never seen a vegetable or fruit blossom, you've missed one of nature's great phenomena. Potato blossoms stand out amidst the multitude of flowering vegetables that grace the Kansas City Community Farm this spring. These flowers form little round, poisonous fruits that hold within them the potential for a completely new potato variety. Andean cultures produced thousands of potato varieties to suit their varied mountain climates. Within each flower and each fruit lie a history, an evolution, and a desire for invention.

Our two-acre farm is now filled to the brim with crops. Almost all of our space is planted and each week we are harvesting more and more types of produce. So far, our tomato crop this year is the most vibrant and healthy in recent memory, promising a bumper crop. The cucumber plants are spilling out of their row covers.

The peas and beans seem as if they will be bountiful, we worry about how well we ever get it all picked.

The farmer is always filled with hope and worry. We hope for rain during the week, but not so much rain that we cant plant, and then cross our fingers that the rain will stop before market. We worry that the weeds will get too far gone. We hope this or that will produce early. We worry about the beetles and caterpillars, and even the butterflies that will produce more caterpillars. In this cycle of hope and worry, boom and bust, we often find inspiration in the blossom of a single plant.

If you find yourself in need of such inspiration, we have abundant volunteer opportunities. We will need help in weeding, harvesting and otherwise maintaining the farm in coming weeks. Please contact Dan Heryer at danheryer@kccua.org if you are interested.

KC Urban Farmer Keeps Bees in "People's Hive"

Simple design emulates feral hive for increased bee health and happiness.

Chris Johnson is a small urban grower in Shawnee, KS, where he and his partner Amy Bousman grow vegetables, medicinal & culinary herbs and make herbal medicines. Chris and Amy are interested in self-reliance and sustainable lifestyles. Chris has a degree in Biodiversity, Ecology and Evolutionary Biology.



Urban farmer Chris Johnson with baby Salem and two "People's Hives".

By Chris Johnson

The most natural and sustainable beehive is a feral one. It is able to survive the elements, withstand disease and parasites and reproduce without human intervention. Feral hives are not known to succumb to CCD - Colony Collapse Disorder. Any deviation from the feral hive has benefits and drawbacks associated with its physical characteristics such as size, shape and components and with its operation, i.e., how a beekeeper maintains the hive and harvests its stores.

One such deviation with which I have begun to experiment here on our urban Shawnee farm is the la Ruche Populaire, known in English as The Peoples Hive. Abbé Émile Warré (? - 1951) was a French priest who experimented with over 350 hives of various designs over a period of 50 years and eventually settled on the The Peoples Hive (or Warré hive). This hive is characterized by its vertical top bars, smaller size and nonconventional management techniques. It is a "bee-friendly fixed-comb hive designed for minimal intervention, easy

harvesting and enlargement as well as for producing honey at minimal cost of labour and capital. (1)

The "minimal intervention" part of this description is worth looking into. The uniqueness of the Warré hive begins with its design - it lessens the need for beekeeper intervention by allowing the bees to construct the hive interior to their liking. When the People's Hive is compared to the popular and widely used Langstroth (or "L") hive, these subtle differences are highlighted. One such difference is the frame - the part on which the bees build their comb. In the popular L hive the comb is surrounded on top, bottom and both sides by wood framing. This is to keep the bees from fixing their comb to the walls of the hive and to allow the comb to be removed easily. Also, the "L" hive has a "foundation" inserted into each frame. The foundation is a thin sheet of plastic, mounted like a picture in a picture frame, with a wax hexagon comb pattern stamped onto both sides; a template to help the bees build parallel combs.

Wax foundations have a fixed cell size that is usually larger than the cell sizes found in feral colonies - for example 5.1mm vs. 4.9mm. It is documented that beekeepers who keep bees on natural cell size foundations have a much reduced mite load when compared to what is usually found by beekeepers using common cell size foundations. Many beekeepers simply use the cell size on the foundation they buy out of a catalog without considering that there is tremendous variation of natural cell size depending on the geographic location of the hive (natural cell size varies with latitude). The importance of cell size is further supported by the observation that, in our region, bees that swarm from a traditional "L" hive and become feral will naturally regress to a smaller cell size.

The Warré hive is designed with varying cell size in mind: it utilizes top bars instead of frames, strips of wood at the top of each box to which the bees attach their comb and from which they build downward into the hive. The bees are able to build the cell size dictated by their genetics resulting in a negligible mite load and reduced disease. Also, the comb is attached to the walls of the hive body, which creates vertical cul-de-sacs between adjacent combs that retain the heat and the scents [including pheromones and possibly other volatile substances necessary for full colony health] produced by the colony." (2) The operation and construction of a Warré hive thus takes bee health and happiness into consideration.

On my urban farm the People's Hive allows me to keep bees closer to their natural state while still allowing the harvest of their honey stores without destroying the colony, as would be the case if honey were harvested from feral colonies. The structure and beekeeping style of the People's Hive is a happy compromise between beekeeper ease and a more sustainable hive environment. It is simple and inexpensive to build - needing only a table saw. A good place to learn more is Emile Warrés translated *Beekeeping for All* which is available for free download at <http://warre.biobees.com>.

(1) & (2) quoted from www.mygarden.me.uk/ModifiedAbbeWarreHive.htm.

Chris Johnson can be reached at fires31@yahoo.com.

Cooking Class Offers Unique Local Food Experience

Take a tour from field to kitchen with KCCUA and Whole Foods

A one-of-a-kind cooking class is now offered once a month to anyone wishing to learn more about cooking with the freshest, in-season, local ingredients. Katherine Kelly, Executive Director and Farmer at KCCUA, and Rebecca Miller, Marketing Director at Whole Foods Market, are teaming up to offer a monthly Farm to Table cooking class at the new Cooking Studio at Whole Foods Market on Metcalf in Overland Park. The class will begin with a tour of KCCUA's Community Farm and then move to the Cooking Studio for a hands-on cooking-with-fresh-picked-produce experience.

This isn't the first time that Katherine and Rebecca have cooked together with a focus on local, organic produce. They first met at the Overland Park Farmers Market, when Katherine was selling her produce as Full Circle Farm. Rebecca became a volunteer at the farm, and spent many hours planting, weeding and helping out in other ways. With her background in whole foods cooking, herbalism, and healing, Rebecca taught Katherine at the same time Katherine taught her about growing. They began to offer cooking classes together at the Culinary Center in Overland Park, and have since partnered on a wide variety of vegetable and cooking ventures.

What is wonderful about this class is that we'll meet at the farm and get to see the vegetables and herbs growing in the field, says Katherine, we'll tour the field and we'll pick the produce we'll be cooking with. If the mint, for example, looks especially luscious, the class will harvest mint and take it along. If there is an abundance of Asian greens, they'll get tossed into the harvest basket as well.

Once the class is at the studio, Rebecca and Katherine discuss how to cook with what nature and the local farm have provided. We'll have some basic recipes in mind before the class starts, and some basic ingredients, but then we'll work with what the class brings from the farm says Rebecca. That is the best way to cook! You don't need to have a culinary degree to do this, you just need to develop a flexible set of recipes that can use the seasons offerings.

Join Katherine and Rebecca for the next Farm-to-Table Cooking Class on Sunday, June 22nd, 2pm - 6pm. To sign up, call Whole Foods Market at 913-652-9633. A workshop fee applies.

Calendar of Events

Rain In A Dry Land--A documentary about Somali Bantu refugees who come to live in Atlanta, GA and Springfield, MA, Friday, June 6, 1pm - 3pm. Pioneer Campus, Penn Valley Community College, Auditorium, First Floor, 2700 E. 18th Street, Kansas City, MO 64127. Presented by Jewish Vocational Services and the Kansas-Missouri Refugee/Immigrant Forum. How do you measure the distance from an African village to an American city? What does it mean to be a refugee in today's "global village"? "Rain in a Dry Land" provides eye-opening answers as it chronicles the fortunes of two Somali Bantu families transported by relief agencies from years of civil war and refugee life to Atlanta, Georgia, and Springfield, Massachusetts. More information about the film at <http://www.pbs.org/pov/pov2007/raininadryland/>. KCCUA is working with Somali Bantu refugees on our new Training Farm (see story above).

Farmers Market for Shavout, Sunday, June 8, 5:30pm - 6:45pm, Congregation Beth Torah, 6100 W. 127th Street, Overland Park 66209.

Growing Growers Workshop for Market Gardeners: Post Harvest Handling, Monday, June 16, 4pm - 7pm. A wilted vegetable is nobody's friend. Now that you've grown those beautiful vegetables, you need to keep them bright and healthy after harvest too. We'll discuss proper food storage, handling, packaging and presentation at market and for wholesale. The workshop starts with formal presentations and is followed by a tour of Bear Creek Farm, Osceola, MO. The event is part of a series of workshops for beginning market gardeners. To register and for more information on this and future workshops visit the Growing Growers website at www.growinggrowers.org and click on "Workshops."

Kansas City Community Gardening and Composting Workshop, Wednesday, June 18, 9:30am - 4:30pm. Learn about starting and organizing a community garden, about sustainable growing practices, making compost and more. At Kansas City Community Gardens, 6917 Kensington, Kansas City, MO, 64132. This event is free and a light lunch will be provided; however, registration is needed to ensure you have lunch. Contact Tina Wurth (wurtht@lincolnu.edu, 816-923-0042) or Sanjun Gu (sanjun.gu@lincolnu.edu, 573-681-5524) before June 13.

Farm to Table Cooking Class, (see accompanying story above!), Sunday, June 22, 2pm - 6pm. With Rebecca Miller, Natural Foods Educator & Katherine Kelly of KCCUA. Tour the Kansas City Center for Urban Agriculture and pick your

own produce with farmer and KCCUA co-founder Katherine Kelly. Then complete the circle of sustainability and spend the afternoon turning your fresh-picked summer vegetables, herbs and flowers into a delicious farm-fresh meal at the Whole Foods Cooking Studio. Transportation not included, map and directions provided at time of registration. To register call Whole Foods at 913-652-9633. Workshop fee applies.

Chipotle's 50%-Goes-To-KCCUA Fundraiser! Tuesday, July 22, 5pm - 9pm, Chipotle Restaurant, 1739 W. 39th Street, Kansas City, MO 64111. 50% of every dollar spent is donated to KCCUA. Go, spend money, eat good burritos, help KCCUA :) And thanks, Chipotle!

To subscribe or unsubscribe please send an email to info@kccua.org
For editorial comments please contact *Urban Grown* editor Daniel Dermitzel at daniel@kccua.org
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