

Addendum

To October 18, 2018 Food Demonstration - Education

Njeri's "BIG" Mixed Green Colorful Salad

Salad Ingredients

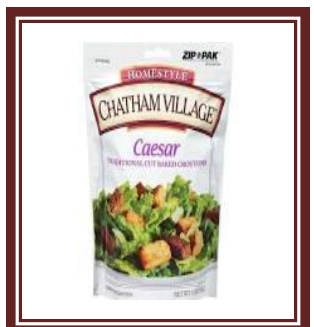
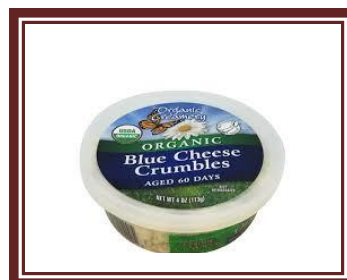
- 2 Hearts of Romain – organic – (cut or torn in to manageable pieces)
- Earthbound Organic Power Greens Mix (Baby Kale, Baby Spinach, Radichio)
- 1 medium to big whole red onion (halved and very thinly sliced)
- 1 sweet red pepper – organic - (julienned)
- 1 sweet orange pepper – organic (julienned)
- 4 oz Organic Valley Blue Cheese crumbles
- Caesar croutons
- Fresh black pepper 1 tsp (about 35 turns) or to taste

Direction – combine all ingredients in a large bowl and mix

Dressing Ingredients

- 2 cups good quality olive oil – California olive ranch
- ½ cup apple cider vinegar
- ½ cup seasoned rice wine vinegar
- 3 Tablespoons – ¼ cup dijon mustard or to taste
- 3 Tablespoons honey (you can add more or less to taste)
- 1 teaspoon fresh ginger chopped fine
- 4 – 5 fresh garlic cloves chopped fine
(let stand in open air for 7 minutes after cutting to activate its healing properties)
- ¼ cup fresh parsley (optional – or cilantro or tarragon etc)
- Fresh black pepper 2 tsp (about 70 turns) or to taste

Direction – combine all ingredients in a mason jar or container with a secure lid and shake vigorously until evenly mixed.



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Urban Farms We discussed Yesterday

Eco City Farms in Edmonston, MD



ECO City Farms is a not-for-profit, multicultural, inter-generational, Certified Naturally Grown, urban teaching farm in Prince George's County, MD. We intensively cultivate vegetables, herbs, fruit and micro-greens. We promote and actively create food security and equity, healthy eating and active living, along with a new generation of urban farmers.

Winter 2018-19 Farm Share/CSA

Dates: Our 2018 Farm Share/CSA will begin on **November 1 and extend to January 24, 2019**. A weekly share will be available for 10 of these 12 weeks, allowing 2 skip weeks throughout the season.

Cost: The price is \$20 a week, for a total of \$200 for the full season.

Members who join after the first week will pay a pro-rated cost if there are still slots available. For example, a member who joins the 3rd week of the season will pay for 7 weeks, or \$140 for the rest of the season.

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You must bring your bag with you weekly, and the pickup site is ECO's office, Thursdays from 3-7 PM (6010 Taylor Road Riverdale, MD 20737).

We accept checks made out "ECO City Farms". You can now also pay for your share via PayPal and Venmo! Members who choose to use PayPal must pay the additional fees for this service.

-If you are paying for half the share at this time, the fees are \$3.59. The total to send is \$113.59.

-If you are paying the full amount, the fees are \$6.28. The total to send is \$206.28.

To make your payment: Login into your PayPal account and under the "Tools" tab, select "Send Money". Then select "Pay for Goods and Services". The email address for ECO's PayPal account is info@ecocityfarms.org. Enter either amount indicated above add your name in the note.

Venmo: Our user name is "ecocityfarms".

ABOUT OUR PRODUCE

We grow sustainably using only beyond organic, chemical-free *Certified Naturally Grown* processes at our two urban farms in Edmonston and Bladensburg, Md.

How Does a Farm Share Work?

Members sign up and pay for the season ahead of time, (or in two equal payments) and pick up up their share of produce each week. Read more about the benefits and purposes of ECO's farm shares [here](#).

<http://www.ecoffshoots.org/>

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Washington Youth Garden at The US National Arboretum

OUR MISSION

Washington Youth Garden nurtures curious minds and healthy bodies by connecting youth to food, the land, and each other. Washington Youth Garden is a program under the 501c3 Friends of the National Arboretum with support from the U.S. National Arboretum.

OUR HISTORY

Washington Youth Garden (WYG) at the U.S. National Arboretum (USNA) was established in 1971 by D.C. Department of Parks and Recreation. In conjunction with the Washington Youth



Garden Council, WYG was created to teach children horticultural skills and environmental awareness, as well as life skills such as team building and personal responsibility. It was one of many youth gardens created in that era and is one of only three original youth garden sites operating today. Today, after forty-five years of service, Washington Youth Garden continues to expand our community partnerships to fulfill our mission. We work closely with Schoolyard Greening

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Consortium, DC Environmental Education Consortiums, DC Greens, Farm To School, UDC's Master Gardener program, the DC Public School (DCPS) Local Wellness Advisory Committee, the DC Office of the State Superintendent of Education (OSSE) School Garden Advisory Board, and others.

Family Garden Days are monthly classes for all members of the community and their families to join Washington Youth Garden staff in our one-acre fruit and vegetable garden. During this guided, 2 hour program (10am-12pm), families explore garden themes through learning games, nature crafts, garden work, and fresh garden snacks. Activities and content are designed for children 5 and older to do together with parents or adult family members, however self-guided sensory stations will be set up for little ones. Family Garden Days are scheduled



for the 2nd Saturday of each month, March-October, with a suggested donation of cost \$5 per individual. Only 30 spots available per class. Pre-registration required-- click the links below to register or visit Eventbrite. For more information and questions please email Thea Klein-Mayer at education@washingtoneyouthgarden.org.

WASHINGTON YOUTH GARDEN
Mailing Address: 3501 New York Ave. NE, Washington, DC 20002
202.245.2709 | contact@washingtoneyouthgarden.org
<http://www.washingtoneyouthgarden.org/>

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Arcadia Center for Sustainable Food and Agriculture (Mobile Market)

About the Mobile Markets

Arcadia's Mobile Markets are farm-stands-on-wheels that distribute local, sustainably produced food to underserved communities in the Washington, DC area. To learn more about the program, watch this video featuring the [Mobile Market](#).



The mission of Arcadia's Mobile Markets is to improve access to healthy, affordable food regardless of where you live or how much you earn. The Markets does this by operating regularly scheduled stops in low-income, food-insecure communities; offering high quality, locally grown, sustainably produced farm products at affordable prices; accepting all forms of payment, including food assistance benefits; doubling the purchasing power of food assistance benefits through a "Bonus Bucks" program; and providing educational resources for how to prepare the market's offerings in nutritious, cost-effective, delicious, and easy ways.

BUS SCHEDULE IS LISTED BELOW

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TUESDAY

Hendley Elementary - 3-6pm, May 29 - October 30; 425 Chesapeake St SE, Washington, DC

Parkside Unity Health Center/ Circle 7 Express - 3-6pm, May 15 - November 13; 740 Kenilworth Ave NE, Washington, DC

WEDNESDAY

Wah Luck House Chinatown - 10am-1pm, May 30 - October 31; 800 6th St NW, Washington, DC

LeDroit Park in partnership with Common Good City Farm - 3-7pm, May 16 - September 26 & 4-6pm, October 3 - November 14; 3rd St. NW and Elm St. NW, Washington, DC

THURSDAY

Congress Heights Senior Wellness Center - 10am-1PM, May 31 - November 1; 3500 MLK Junior Ave. SE, Washington, DC

Community of Hope Conway Health Center/Bellevue Library - 3-6pm, May 17 - November 15; 115 Atlantic St. SW, Washington, DC

FRIDAY

The Overlook at Oxon Run - 3-6PM, May 18 - November 2; 3700 9th St SE, Washington, DC

Edgewood Commons - 3-6pm, June 1 - November 16; Edgewood St NE & Evarts St NE, Washington, DC

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SATURDAY

Deanwood Recreation Center - 10am-2PM, May 19 - November 3; 1350
49th St NE, Washington, DC

Downtown Anacostia - 10am-2PM, June 2 - November 17; 13th St SE & W
St SE, Washington, DC



<http://arcadiafood.org/>

<http://arcadiafood.org/programs/mobile-market>

Contact Mobile Market Staff at Mobilemarket@arcadiafood.org

9000 Richmond Highway
Alexandria, VA 22309
571-384-8845
info@arcadiafood.org

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DC Area Community Supported Agriculture (CSA)

Retrieved from: <https://www.localharvest.org/washington-dc/csa>

THIS IS ONE LOCATION THAT HAS GRASS FED MEAT AND DAIRY

Farm To Family Richmond, Virginia ★★★★★ (3 reviews)

We are a full service CSA model operating on Capitol Hill in Washington DC and Richmond, VA. Our CSA features all local and sustainably grown

- vegetables,
- fruit,
- grass-fed meats (including Polyface),
- grass-fed dairy,
- pastured eggs,
- organic/non-gmo soy,
- breads (GF also) and more.



Our main objective is to support local farmers that can't get their product to market so we do the work for them. We pickup all our products directly from the farms and then deliver it to you as fresh as we can get it. Our main DC CSA pickup is located on Capitol Hill, Washington DC at Eastern Market, with 2 neighborhood drops and Home Delivery. We offer 10% off for all current and former military members. We are a veteran owned business and support our troops!

Contact Mark + Suzi Lilly (804) 397-7337

Location 2817 Mechanicsville Turnpike Richmond, VA 23223

www.thefarmbus.com