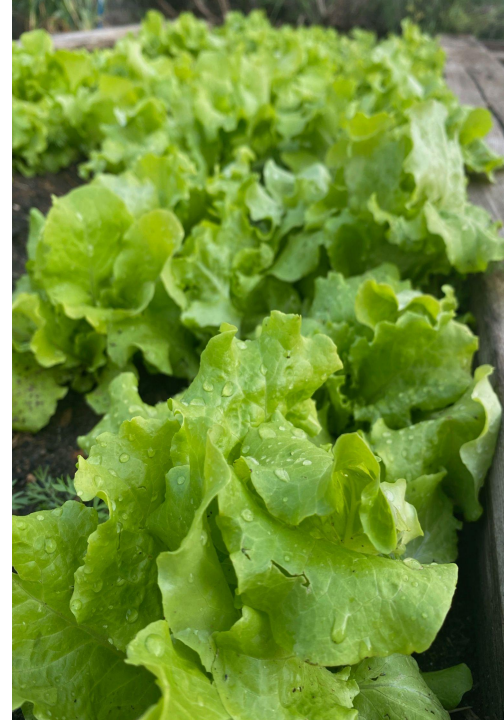




Eat Your Greens:
SW Gardens CSA
&
Cooking Demos



Presented by Pamela McKinney
Pocket Change 2022

Southwest Gardens (www.swgardens.org)

- Opened in 2013, located in Lansburgh Park
- 10 communal beds, food fences, orchard, pollinator gardens, herb beds, and composting
- All volunteer-run
- Communal season runs from April to Oct



Community-supported agriculture (CSA) & Cooking demos

Goal: Provide public housing residents with access to healthy food and cooking resources

Our Plan:

- Expand CSA to 10 households
 - Hire 3 farmhands from Greenleaf to help prepare produce & make deliveries
 - Deliveries are once a week, June - October
- 3 cooking demos for Greenleaf Seniors



Timeline

- **April** - *garden opens* - seeds/seedlings planted
- **May** - *outreach for CSA* - confirm CSA members, plan out cooking demos
- **June** - *first CSA begins* - first harvests anticipated
- **July - Oct** - *CSA continues weekly*
- **June** - 1st cooking demo
- **Aug/Sept** - 2nd cooking demo
- **Oct** - 3rd cooking demo
- **Last weekend in Oct** - *final CSA delivery* - survey of CSA members



Budget

- **Food/supplies for cooking demos – \$200**
- **New herb bed – \$100**
- **Soil tote for herb bed & CSA garden bed – \$150**
- **Stipends for chefs for nutrition workshops – \$200 (\$50 each)**
- **Tote bags for CSA members – \$50**
- **Stipends for 3 youth deliverers (Farmhands) – \$250 (~ \$83 each)**

