

YAK CHAT

It's officially fall, and the Yak is celebrating the season in this issue.

Visiting an apple orchard is something Michigan kids do on class field trips or with their families. Or if you head to your local market, pick up some fresh apple cider and make an apple shake, like the recipe on Page 6. It's sweet!

Keep reading, writing and yakking with us!

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Celebrating Good Food, Good Work A LOCAL HARVEST

The Capuchin Soup Kitchen's Earthworks Urban Farm program celebrated its big bounty of fruits and vegetables with a festive party earlier this month. On September 11, more than 230 guests – from babies to senior citizens – attended the third annual Harvest Dinner at Gleaners Community Food Bank in Detroit.

And they had plenty to celebrate, according to Earthworks Outreach Coordinator Lisa Richter who coordinated the event with the help of lots of community volunteers. Lisa told the Yak the farm produced a whopping 6,000 pounds of food this year. The fruits and vegetables fed citizens at the Capuchin Soup Kitchen, were sold at local farmer's markets and, of course, were a big part of the menu at the annual Harvest Dinner.

People of all ages are involved in the farm including young kids, Lisa said. There are two opportunities for neighborhood kids to be involved. Growing Healthy Kids is a program for 5- to 11-year-olds

to learn about gardening, healthy eating and cooking and the Earthworks Youth Farm Stand program, for 12- to 17-year-olds, gives teens a chance to learn about growing food and community service as well as selling produce at local markets.

The delicious, made-from-scratch meal of healthy, local and organic foods included gourmet barbeque, grilled chicken, mixed green salad and seasonal slaw from the garden, greens, homemade macaroni and cheese, grilled herb and garlic tofu, beautiful roasted purple potatoes with onions and mushrooms, and blueberry cobbler and bread pudding with locally made ice cream.

Although the harvest means the end of gardening for the year, Lisa said the program is busy year-round with planning and learning activities. But students interested in community gardening should start thinking about getting involved next year as early as February or March. "We get started in our greenhouses late in February and then as soon as we have a good thaw and the snow is melted, we'll be out there planting things that



Photos by Charles Scott for Earthworks Urban Farm

In front, from left, performing "The Signs" at the Harvest Dinner are Bryce Anderson-Small (of the Heru Organization), Tyler Chatman and Aedan Sparks.

like it cool, like peas, lettuce, and radishes. We plant earlier than most folks. We like to show people what is possible," said Lisa. "When people start to emerge outside after the cold winter, and you want to hang out outside for just a little bit because the snow has melted, chances are it's time to be planting in the garden."

By Janis Campbell

Students interested in community farming and service can contact Lisa at earthworks@cskdetroit.org or call 313-579-2100, ext. 204, to get involved with Earthworks or other community farming programs.

More than 230 people enjoyed a delicious meal, hip-hop music and storytelling around food culture at the third annual Earthworks Harvest Dinner.