

Rain or Shine! Every Tuesday

***BYA 3:30-6:30 PM**

Bonar and Allston way

***B.A.H.I.A. 3:45-6:30**

8th and Virginia St

***Francis Albrier/San Pablo Park**

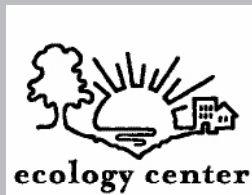
3:15-6:30

Park and Oregon Street

If you haven't already...

Remember to Add FFC on Facebook

Follow us on Twitter @farmfreshchoice



Become a member of the Ecology Center!

Farm Fresh Choice is a program of the Ecology Center, a community-based nonprofit dedicated to sustainable urban living.

The Ecology Center relies on the support of our members. Become a member today! Visit www.ecologycenter.org or call 510-548-2220x235

Spring/Summer
2010



Welcome: Wendy and Terrence

FFC has recently brought two new youth on board, and we'd like to introduce them.

Terrence, a recent graduate of Berkeley High came to us through his work at the Ecology Center where, he helps to run the Saturday Farmers Markets. Terrence is very passionate about social justice, and environmental justice which he gives credit to his participation in Berkeley High's "Green Academy," more commonly known as SSJE. Through an internship with the Green academy, and Terrence's commitment to wanting to learn more, he earned a regular position at the Ecology Center. He now works with both FFC as a youth intern and still maintains his regular position with the Berkeley Farmers Markets.

Wendy, a student at San Francisco State University, also recently sealed a long term position with the FFC crew. She's worked with the crew before and really enjoys the work because of how it has positively influenced her family. Along with positively influencing her family Wendy has commented on how it has brought her and her boyfriend closer because of his increased interest in Food Justice as well.

So look out for the new faces at our Tuesday markets, and show them some love!



Miakoda has been FFC's most outstanding volunteer for quite some time. Every Tuesday you can find her working hard at our stand at B.A.H.I.A. But Miakoda also helps the community in many ways outside of FFC.

Miakoda (Jyll Taylor) works as a coach, teacher, and supporter for individuals to leverage adversity, disease and trauma towards healing and creating wholeness with the diversity of our relations.

Her clients include incarcerated youth, social change leaders, diverse social and environmental change organizations and coalitions, and survivors of sexual abuse. Outside of her work, she enjoys a good blessed meal, the art of dance, or nice bike rides.

THANK YOU MIAKODA!

NUTRITION INTUITION

DID YOU KNOW....

- **IN THE U.S., CORN PRODUCTION MEASURES MORE THAN 2 TIMES THAT OF ANY OTHER CROP.**
- **FARMERS GROW CORN ON EVERY CONTINENT EXCEPT ANTARCTICA.**
- **CORN IS A PLANT FIRST DOMESTICATED BY NATIVE AMERICAN PEOPLE SOMEWHERE OVER 6000 YEARS AGO!**

SEE PAGE 3 FOR MORE FACTS ON CORN

Honoring Prentice Gray



On March 31st, Prentice Gray a (former FFC employee) along with his good friend Kyle Strang were killed in a vehicular accident in Richmond, California.

Here at FFC we will always remember Prentice for his loving spirit and consistent smile, which was always keeping the crew together, and how even during our most boring or dull times, Prentice could light up the room with laughter at any second.

During Prentice's time with FFC he used his charming spirit to guide FFC towards reaching its pinnacles. At whichever stand he worked, the community grew to appreciate his presence and his attitude. Amongst working at the stands, Prentice was almost a celebrity amongst the FFC crew during presentations. His commitment to making people smile became essential when the crew began reaching out to community members they were not so familiar with.

Outside of working with us, Prentice was so dedicated to his family. He loved spending time with his mother and younger sister and tried his hardest to show how proud of them he was.

Prentice will always be remembered as one of the most loveable faces here at FFC. To anyone who is reading this, please remember to show the values we so often saw in Prentice and spend time with your family and friends and truly love & appreciate them. Through those actions, Prentice will forever live on.



Five of Farm Fresh Choice's youth get ready to work as they learn about policy in Sacramento with allies!

FFC Takes Action in Sacramento

From April 17th to the 19th, five youth from FFC participated in the "Youth TakeAction" conference hosted in Sacramento.

The conference was based on getting youth to understand how to form policy based on the issues they see locally, statewide, and nationally. FFC's youth was particularly excited to share the experiences working in Berkeley with the youth from all across California.

After returning from the conference, the youth were all excited to share with the entire crew about their stay in Sacramento. The returning crew spoke of their new found interest in policy that could be entirely youth formulated and advocated for by youth on local, statewide, and national levels. FFC always appreciates opportunities to send their youth to conferences, and retreats because the effects have always resulted in returning youth eager to share!

Raheem Hill (pictured above) returned with a positive mindset towards his newly acquired knowledge on policy and youth taking action. FFC will be looking forward to more conferences like this, and bringing information home!

Breaking Through with FFC



Recently, Farm Fresh Choice was involved with the planning and organization of an event focused on trying to create interest in an exciting new book titled “Breakthrough Communities,” which was edited and foreworded by our two close comrades Paloma Pavel and Carl Anthony.

The book celebrates instances where community members are imploring breakthrough strategies to empower themselves and create a sustainable and just environment. After noticing a connection between the book and how those stories were very similar to FFC’s organizational goals, the event came together. FFC planned the event in hopes that we could excite the community about both national strategies and our local ones.

The night was an extreme success. FFC’s youth got the chance to use the “Breakthrough Communities Compass for Transformative Leadership” as a model to exemplify all of the activities we take part in and how effective we feel they are.

As a primarily youth focused program, it is always a pleasure to pair up with adult advocates to show how eager both forces are to accomplish significant positive changes in their community. It was a great pleasure to work with such renowned advocates for social equality, and the event proved to be a success that we will use to push forward towards planning more like it in the near and distant future.

Untitled

Written by Nakia Dillard

I breathe the life of the creator
I honor the gifts my ancestors gave
I come to you inspired, uplifted, and elevated

By poets like Sonja Sanchez, June Jordan,
Nikki Giovanni, Gill Scott Herron, and Maya Angelo

I come to you because mental slavery is hidden in plain sight
Unfortunately the masses are the asses of my generation and
The blood, sweat, tears, power, strength, sacrifice, unity,
And love of my ancestors has been forgotten and shamed by many

I come to you because my community has been pacified with disease, destruction, distractions
And “The Revolution Will Not Be Televised,”
I come to you because the justice system Is not designed to benefit my community and

I can hear the voice of the oppressor echoing
No, you don’t deserve to be healthy,
Just Us!

You can’t afford a good lawyer
Just Us!

You don’t have the strength to control your mind
Just Us!

You don’t have a history
Just Us!

You don’t remember what your fight is about,
Just Us

Among all the negative stereotypes you digest
My revolutionary spirit rises, rises and rises
Offering an uncontrollable vibration
In response to the heart of freedom, unity,
Power and equality for all

What’s Fresh?

W.8/11/10
Cooking Demo w/SSP Parents
(6:15-7:15pm)

Sat. 8/14/10
Gardening w/Joy Moore
(9-1pm)

Sat. 8/14/10
Tomato tasting w/ B.F.M (10-3pm)

Sat.8/28/10
Outreach with Heart2Heart Health Van (10-2pm)
Outreach at UC Berkeley Village Festival (11-4pm)

Sat.9/18/10
Childrens Hospital Health Fair
(10-3pm)

Sat. 9/25/10
Annual BUSD Black Family Reunion (11-3pm)

Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured vegetable is **corn**



Health and Learning Success Go Hand-in-Hand

Studies show that children who eat meals with families tend to eat more fruits and vegetables than children who eat alone. One of the best ways to encourage children to eat fruits and vegetables is to join them. Expose your child to new and old favorites. Harvest of the Month provides an opportunity for students to try new fruits and vegetables and make healthy recipes to serve your family and friends.

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

Healthy Serving Ideas

- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.

CORN AND GREEN CHILI SALAD

Makes 4 servings. ½ cup each.
Cook time: 10 minutes

Ingredients:

- 1 (10-ounce) can diced tomatoes with green chilies, drained
- 2 cups frozen corn, thawed (or 2 cups canned corn, drained)
- 2 tablespoons chopped fresh cilantro or ½ teaspoon dried cilantro flakes
- ½ cup sliced green onions (optional)
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice

1. In a medium bowl, mix tomatoes, corn, cilantro, and green onions.
2. In a small bowl, whisk oil and lime juice together.
3. Pour dressing over salad and mix well. Serve immediately.

Nutrition Information per serving:
Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Adapted from: *Everyday Healthy Ideas, Network for a Healthy California, 2007.*
For more recipes, visit: www.ourfarmfreshchoices.org

Let’s Get Physical!

- At home: Turn off the television and turn on the radio to dance to your favorite music with your child.
- At work: Take a walk around your worksite with a co-worker.
- At school: Walk, jog, or bike to and from school with your child.
- With the family: Go to a local park and play tag with the whole family!

For more ideas, visit: www.edc.gov/physicalactivity

Nutrition Facts

Serving Size: ½ cup corn (102g)	
Calories 89	
Calories from Fat 9	
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 3%

How Much Do I Need?

- A ½ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
- A ½ cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B₁. It helps your body use energy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Fresh, frozen, canned, and dried corn all count towards your daily recommended amounts. Set a good example by letting your child see you eat fruits and vegetables, too.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Minimum	2½ - 5 cups per day	4½ - 6½ cups per day
Maximum	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

What’s in Season?

Fresh California grown corn is in peak season during the summer. Frozen and canned corn varieties are available year-round.

Try these other good or excellent sources of thiamin: beans (black, lima, navy, pinto, soy), fortified breakfast cereals, pasta, rice, and whole grain products.



For important nutrition information, visit www.choosemyplate.org. For food stamp information, call 877-647-3688. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2008.