



November 28, 2017

Dear friend,

Meet 8-year-old Kamryn "Cucumber" (that's her farm name), a third grader and member of the Field-to-Fork Club at Portland Elementary. In addition to providing the inspiration for Kamryn's chef costume for Halloween, the club has made a difference in Kamryn's life as observed by her mother, Shelley.

"Field-to-Fork Club gets her enthused about eating healthy with simple things that she can make," Shelley, says. "When we are outside, she tells me different parts of plants and vegetables. I can see it has boosted her knowledge."

Beyond making healthier food choices, Kamryn Cucumber has also improved her math skills with measurements, fractions, and following recipes.

Shelley reflects, "I cook, and bake, and since starting Club, Kamryn is right beside me getting involved and counting out ingredients. We love using the fresh vegetables from the produce shares sent home."

Why did Kamryn join the Food Literacy Project's Field-to-Fork Afterschool Club? Because, she says,

"the food that I eat is important me so I can grow big and strong and healthy."



Kamryn and her brother Kingston prepare a pumpkin spice smoothie using fresh pumpkin.



Portland Elementary students get their bodies moving to learn about composting through a relay race.

Kamryn is already imagining the conversion of the family's backyard garden from flowers to vegetables. She has begun saving seeds from the school garden and from vegetables in weekly take-home produce shares.

We know that every child deserves access to fresh food and a healthy future, and yet life expectancy in Kamryn's neighborhood is nearly 10 years less than the Louisville average. [You can improve access to fresh and healthful foods and knowledge of how to use them by investing in the Food Literacy Project today.](#)

In addition to sustaining the new Field-to-Fork Club at Portland Elementary, your gift will help establish a vegetable farm, dynamic outdoor classroom and Field-to-Fork program at the former site of the Iroquois Homes housing complex in South Louisville.

We know you share our vision for a just and sustainable food system that cultivates healthy people and places. **YOU can bring the field-to-fork experience to life for children like Kamryn Cucumber and their families.**

Your gift will engage more children like Kamryn in life-changing experiences with fresh vegetables and ensure healthier children, schools and communities! Make your generous gift today!



Kamryn, her mother Shelley, and brother Kingston.

Warmly,

Carol

Carol "Cauliflower" Gundersen
Executive Director



P.S. [Give today](#) to provide farm-fresh produce shares for 100 Field-to-Fork Club families in 2018!