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# The Food Literacy Project

## Full Plates and Full Hearts: Spring Field-to-Fork Club Community Meals





As the school year winds down, so do the spring Field-to-Fork clubs at our two partner schools, and what a season it has been! Both clubs ended on a high note with students planning, preparing, and serving a celebratory Community Meal to their families, friends, school administrators, Food Literacy Project team, and the Youth Community Agriculture Program (YCAP) crew. These gatherings weren't just meals, they were a culmination of learning milestones achieved by the students throughout the spring season.

The menu for the first Community Meal was packed with flavor and intention: Farm Fresh Potato Soup, Fresh Salad with Homemade Honey Mustard Dressing, Farm Scratch Pizza, and a sweet finish of Chickpea Cookie Dough. At the second, students selected some of their favorite recipes from the club, including Corn and Radish Salsa, Tabouleh Salad served with pita bread, and a bright and flavorful Pesto Pasta. Much of the produce—green onions, arugula, oak leaf lettuce, spinach, and radishes—was harvested from the farm just a day before and thoughtfully used in the meal. What wasn't used was packed into vegetable shares for students and families to take home, along with a Field-to-Fork Cookbook to keep the connection between farm and table going strong.





At the heart of Field-to-Fork Club is the idea that learning doesn't stop at the classroom door. When students are actively engaged in chopping, mixing, planting, and tasting, they're not just developing cooking and gardening skills; they're becoming leaders, communicators, and changemakers. One of the most powerful impacts of the club is seeing how students take what they learn home to share with their families and friends. When young people feel empowered, they inspire those around them, and that ripple effect is what makes each club so unique and special.

During the preparation of the meal, a student commented through laughter that chopping onions made her eyes water. Without hesitation, the group jumped into problem-solving mode—organizing their ingredients by cutting board and assigning the onions to the person who wasn't bothered by them. It was a small moment, but a



Students divided and conquered chopping all the ingredients for the farm fresh potato soup!

Just before serving the meal, one student, Karma "Apple," stood up to share her reflections on the past ten weeks:

*"Field-to-Fork has helped us come so far. One of the ways it helps teach us while being entertaining is when we garden. When we garden, we learn with activities. One of our recent activities taught us that it is better for the environment to pack lunch from home! That is one of the ways that Field-to-Fork Club is awesome!"*



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	<p>saw firsthand the growth of the students (and the plants) as they explored rows of fresh herbs, fava beans, spinach, and even a few carrots. When a student, Gideon, spotted a community of aphids on the fava bean plants, he turned to Arabella “Amaranth” for advice. With gentle guidance, he learned how to remove the pests by hand without harming the plant. It was a simple, empowering lesson in natural pest management and regenerative agriculture.</p> <p>Even without a full farm, these students have grown something meaningful: a deeper understanding of the food system, a sense of responsibility, and the confidence to lead. At the Food Literacy Project, we believe in teaching wherever we go, whether it’s a farm, field or a school courtyard. Because every space can be a place to plant seeds—not just of vegetables, but of growth, resilience, and change in our community.</p>			



Karma "Apple" proudly displaying her chopped celery in the shape of a heart





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## Alexa "Avocado" Digs in as YCAP Communications Specialist



We're so excited to welcome Alexa "Avocado" as the new Communications Specialist for the Youth Community Agriculture Program (YCAP). This role is a continuation of the YCAP pathway, offering young leaders an opportunity to deepen their impact by taking on expanded leadership and creative responsibility within the program. Alexa will be working closely with the crew, planting, harvesting, and sharing fresh vegetables with community members while also documenting the journey through written stories, photography, social media, and video projects.

In this role, Alexa will continue learning about the local food system and food access initiatives while using her voice and creativity to amplify the stories of her peers and community. Whether she's behind the camera or has her hands in the soil, her work will support the Food Literacy Project's mission of youth-led, community-rooted change.

Here's a message from Alexa herself:



health and community engagement. I have experience working in medical interpretation, community health, and urban gardening, and I have always been passionate about supporting immigrant and underserved communities. I am excited to help lift youth voices and share stories from the farm as a Communications Specialist with the Food Literacy Project!"

## Rooted in Service: How the Farm Welcomes All Hands



We love the opportunity to work with volunteer groups at the farm. Not only do they help us with farm tasks, we also get to share the work and the mission of the Food Literacy Project while they spend some time with us. This month, we welcomed the Baird Volunteer group to the farm to help us weed the onion patch. A tedious task that often requires hand pulling weeds that long-handled garden tools can't reach. The Baird Volunteer group has been volunteering with The Food Literacy Project for several years, donating their time at Iroquois Urban Farm, The Shawnee People's Garden and were the first volunteer group to help us establish our roots at our





Earlier in the month, Ridgewood Baptist Church also volunteered with the Food Literacy Project for their annual "Garden Sunday" event. Although the volunteers were not able to come out to the farm due to thunderstorms, we were still able to bring the farm to the church where volunteers packed hundreds of seed packets and hand-labeled each one. These seed packets are distributed to community members at every event we host and table at throughout the year. We also enjoyed making honey-mint lemonade together with fresh mint harvested from the farm. It was such a sweet ending to rainy day and we are so thankful for the ongoing partnership with Ridgewood Baptist Church.





In addition to hosting volunteer groups at the farm, Food Literacy Project staff has been busy setting up at many tabling events throughout the month. The work we do in and for the community is not just about growing food at the farm. By engaging directly with community members and sharing our mission, the impact of our programming on Louisville youth, and offering seeds and recipes—we deepen our connection to the community while building new relationships. You may have seen us at the Louisville Zoo Earth Day Celebration, the Locust Grove Gardener's Fair, Louisville Public Library's How-To Festival, and the Berheim Forest Restore Earth Day Celebration. Stay up to date with all the events you can expect to see us at by following our social media channels below!



**Join us for May Community Day at the Farm -  
Celebrating Everything Pollinators**



If you didn't get a chance to make it to our April Community Day at the farm, come join us for May Community Day. We will be celebrating and learning all about pollinators. Volunteer with us by doing some farm tasks, play the Monarch Migration game, and make a family-friendly craft with us- an upcycled bird feeder!

**Mark your calendars:** Community Days will continue on the **last Saturday of every month** through the growing season. Check out our [website calendar](#) to plan ahead and check out all future Community Days. We can't wait to welcome you to the farm for more connection, discovery, and growth.





*Check out these pictures from the April Community Day at the farm!*

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## Grow with Us: Volunteer at the Farm!

Are you looking for opportunities to volunteer with the Food Literacy Project? We are always in need of volunteers - stay tuned for Spring volunteer activities at the farm, with Field-to-Fork Club and more!

[Click here](#) to fill out our volunteer form!

Can't make it out to the farm? Check out all the ways you can support the Food Literacy Project by clicking the button below.

[Donate](#)

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The Food Literacy Project invites young people to leverage their power to cultivate health, justice, and sovereignty through a sustainable community food system.

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