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The Food Literacy Project

Cultivating Change: How Youth Leaders are Fostering Food Justice in Louisville



Our Summer Youth Community Agriculture Program (YCAP) crew is making a significant impact in fighting food insecurity in Louisville. This seven-week Summer employment opportunity empowers local youth, ages 16-21, by engaging them in planting, cultivating, harvesting, cooking, and marketing fresh vegetables. By maintaining vegetable farm fields, creating recipes, and exploring their local food system, participants gain hands-on experience and valuable skills. They also develop culinary expertise with local chefs, entrepreneurial insights with business leaders, and leadership abilities through workshops and class discussions. The produce harvested by the YCAP crew is donated and distributed to Field-to-Fork Club participants and through our

produce at the [Shively Farmers and Artisans Market](#) and [Change Today Change Tomorrow's West End Farmers Market](#). Through this program, YCAP cultivates extraordinary youth leaders, transforming their food system and communities while directly impacting their health, sense of community, and ability to succeed.



The YCAP crew has been hard at work on the farm harvesting the last of spring crops, transplanting and tending to summer crops, and hosting Field-to-Fork Clubs and [Cultural Pass](#) events at the farm. The farm has been buzzing with big dreams and inspiring ideas on how to make the most of the new space.

[The crew needs your help while they plant their roots.](#) It will take the work of everyone to fully realize our Forever Home plans. **[Any gift you make is an investment in the power of youth.](#)** You can find more information about unique ways to support at the end of this email. **However you choose to show up for the Food Literacy Project, the crew is grateful to know that you believe in their work.**

Make a gift

Nature's Classroom: Hands-on Learning with Field-to-Fork



This summer, the Field-to-Fork Club has been buzzing with activity, joy, and learning. Our program, designed for elementary students, offers a hands-on exploration of holistic wellness through gardening, cooking, and nutrition activities. Our newest Field-to-Fork partner is Ridgewood Baptist Church. Each week, we welcome more than a dozen young gardeners to the farm for their club, creating a vibrant space where young minds dig in the dirt, cook farm-fresh recipes, move their bodies and discover the world around them. Here's a look at the impactful journey our participants have embarked on this summer:

Digging Deep: Gardening Activities

One of the core activities of the Field-to-Fork Club is gardening. Students spend their days learning about sustainable agriculture, even in an urban environment. This hands-on experience not only teaches them where their food comes from but also instills a sense of responsibility and connection to the earth.

Cooking Up Fun: Culinary Skills

In our rustic "kitchen" on the farm, the Field-to-Fork Club participants have been busy whipping up delicious and nutritious recipes using the youth-grown produce they've harvested from the farm. Guided by our team, the students

a place of creativity and learning.

Moving Bodies and Minds: Physical Activities

Physical wellness is another crucial component of our program. Throughout the summer, students engage in various physical activities designed to keep them active and healthy. Whether it's fun farm chores or interactive games, these activities help build their strength, coordination, and overall well-being.

We love to [share what's cooking](#) on our [Facebook](#) and [Instagram](#).

Our clubs are made possible through the generosity of our supporters, including community partner [Rainbow Blossom](#). Rainbow Blossom provides essential pantry supplies that go home as part of club members' produce share. The best part of club is sharing what you learn with your family members, and Rainbow makes it possible with the supplies to gather everyone around the dinner table. Thank you, Rainbow Blossom!



looks forwards to coming to the farm each week to learn a new skill or try a new food! When Avery was asked "did you have fun at the farm?" by a staff member, she exclaimed "Yes! we made flatbread and I got to touch it and it had salt and pepper and garlic." Avery had not made bread herself yet, but had mentioned that she had seen her grandmother make it before.

The best feedback is knowing that club members feel happy when they leave with fresh veggies and new recipes. That is a recipe we just can't teach!



Celebrating Alumni Day at the Farm: A Story of the "Three Sisters"



On July 12th, we celebrated the return of previous YCAP crewmembers to the farm for Alumni Day!

Former YCAP members returned to the farm to plant a plot of "Three Sisters," harvest produce, spread compost, and share memories together. It was heartwarming to see our alumni reconnect and contribute their skills and passion to the farm once more. It was a day filled with teamwork, camaraderie and dedication as they worked side by side to plant a plot of the "Three Sisters" – beans, squash, and corn.

The "Three Sisters" is an ancient indigenous agricultural practice that involves planting corn, beans, and squash together in a symbiotic relationship. The corn provides a natural trellis for the beans to climb, the beans enrich the soil with nitrogen, and the squash spreads out on the ground, acting as a living mulch to retain moisture and prevent weeds. This method not only optimizes space but also enhances the health and yield of the crops.

The "Three Sisters" plot is more than just a garden; it's a symbol of unity, tradition, and sustainability. As the beans wind their way up the corn stalks and the squash spreads its broad leaves across the soil, this garden will stand as a testament to what can be achieved when we work together, learn from each other, and honor the wisdom of the past.

By coming together to work towards a common goal, we are reminded that the farm is more than just a place to grow food; it's a sanctuary where we connect with the land and find solace, no matter the difficulties life throws at us. It's a reminder that amidst the challenges, we can always return to the nurturing embrace of nature and community.

alumni and grateful for their ongoing contributions to the farm and our mission.

Sharing the Bounty: A Farmer's Market Update



Taeci "Tractor", Food Access and Nutrition Associate (left) and Jericho "Juniper", YCAP Participant (right)

The YCAP crew (Youth Community Agriculture Program) proudly sells their fresh produce at two Louisville Farmer's Markets:

[Shively Farmers and Artisans Market](#)

Date: Every other Saturday from June through October (next July 20th)

Time: 10am - 2pm

Location: 3920 Dixie Hwy.

[Change Today Change Tomorrow's West End Farmers Market](#)

Date: Every other Sunday from May through September (next July 28th)

Time: 4pm - 8pm

Location: 946 South 25th Street

(YCAP will be present for the market on September 8th)

pounds of produce from the farm! This achievement is a testament to their hard work, commitment, and the transformative power of youth-driven agricultural initiatives. By growing and selling their produce, Summer YCAP members are not only fostering youth development but also planting seeds of change within our community. Their efforts help cultivate a healthier, more sustainable future while providing fresh, local food to market visitors. Through each seed sown and each pound harvested, these young leaders are making a tangible impact, proving that youth can drive significant change in their communities.

Get your hands dirty too!

Are you looking for opportunities to help at the farm? We are always in need of volunteers - see below for chances to get your hands dirty with The Food Literacy Project!

Check out our upcoming 4th Saturdays at the farm for cooking and farming activities for the whole family:

July 27th 11am - 2pm

August 24th 11am - 2pm

September 28th 11am - 2pm

Looking for extra ways to volunteer with the Food Literacy Project outside of the 4th Saturday? [Click here](#) to fill out our volunteer form!

Amplify Your Impact with Sustaining and Legacy Giving



The work of the Food Literacy Project is made possible through contributions from the community as well as corporate, foundation, and government grants. However, there are additional ways to support that can help amplify your generosity.

[Legacy Giving](#) is a simple way to make sure that your money will impact causes close to your heart. Legacy Giving can also have tax benefits, as well as giving you peace of mind knowing that causes that are important to you continue to be supported. Visit the link above or click on the button below to learn more about Legacy Giving.

[Monthly planned gifts](#) are another tool you can use to impact this work. By becoming a sustaining donor, you are ensuring consistent support that enables youth transforming their communities through food, farming, and the land while they learn through the joy of discovery. [Simply select "Show my support by making this a recurring donation" when making a contribution on our website.](#)

Thank you for your belief in and desire to get involved with the work of food justice and urban agriculture. We are so happy to call you a part of the Food Literacy Project family!

Learn more about ways to give

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

This work is only possible with contributed support from our community.



Our mailing address is:

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