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The Food Literacy Project



This fall, our YCAP crew has been hard at work harvesting fresh, local crops for the community to enjoy. Their dedication ensures that families have access to nourishing food while also deepening their own connection to the land.

When they're not in the fields, the crew is diving into research on issues that matter to youth and their communities. They're also learning how to engage with their district members to spark meaningful change.

their neighborhoods.

Crew members left to right from the top: Tae Sparagus, Moxxie Foxberry, Samara Thee Strawberry, Jericho Juniper, Drae Starfruit, Meadow Meechie, Mykell Malay, Laurel Lemon, Ty Tomato. Not pictured: Jeremy Jalapeno.

Introducing Our Cookbook!



We're excited to share our brand new cookbook, created as a labor of love by Women Who Wine for a Cause, our nonprofit partner of the year through 2024 and 2025.

Thanks to generous sponsorships from Shirley's Way, Women Who Wine for a Cause, Younger Women's Club, and Taylor Blvd Save A Lot, the cost of

Inside, you'll find recipes contributed by program participants, partners, board members, staff, supporters, and friends over the years - a true celebration of the community that makes this work possible.

If you haven't gotten your cookbook yet, grab one [here!](#)

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.

A Farmer's Take: Kelsey Kabocha



Hey y'all, Farmer Kelsey Kabocha here. While autumn has arrived and days are growing shorter, there's still much happening on the farm. We are busy harvesting the rest of summer's bounty and tending to root crops and leafy greens that will get us through the winter.

I want to share a quick spotlight on sweet potatoes! We planted 700 sweet potato slips at the beginning of June and just started harvesting the first taste of these sugary starchy tubers towards the end of September. Because sweet potatoes are a tropical plant, they need a long warm growing season and then must be harvested before the first frost.

green sweet potato leaves are another tasty part of this plant! The crew has harvested some sweet potato leaves for our Field to Fork clubs to add to their quesadillas – think of it like a cooking spinach. Sweet potato season is upon us, and we are ready for all parts of it!



Food Access with Celery Celeste!



With the kickoff of in-school fall programs like Field-to-Fork and Food stories, there has been lots of coordinating happening behind the scenes to make sure our program participants have a variety of vegetables to cook with together and to take home to their families.

Outside of produce being distributed directly to our program participants, we have set up a weekly produce pop-up at a local partner school for staff to take home and have been donating produce to Southwest Community Ministries, La Casita Center, and Neighborhood House. Shoutout to all of our partners that have graciously helped distribute our youth-grown produce over the last couple of months! We could not feed our community without them.

With my new title as Food Access and Education Coordinator, I am organizing produce drop-offs, strengthening relationships with our food access partners, and strategizing better ways to connect people and food. This role is an important addition to the FLP team because it brings more purpose in how we distribute food.

In this role, I hope to implement systems for food distribution that cultivate long-term, sustainable relationships with community partners. I envision food distributed from the Food Literacy Project to be intentional in meeting the needs of the communities we work with and for our food to continue to foster youth connection to each other and their families.



Community Engagement: Grace James Academy





We had a group of 25 students from Grace James Academy come to the farm. A lot of them had never been to one and were delighted to take a farm tour with our farm manager Kelsey Kabocha. The group switched off and played four corners with Grace Green Pepper and Cayla Chamomile where they learned about one another's differences and similarities.

Afterwards, the students took on food justice and what that means to them. They were introduced to George Washington Carver and all of his amazing accomplishments as a brilliant scientist, chemist and agronomist. A few of them being him finding over 300 uses for peanuts and his vast knowledge of ways to prevent soil depletion through the use of legumes to restore nitrogen in the soil!

We finished up with some cooking where we made delicious tacos with farm-grown sweet potato greens, sweet potatoes, tomatoes and jalapeños.



Volunteer With Us!

Are you looking for opportunities to get involved with the Food Literacy Project? We are always in need of volunteers - stay tuned for fall volunteer opportunities on the farm including Farm Thursdays, Field-to-Fork Programs 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

Our mailing address is:

9001 Limehouse Lane
Louisville, Ky 40220

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