



# Grow Food Grow Hope

Wilmington College  
Winter Wishes 2010



## Feed the Family Fund Created

Working with Wilmington College fraternity, Sigma Zeta, and sorority, Alpha Phi Kappa; Grow Food, Grow Hope is happy to be a part of creating the first Feed the Family Fund for Clinton County. The Greeks are purchas-

ing the first two \$50 baskets, and are challenging the rest of Wilmington College and Clinton County to provide more baskets to local families. Baskets cost \$50 each and will provide a Christ-

mas meal for a family of five. Working with our local growers and Farmers' Market vendors, we plan to purchase as much as possible locally to provide families with a fresh and delicious holiday meal.

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## GFGH team welcomes two new VISTAs

While wintertime in the garden may not be that exciting, things are bustling throughout our office with the introduction of our two new team members.

Rachel King and Deidre Mears started November 22nd and are quickly becoming acquainted with all things Grow Food, Grow Hope and Wilmington College.

Rachel, a 2010 graduate of Wilmington College, is happy to be back working with service; something she much enjoyed during

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## Feed the Family Fund cont.

Contents will include: fresh produce, locally harvested eggs, fresh baked goods, along with other holiday essentials.

Volunteers will be needed to assist in purchasing the goods, as well as, helping to put together and distribute the food baskets. If you are interested in assisting with this project, please contact

VISTA Jessica Braun, at the Center for Service & Civic Engagement at Wilmington College. She can be reached at 937-382-6661 ext 306.

If you would like to purchase all or part of a basket, please send your tax deductible donation to Wilmington College with "Feed the Family Fund" in the notation line.

These may be mailed to:  
Grow Food, Grow Hope  
Wilmington College  
1870 Quaker Way  
Wilmington, OH 45177

Thank you for helping us make the holidays happy for all. her years as an undergraduate student.



## Two new VISTAs cont.

As King works with us, she will be using her degree in Early Childhood Education to assist with our "Read and Seed" and "Learn 2 Grow" programs, as well as working with our research and data collection. When asked why she chose to work with Grow Food, Grow Hope; King stated that since she had been a student here for four years, she has seen "pre to post DHL." In her words, "I saw

**"I wanted to be a part of giving back to the city that has given so much to me."**

the initial crop of Grow Food, Grow Hope volunteers and the work they were doing, and I wanted to be a part of giving back to the city that has given so much to me." Diedre Mears is a 2010 graduate of Bowling Green State University with a degree in Geography. As an undergraduate, she wrote a senior research paper on food security and

the spatial distribution of food. When asked why she chose Grow Food, Grow Hope Mears states, "It's the complete description of what I had been writing about." Mears will be spearheading our work to create gardens at Cowan Lake and Caesar's Creek, as well as working more with the elderly population within Clinton County. We look forward to working with our new team members as they join Grow Food, Grow Hope for the next year.

## Eat Local Challenge Tasted Delicious

With a different daily special from five Wilmington restaurants, locals had the opportunity to spend a week eating local. The Eat Local Challenge, organized by the Wilmington College Buy Local Campaign and the Clinton County Fresh Network, took place October 25th through 30th and resulted in crowded restaurants and happy customers as people had the chance to taste many different and new specials from

their local establishments. Valley Vineyards also participated, although the trip is a little farther, their Friday night cookouts of "grill your own steak

and salmon" would have certainly made the trip worthwhile. For locavores who wanted to avoid the crowds, there were also



options to do "on your own," such as choose your favorite local orchard to stock up on apples or cook your own dish using local ingredients.

Our challenge winner, Randi Milburn, won a basket of goodies from the participating local establishments after her name was drawn from the week's participants at the Farmers' Market. All in all, it was a delicious week which we hope to see repeated in the future.





## Goals for the New Year

While it may be cold outside, things are heating up inside Grow Food, Grow Hope as we are busy making our own “New Years Resolutions” specifically for our program. We may not be able to do much gardening now, but we have big plans for what we want to do in the coming year. Here’s a sneak peek of what we’re hoping to accomplish in 2011:

- ⊗ Expand our Read & Seed literacy program to include subjects such as: science, math and history.



- ⊗ Successfully create garden sites at Cowan Lake and Caesar’s Creek State Parks.
- ⊗ Outreach to more of our Clinton County residents outside of Wilmington, as well as, the surrounding counties.
- ⊗ Receive at least 80 garden applications.
- ⊗ Expand the number of Backyard Garden plots to 35.
- ⊗ Successfully launch an “Electronic Benefits Transfer” or “EBT” system to accept food assistance benefits at the 2011 Summer Farmers’ Market.

- ⊗ Host more workshops including those focused on composting and food preservation.
- ⊗ Explore more cold weather gardening options.
- ⊗ Get more student involvement in the Wilmington College Buy Local Campaign.
- ⊗ Reach out to local schools through a garden-on-wheels program.

Good luck on your own resolutions...we cannot wait to see what 2011 has in store!



## 30 Days to End Hunger

Modeled after the Ohio Association of Second Harvest Foodbank’s “Hunger Action Month,” which was held in September; Grow Food, Grow Hope decided to launch its own campaign of 30 days worth of activities that students and community members could do to end hunger not only within Clinton County, but worldwide.

The series kicked off by working with Sugartree Ministries to take part in their first annual Don Barlow Memorial Hun-



Students watch OXFAM video during November’s Hunger Banquet

ger Walk. Events took place from mid-October to “Hunger and Homelessness Awareness” week in November; and included everything from giving up a meal, serving a meal, to taking part in a hunger banquet on Wilmington College’s campus to benefit OXFAM America.

When asked how they felt about the Hunger Banquet and the other events they had taken part in, the 30 Hunger

Banquet attendees said, that they felt a myriad of emotions including: “angry,” “sad,” “guilty,” and “empowered.” This feeling of empowerment lead many to wonder what they could do to continue fighting hunger despite the end of the month-long campaign. We are confident that, whether these inspired people work with us, or another one of the other great organizations throughout the Wilmington and Clinton County community in the future; these young people will be inspired to continue moving forward and being part of the fight against hunger in Clinton County and beyond.





The **Grow Food, Grow Hope Garden Initiative** is a community food project dedicated to increasing access to fresh and nutritious food for the neediest members of our community. By increasing food security, we aim to eliminate the effects of poverty.

To that end, we facilitate a community garden for low-income families, we grow bulk vegetables for area food banks, we organize and fund backyard garden installations around our community, we teach children how to garden and we promote local farmers' markets and local businesses.

By growing a little food, we can sow a lot of hope.

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**Happy Holidays from Grow Food, Grow Hope.**

**Grow Food, Grow Hope Garden Initiative**  
1145 Pyle Center  
1870 Quaker Way  
Wilmington, OH

