SEED Wayne explores salad market Partnership with Brother Nature to start April 30

With snow still blanketing the earth and temperatures hovering in the single digits, it is hard to believe that spring is around the corner! It is harder still to imagine getting a bag of Detroit-sourced salad in just a few weeks! But that is what SEED Wayne is offering, starting April. Order your bag today!

SEED Wayne is plotting with our favorite salad greens guy, Greg Willerer of Brother Nature, to get you a half-pound bag of mixed salad greens every week, starting Wednesday, April 30. Distribution will go on until May 28, after which salads and other produce can be bought at the WSU Farmers Market, which starts back up on June 4. Brother Nature has been a vendor at the market since 2008, when it first started.

Willerer approached SEED Wayne director Kami Pothukuchi last fall to explore an earlier start to the WSU Farmers Market to better match his harvest schedule. Most produce vendors, however, prefer to start the market season in June. Given Brother Nature’s popularity with shoppers and SEED Wayne’s goal to support local growers, we decided to pilot test a spring salad market in 2014. For now, the market will consist only of one vendor—Brother Nature—and one product—1/2 lb. pre-packed bags of mixed salad greens. If this effort is successful, we will explore future expansions.

Readers who have tried Brother Nature’s salad greens—whose mix includes mizuna, arugula, baby chard and mustard greens—will know what a treat and deal this is! Readers interested in purchasing bags of salad will need to sign up in advance. Priority will be given to those who sign up and pre-pay for all five weeks (April 30–May 28). Bags will be available for pick up Wednesdays, between 11 AM and 3 PM, at SEED Wayne’s offices in the Faculty Administration Building. More details will be sent by email to participants.

Willerer is a former school teacher who makes a living growing produce for sale at area farmers markets and restaurants. His farm and greenhouses are located in Corktown, Detroit.

Reserve your salad greens today!
Write k.pothukuchi@wayne.edu
Supplies are limited. Pre-payers will get priority ($25 for 5 weeks, April 30–May 28). Pick up in Faculty Administration Building, Wednesdays. More details by email.

Warrior Garden Beds to be Replaced
Join SLUGS to build, install beds

Student Leaders for Urban Gardening and Sustainability—SLUGS, for short—are planning to replace the beds at the Warrior Demonstration Garden this spring. Installed in 2008, the beds were assembled from untreated pine boards. The boards were layered with a couple of coats of linseed oil for protection from rot. They have served the program well for six years, but have reached the end of the road.

The group’s leaders, Kat Krupsky (I. D. Reid Honors College) and Jake Grobbel (College of Engineering), have assembled plans and put together a budget and a schedule for the new beds. Materials for these will be financed with a partnership grant from the Ford Motor Company Fund SEED Wayne obtained last year.

Garden bed materials receive attention from food safety experts due to the migration into the soil, of toxic chemicals used to treat lumber. Today, most construction lumber is pressure treated with chromated copper arsenate (CCA). The arsenic in this compound is toxic when it leaches out and comes in contact with humans. This concern
WSU Farmers Market Planning Under Way

Preparations for the 2014 Wayne State University Farmers Market are under way. As of this writing, the market’s opening is planned for June 4—the first Wednesday of the month, as usual. However, given the unusually frigid winter so far, we will be in touch with our growers about their planting and harvest timelines, and keep readers informed of any needed changes to the season’s calendar.

As in previous years, we will continue to feature fresh and prepared foods, including a variety of fruits and vegetables, flowers, salad greens, herbs, berries, potted plants, and honey. Prepared foods such as breads, sandwiches, paninis, wraps, soups, salads, popcorn, and delectable desserts will also be available. As usual, we will also keep an eye out to add more fruit and berry vendors.

The market will accept cash, and Bridge Card, WIC Project FRESH and Senior Market FRESH benefits. As in past years, we will match Bridge Card Benefits with Double Up Food Bucks (DUFB), as arranged by the program’s sponsor Fair Food Network. Additionally, we are working to raise funds to continue to offer the Student Advantage Project. Enthusiastically received by students last fall, the project gives enrolled students $10 in market vouchers to be spent on fresh produce, in exchange for $5 in cash.

We are also collaborating with Gleaners Community Food Bank, which will sponsor a van linking several senior congregate housing sites in greater midtown with the market. More details on this will be available as we get closer to the market.

The market would not be possible without the help of numerous campus and community partners and volunteers. This year, we seek volunteers from across campus who will serve as market ambassadors to students and employees in their campus buildings. They will post flyers and conduct periodic email and personal outreach for the market. If you can help out as an ambassador, please write Kami Pothukuchi at k.pothukuchi@wayne.edu.

St. Andrew’s Allotment Garden will also be started Saturday, April 26. To learn how to join the garden for the 2014 season, write Hope Morrow at hope.morrow@wayne.edu.

SEED Wayne Partners

 Readers are invited to submit news on teaching, research, engagement, or operations of interest to SEED Wayne. For more information, contact k.pothukuchi@wayne.edu.
Street Medicine is SEED Wayne’s 2014 Sustainability Warrior

Sustainability is often referred to as “being green,” or demonstrating care for the environment so that future generations have the same opportunities to survive and thrive as past ones. We do not disagree with this definition. For us at SEED Wayne, however, care for future generations, which embodies inter-generational equity, is inseparable from equity and justice in our own time and place.

Street Medicine Detroit, a group of WSU medical students, brings medical care and resources to people experiencing homelessness. Homeless individuals are vulnerable to disease and higher mortality by virtue of lacking a stable residence, and family and social supports we often take for granted. They may additionally experience mental illness and/or substance addictions. Since 2012, Street Medicine has worked in partnership with the nonprofit Neighborhood Service Organization (NSO), to offer care in as integrated a way as possible.

Students sign up to go out into the field on five days a month, for a few hours each. They travel with NSO’s Nurse Practitioner Dean Carpenter, RN, FNP-BC, on a mobile clinic to serve homeless people in the field or set up a clinic at one of several shelters contacted by the nonprofit. Once they get to a site, NSO and host organization staff and Street Medicine volunteers sign patients up, implement intake procedures, conduct triage, and administer medical care.

Care may run the gamut from administering flu shots to conducting foot checks for infection and frost bite, administering pain and seizure medication, cleaning and dressing wounds, and addressing other needs as they arise. “Street Medicine is about meeting people where they are, literally and figuratively,” said Allison Pianosi, the group’s president, “literally, in terms of their physical location, and figuratively, in terms of their emotional and social situations.”

Because of the population’s transience and weariness with institutions, it is important for the group to build trust with their patients. For an introduction to their patients, they rely on community partners, such as Nurse Carpenter or Certified Peer Support Specialist Lydia Atkins, who are well acquainted with many of the individuals being served and the situations surrounding their homelessness. The group also builds trust “by giving time, listening closely, asking questions to make sure you truly understand what’s being communicated, making eye contact, being patient, and returning to offer care,” said Pianosi. These interactions are not without challenges, however, given the mental health and dislocation issues experienced by the patients.

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Why do students participate in Street Medicine? For Pianosi, a second year student who was familiar with the concept beforehand, “it was a key reason for choosing medicine as a career and for selecting Wayne State’s medical school. Street Medicine is a way to offer care with a holistic approach—integrating both social work and health interventions, caring for both physical and mental health needs, and forming connections between the medical community and community-based organizations to better support those we serve.”

Volunteers who are more involved also get more, according to Cecily Dubusker, the organization’s vice president, also a second year medical student. “There are people who want to try it out initially, but may drop out for one reason or another. Without belittling anyone’s reasons for getting involved, it’s important to remember that providing care is a marathon, not a sprint. You can’t do it by half measures. People who commit to serving vulnerable people in their careers dig more deeply into their experiences. They understand that the end goal is ending homelessness, and the cure to homelessness is becoming housed.” This

Mark Your Calendars and Spread the Word

March

3/14-16, (see times below) MSU Detroit Center, 3408 Woodward, Uprooting Racism, Planting Justice Training, 3/14, 6-8:30 pm; 3/15, 9 am -5 pm, 3/16, 9 am -4 pm; uprootingracismdetroit@gmail.com.

3/19, 12 n – 2 pm, McGregor Center, WSU, Luncheon, Stereotype threat and achievement gaps. Click on event to register: events.wayne.edu/2014/03/19/.

April


4/26, 10 am, St. Andrews Garden start up work day. For St. Andrews Garden members only. For information or to join, write Hope.Morrow@wayne.edu.

April-May-June

4/30, 5/7, 5/14, 5/21, 5/28, 11 am to 3 pm, Brother Nature Salad Market bag pick up at Faculty Admin. Bldg. To join or for more information, write k.pothukuchi@wayne.edu.

6/4, 11 am, WSU Farmers Market starts, 5201 Cass Ave. (In front of Prentis Hall). Cash, Bridge Card, WIC Project FRESH, Senior Project FRESH accepted.
view was seconded by Justin Petrusak, LMSW, Clinical Supervisor at NSO’s Tumaini Center, who also serves as a field instructor to Street Medicine.

Dubusker came to Street Medicine with prior volunteer experiences in other communities, serving vulnerable community members who experienced homelessness and recent incarceration. She participated in mobile and brick-and-mortar clinics to offer vaccinations for Hepatitis B, needle exchanges, and other services to HIV-AIDS impacted individuals.

Experiences with Street Medicine are meaningful to all students who participate regardless of their level of involvement. It helps them connect more deeply to the local community and gain a broader understanding of the medical profession. For these reasons, getting students to give their time to the program is not a problem, according to Pianosi.

People experiencing homelessness often resist medical services because of the non-response or only perfunctory response they may receive from emergency rooms and medical professionals in more conventional settings. The willingness, openness, and empathy shown by Street Medicine volunteers helps open up the therapeutic alliance, a necessary element for appropriate care to be given and to be received. According to Risarg (Reggie) Huff, LMSW, Director of NSO Homeless Services and WSU adjunct professor, timely medical care can advance the goal of housing homeless individuals.

Based on the triage procedures that NSO clinical staff implement during intake interactions with homeless individuals, high-vulnerability individuals may be at risk of dying before they can be housed. Medical services of the sort that Street Medicine volunteers provide can help lower this risk while the individual is connected with suitable housing and social services, according to Petrusak.

Every year, SEED Wayne honors an individual or a group associated with Wayne State for their extraordinary contributions to sustainability and equity in the Detroit community. We salute Street Medicine Detroit and their community collaborations for the vital service they provide to an underserved, vulnerable population. Street Medicine Detroit participants are SEED Wayne’s 2014 Sustainability Warriors. To contact the group, write apianosi@med.wayne.edu.

Above: Street Medicine Detroit volunteers with NSO community outreach workers Lydia Atkins and Philip Ramsey (second and third from right) and Michael R. Townsend, MD, Pediatrics Resident, WSU School of Medicine (fourth from right).