Between June 12 and September 4, 340 individuals attended the Healthy Eats Workshops at the WSU Farmers Market. Many took in two or more workshops.

A series containing four workshops was developed which centered on healthy eating, including themes related to “My Plate” nutrition guidelines, incorporating more fruits and vegetables in diets, eating healthy on a budget, and reading nutrition labels on purchase at the SEED Wayne tent at the market every Wednesday.

The project’s purpose is two-fold: to increase the consumption of fruits and vegetables by students and to increase revenues for produce vendors at the market. We also hope to attract new customers among students who will remain loyal to the market during their tenure on campus. Historically, sales to students are a smaller proportion of overall market sales.

Students tend to consume vegetables and fruits at lower rates than recommended—i.e., 5 cups a day, 3 of vegetables and 2 of fruits. Compressed schedules and budgets increase students’ reliance on highly processed foods, including fast foods, which contain high levels of salt, sugar, and fat.

Moreover, nearly 30,000 students in Michigan became ineligible for food stamps in 2011, and with that, also for matching Double Up Food Bucks, which support the purchase of Michigan-grown fruits and vegetables at area farmers markets. Student Advantage seeks to make up for this loss in a small way.

Farmers also struggle with the vagaries of a changing climate, (Continued on page ...)

More than 300 Attend Healthy Eats Workshops at WSU Farmers Market

Between June 12 and September 4, 340 individuals attended the Healthy Eats Workshops at the WSU Farmers Market. Many took in two or more workshops.

A series containing four workshops was developed which centered on healthy eating, including themes related to “My Plate” nutrition guidelines, incorporating more fruits and vegetables in diets, eating healthy on a budget, and reading nutrition labels on purchase at the SEED Wayne tent at the market every Wednesday.

Three series of the 4-week workshops were scheduled between June and September. Phil Jones, Executive Chef of COLORS-Detroit offered a delicious break between series with chef’s demos showcasing easy-to-make recipes using ingredients available at the market.

Each workshop was offered twice during the market day, at 12 noon and 12:30 pm. Participants included WSU’s Wellness Warriors, Bridge Card benefits recipients, and passers-by who came to shop at the market or just happened by the workshop.

In addition to the workshops, Healthy Eats staff and volunteers also ran the Healthy Eats station at the market, where they conducted motivational interviews (MI) with passers-by, individually and in small groups, to engage (Continued on page ...)
Healthy Eats, Cont’d from p. 1

them in interactive conversations about steps they might take to move towards healthier eating patterns.

In these conversations, participants were invited to suggest ways to construct a healthier “My Plate” for themselves using cardboard cutouts of diverse food items. They were then challenged to think about how they might achieve these combinations in their own work-a-day lives. Similarly, kids were challenged to tack onto an “Eat a Rainbow” poster board, images of fruits and vegetables of appropriate colors.

We also offered numerous tips on healthy eating and recipes through bi-weekly newsletters distributed at the market and various midtown sites. These Healthy Eats newsletters offered tips on how to increase whole grains and fiber in diets, assemble low–or no-prep meals, cut back on salt and sugar—especially sugar-sweetened beverages, stay active in the summer heat, eat healthy on a tight budget and tighter schedule, practice food safety, and put harvests up for winter.  Copies of all newsletters are available at the SEED Wayne tent at the market and

(Continued on page 5)

Student Advantage, Cont’d from p. 1

uncertainties in the local economy, and the need to manage products with a short shelf life. Student Advantage dollars increase their sales at the WSU Farmers Market at a time when Midtown customers have many more retail outlets from which to obtain fresh produce than six years ago, when the market first opened.

Between July 24, when the project started, and September 4, more than 200 students purchased vouchers worth more than $2,730. The Office of the Dean of Students is a key partner in campus outreach

“We were inspired by the Byrd House Farmers Market in Richmond, VA,” said Kami Pothukuchi, SEED Wayne director, who recently completed research on leadership by inner-city, public universities in sustainable food systems. “The market is located near Virginia Commonwealth University, and despite lacking a formal connection to the institution, it offers a subsidized produce box to students with ID. Vouchers seemed more practical for us at Wayne State so that students can get produce they desire from a vendor of their choice.”

“I am eating more fruits and vegetables than before,” said Gayani Mudalige, a graduate student in chemistry. “Normally, I shop for fruits and vegetables over the weekend at Meijer’s, Now, I can shop and cook in the middle of the week;

(Continued on page 4)
It was amazing to see professors, professionals, students, and community members learning from each other. Jasmine Vickers is getting a master’s degree in public health.

As a public health student, I was interested in getting involved in health promotion efforts in the Midtown area. I had visited the farmers market during the fall of 2012, so when I heard about volunteer opportunities this year, I joined immediately. I was looking forward to getting more experience in nutrition education through face-to-face interaction with community members. I ended up getting very valuable experiences in these areas.

I think the workshops in the Healthy Eats Project were conducted in a way that facilitated good group interaction, where everyone could learn from each other. It was amazing to see professors, working professionals, students, and community members, learning from each other and interacting together. This has shaped my view and future approach to health education, as I now see the value of everyone’s experiences and input.

Some of my strongest memories relate to the interactions I had with Healthy Eats participants at the WSU Farmers Market. It was also great getting to know and working with other market volunteers. The volunteers come from a wide range of academic backgrounds, so it was intriguing to hear about their interests and desires.

I would encourage students to consider volunteering for the WSU Farmers Market, especially if they have an interest in urban agriculture, local food retail, or nutrition. Volunteering for the market and other SEED Wayne activities can give students hands-on experience in ways that could be very valuable for their career development.

It’s very reassuring to know where your food comes from and to talk to the farmers about how they grow their produce.

Kelsey Dischler is a senior in Nutrition and Food Science.

The farmers market at Wayne State has combined my two interests of healthy eating and buying fresh, local produce, which is why I thought it would be a great place to volunteer. Also, getting to know the other volunteers and meeting new people is always a plus. The farmers market has a great location and reasonable prices for Wayne State students, staff, and faculty, and many Detroiter as well. It’s very reassuring to know where your food comes from and to talk to the farmers about how they grow their produce. It was also great to witness the Healthy Eats Project and see nutrition being taught first hand. I’m glad I was able to become a part of this wonderful community resource, and look forward to continuing to shop at the market in years to come.

I chose to volunteer with SEED Wayne …

to become involved not only with the WSU community but also with the larger Detroit community.

Jen Johnson is getting an MS in Criminal Justice.

I’ve always enjoyed taking advantage of volunteer opportunities throughout my life because it has given me numerous opportunities to meet new people and participate in new experiences that I probably wouldn't have come across in my regular, day-to-day life, and I feel that I have grown as a person because of these different experiences. After moving to Detroit to attend WSU, I chose to volunteer with SEED Wayne specifically because of the opportunity it presented to become involved not only with the WSU community, but also with the larger Detroit community as well. I have definitely found the experience rewarding, and I have really enjoyed meeting many, many interesting and inspiring people from the university and Detroit communities that I don’t think I would have had the opportunity to meet and get to know otherwise.
My name is Katie Johnson and I am a graduate student in the Masters of Urban Planning program at Wayne State. I was introduced to the SEED Wayne program in 2012 by Professor Kami Pothukuchi. She suggested I check out gardening at the St. Andrews Allotment Garden. Having had previous experience as an intern at the Lafayette Greens garden in Downtown Detroit, I jumped at the chance. I have since had the opportunity to spread the word about the farmers market, volunteer in the Warrior Garden (now maintained by the SLUGS group), and learn more about farming efforts in Michigan on the annual farm tour.

Being a part of SEED Wayne is an opportunity for me to understand why we need to be more conscientious about our food system and how to properly nourish our bodies. Working in a garden with other people is also an opportunity to get to know people from all walks of life. This program has allowed me to meet amazing people who I would not have otherwise had the pleasure of meeting. Thank you, SEED Wayne, for giving me the chance to be a part of the program!

Katie Johnson will graduate with a Master’s of Urban Planning in Dec. 2013.

I first heard about SEED Wayne when I was at one of the campus farmers markets, which I have been attending since they first started. I thought it was wonderful that there was fresh produce available on campus for students, staff, and faculty, as well as the local community.

Last year, I attended one of the harvest dinners and the food was wonderful. The information discussed there helped me to learn more about all of the wonderful things that SEED Wayne does. I volunteer as an editor/proofreader for the SEEDLING newsletter and also prepare meals for the volunteers on market days sometimes. I really enjoy doing both of these things and I feel great about helping with a program that is so beneficial to the campus and community.

I have a business as a freelance editor (www.theeditingandwritingalchemist.com) so editing the newsletter came quite naturally. One issue I was editing mentioned a need for volunteers to help with preparing vegan or vegetarian meals for market volunteers and I thought about how much I enjoy cooking healthy vegan food so I decided to sign up to help with that also. I like making up new recipes and using fresh herbs and vegetables picked from my backyard garden to prepare food for the market volunteers.

I like making up new recipes and using fresh herbs and vegetables picked from my backyard garden to prepare food for the market volunteers. Dawn Bielawski, Ph. D., is a Senior IRB Review Specialist in Wayne State University’s Division of Research.
SEED Wayne Bags Second Ford C3 Grant

SEED Wayne is one of nine campus programs nationally to receive the 2013 Ford College Community Challenge Grant. This is the second time it has received this award. The first one helped establish the program in 2008, with two of our very first projects, the Warrior Garden and the WSU Farmers Market.

This grant will support student-led and student-serving projects on campus and in the community. The projects are: Hazel Park Community Garden, in collaboration with the Wayne State Student Urban Planners; Warrior Garden on campus, with Student Leaders of Urban Gardening and Sustainability (SLUGS); and Community Nutrition Education, with the Public Health Student Organization.

Additionally, the grant also supports the Student Advantage Project at the Wayne State Farmers Market (see headline story on p. 1).

Specifically, grant funds will support the purchase of equipment and supplies for gardens and community nutrition, and the development of physical and organizational infrastructure to help sustain activities into the future. For example, Warrior Garden will get new raised beds, while Hazel Park Community Garden will be supported by a rainwater catchment system.

Cultivating student leadership is central to SEED Wayne’s mission. This partnership with the Ford Motor Company Fund will allow us to support a new generation of student leaders in a variety of ways and places—on campus, in Detroit neighborhoods, and Hazel Park.

Much of the work supported by this grant will start in spring and summer 2014. Look for updates in future SEEDLING issues!

Healthy Eats, Cont’d. from p. 2

Campus Gardens, Cont’d. from p. 6

six midtown community sites, including the Detroit Public Library, Hamann House, VA Hospital Health Promotion and Disease Prevention Program, Woodbridge and Brush Park Manors, and Warren Plaza.

The Healthy Eats Project is funded in part by USDA Supplemental Nutrition Assistance Program through the State of Michigan, by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help, contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

State Insiders who will get an inside view of our gardens and farmers market!

Although the gardens have been prolific this season thanks to regular rainfall, St. Andrew’s gardeners especially have suffered from higher rates of loss to theft compared with previous years. To counter this, participants are urged to spend more time at the garden, to study, have lunch, and hang out with friends, in an effort to dissuade unwelcome visitors.

On September 27, St. Andrew’s Garden will host our 6th Annual Harvest Dinner—a potluck. All SEEDLING readers are cordially invited. Please RSVP k.pothukuchi@wayne.edu.

Mark Your Calendars and Spread the Word

September

September 18, 12 noon: Phil Jones, Chef’s Demo, WSU Farmers Market.

September 21, 5 to 8 PM: Earthworks Urban Farm Annual Harvest Dinner. 2131 Beaufait. (313) 579-2100, x 204


September-October

September 27, 6 PM: 6th Annual SEED Wayne Harvest Dinner (Potluck). All are welcome. St. Andrew’s Garden. RSVP k.pothukuchi@wayne.edu or ctlisee@wayne.edu


October 30: Last day of the 2013 WSU Farmers Market. Raffle prizes at noon.

November

Date TBD: Putting the gardens to bed, Warrior Demonstration Garden and St. Andrew’s Allotment Garden. Details will be available at www.clas.wayne.edu/seedwayne

Keep Growing Detroit offers a variety of workshops related to agriculture, Sept-Dec. Browse www.detroitagriculture.org
St. Andrew’s gardeners participated in several potlucks and workshops this season, including ones they led, since the garden started April 27. These gatherings serve social as well as educational purposes, knitting the group into a community, strengthening networks outside the gardens, and raising awareness on local and global urban agriculture issues.

Workshops explored many basic and advanced topics, including techniques for irrigation, rain barrels, soil testing, burlap gardening in Africa, and herb preservation, in addition to in-session demos such as trellising and combating pests without resorting to harsh chemicals.

Gardeners also offered workshops on topics in which they had particular expertise. For example, kinesiology student Anita Vasudevan, who also serves as a yoga instructor at the Mort Harris Recreation Center, offered yoga workshops at the garden in July and August. She also led the burlap garden workshop showcasing techniques she observed while traveling in East Africa. These techniques help make effective use of easily available and affordable materials and limited space.

With school back in session, Warrior Garden is also going strong. Travels and work away from campus during the summer of key participants Kat Krupsky and Leigh Slater had challenged the garden’s weekly maintenance. However, the group was helped by a new leader, Jake Grobbel, a mechanical engineering major. Grobbel is interested in outreach to community partners such as Earthworks, as well as in bridging his studies with sustainability efforts on campus. He also participated in a couple of the gatherings at St. Andrew’s Garden.

The campus gardens have also hosted visitors from across the nation and internationally. On June 19, two busloads of participants at the Agriculture and Human Values Society’s annual conference in East Lansing dropped by SEED Wayne projects, including St. Andrew’s Garden and the WSU Farmers Market. We also hosted a couple of students from France, a television crew from Germany, and a host of food activists and aficionados who stopped during their tour of Detroit food sites. On September 25, we are excited to host scores of Wayne students.