SEED Wayne travels to Growing Power
New ideas, connections, excitement emerge

On a cold weekend early in January, a group of Wayne State students and staff motored across the state to attend a two-day training workshop offered by Growing Power in Milwaukee, Wisconsin. Founded and led by MacArthur ‘Genius’ Will Allen, Growing Power is a renowned food justice organization that offers workshops throughout the year.

SEED Wayne’s Charles Lisee, Sareen Papakhian, Matthew Melucci, Leigh Slater, and Daryl Pierson were among a large group that was welcomed Saturday morning by Will Allen, who gave an overview of the organization’s many projects and a tour of the grounds. Afterwards, they selected from among several smaller workshops including compost and vermicompost, year-round greenhouse production, hoop house construction, mycoscaping, beekeeping, community food project design and renewable energy. A three-day aquaponics workshop was also offered.

A key SEED Wayne goal is to cultivate the capacity of individuals and groups to develop sustainable food systems. The program is also committed to developing student leadership in the process. Field-based educational activities such as this training are central to achieving these goals.

“Attending the Growing Power Workshop in Milwaukee was nothing short of phenomenal. I was really impressed with the entire operation,” said Daryl Pierson, who chose the Community Project Design and Composting and Vermicomposting workshops. “The experience was very helpful as I learned new composting tips that I have already implemented in my preparations for my backyard garden. Another

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Every year, SEED Wayne recognizes an individual associated with Wayne State, who is doing extraordinary things to create a more sustainable food system. For a profile of 2013 Sustainability Warrior Kathryn Lynch Underwood, turn to page 3.

Mark your Calendars!
2013 Farmers Market
June 5 to October 30

Find us on Facebook
www.facebook.com/WSUFarmersMarket


SLUGS Take Over Warrior Garden
I. D. Reid Honors College Students Lead Effort

Student Leaders for Urban Gardening and Sustainability—SLUGS, for short—are taking over the Warrior Demonstration Garden! Aided and abetted by I. D. Reid Honors College staff members Kevin Rashid and Lauren Meloche, the student team has been plotting since December to take charge of and manage the garden and its harvests. To be fair, they are doing this with the blessing and full support of SEED Wayne.

Explorations to have an independent student group run the garden began last fall. Student management of Warrior Garden simultaneously advances two main goals of SEED Wayne: to increase the ongoing sustainability of gardens on campus by sharing responsibility for their operation with other campus units, and to build student leadership of food systems.

The SLUGS group has met regularly since December to form a chartered organization with the office of the Dean of Students. With the help of SEED Wayne Program Leader Charles Lisee, they have developed a plan for the garden season and also applied to become a member of Keep Growing...
important takeaway from the workshop was the interaction. Everyone looked to share their best practices and I observed a common thread: a desire to learn more about the craft we love,” he continued. Pierson, who is also sustainability coordinator for Wayne State, led the Milwaukee trip.

Matt Melucci learned about growing micro greens as his first workshop and, along with Leigh Slater, chose the one on project design the following day. Members of his workshop started by seeding the trays for the greens, and in a matter of a couple of hours, were ushered through different stages to mature greens, and even got to harvest some to bring home with them. In the second workshop, “Leigh and I constructed our own unique plans for the group which is now called Wayne State SLUGS. We also learned how to help actualize our conceptual visions for this group,” he said. Melucci and Leigh are sophomores at the I. D. Reid Honors College.

SEED Wayne Program Leaders Sareen Papakhian and Charles Lisee also participated in the project design workshop. “The workshop provided the foundation to achieve my own personal goal of repurposing vacant land and creating community gardens in Hazel Park, Michigan” enthused Papakhian, who, as an intern with the city, is working to build a community garden there. “The second workshop, “Leigh and I constructed our own unique plans for the group which is now called Wayne State SLUGS. We also learned how to help actualize our conceptual visions for this group,” he said. Melucci and Leigh are sophomores at the I. D. Reid Honors College.

Groups attended the trainings from across the country, and included teams from the Tuskegee Institute in Alabama, a carbon-neutral farm in Texas, and a university in Washington state. They included veteran farmers as well as novices to gardening. Regardless, everyone learned something, met new people, and returned energized to apply lessons to their programs at home.

Reading thus far, you’d think the trip was all work and no play. Not so! Their first night in town, the Wayne State group stumbled upon an individual selling tickets to a basketball game at the Milwaukee arena and quickly voted themselves in. As it turned out, the Detroit team won, making for a memorable evening and setting the tone for a stimulating weekend altogether.

The WSU team’s participation in the workshop was made possible by the University of Wisconsin’s Community and Regional Food Systems Project, in which Growing Power is a key partner, and SEED Wayne. We hope to continue to offer such opportunities to our campus and community members into the future. To learn more about Growing Power, browse www.growingpower.org.

Right: Honors student Leigh Slater encounters one of many creatures at the Growing Power, Milwaukee, operation (see headline story on page 1).
Alumna Kathryn Underwood is 2013 Sustainability Warrior

WSU alumna Kathryn Lynch Underwood was involved in the city’s urban agriculture renaissance from the beginning. She is the founding member of Detroit Agriculture Network, a program started with a USDA Community Food Projects grant in 1997 by David Hacker. At the time, a new round of community gardening was just beginning to take off in a city that was never a stranger to agriculture. Gerald Hairston started the Gardening Angels group to connect young people with southern seniors who brought agricultural traditions with them when they moved up north. Brother Rick Samyn of the Capuchin Soup Kitchen was setting up Earthworks Urban Farm, and biology teacher Paul Weertz, the Catherine Ferguson Academy farm.

More recently, in a historic move, the city adopted an urban agriculture ordinance. This marks the official recognition of agriculture as a permitted activity within most of the city’s land use categories and lays out standards for associated activities and structures. This development follows nearly three years of study and deliberation by the urban agriculture work group made up of city agency members and urban agriculture leaders, and led by Kathryn Underwood.

For her long time support of agriculture in the city and crucial leadership in the development of policies to facilitate urban agriculture, Kathryn Lynch Underwood is this year’s SEED Wayne Sustainability Warrior. Every year, SEED Wayne recognizes individuals who are associated with Wayne State University and have made substantial contributions to sustainable food systems.

A graduate of WSU’s Urban Planning program and an employee of the City Planning Commission, Underwood is committed, in her own words, “to facilitating urban development and redevelopment such that residents’ needs of the built and natural environment are met holistically, and no one is left behind or dumped on.” With a background in both political science and environmental studies, Underwood came to see planning as a tool to make cities more livable.

She comes by her interests organically, so to speak. A child growing up in the city, her father trained her to observe the natural environment around her. She grew up with a sympathy for nature and wilderness within cities. “Even today, when spring rolls around, my husband and I will sit outside and take note of the cardinals that return every year. You can have a connection to nature without having to leave the city,” she says.

Community gardens were yet another source of connection to nature. Every neighbor, it seemed, had a backyard garden where they grew flowers and vegetables and greens.

“Community gardens are a rare activity that bring together folks of different ages, racial and ethnic groups, and incomes, in a positive way. People usually unite to oppose something they dislike. With gardens, they unite out of a shared love,” Underwood adds. As vacant land increased and interest in agriculture grew—especially large scale agriculture—it became necessary to look at the city’s land use policies and zoning codes. She was given the green light to investigate how to legalize urban agriculture and create related standards. She brought together a group of city agency representatives and leaders of garden organizations to review activities and needs and examine policies in other cities. Later, the urban agriculture work group expanded to include leaders of neighborhood organizations, environmental justice groups, Michigan Department of Agriculture and Michigan State University Extension representatives, and those interested in large scale operations.

Getting to the adoption of the ordinance was far from easy. For more than a year, the process was stymied by the pre-emptive provisions of the state’s Right to Farm law. City representatives worked hard to persuade the state’s agricultural commission and Department of Agriculture officials that the city ought to be exempt from these provisions. They were successful in obtaining concessions, which paved the way to the development of the ordinance. Meanwhile, however, urban agriculture interests blamed the city for delays in passing the ordinance.

“I’m glad to see the urban agriculture ordinance finally passed,” Underwood says, “We looked at ordinances elsewhere and borrowed bits and pieces from at least ten different ones, and ours is one of, if not the most, comprehensive ordinances around.”

She is proudest of the community engagement process in the development and adoption of the ordinance. “Getting the community engaged to the extent that we have, means that it takes longer and you have to be patient. It also means that you have to decide carefully how much detail you incorporate up front, and what comes up as feedback and input. We had a lot of participation; at one point the work group met weekly. We also had three community meetings in three different parts of the city. The process was very user-friendly and there were a lot of expressions of support. People felt that the process was transparent and welcoming of their views.”

Because the full impact of the ordinance won’t be felt for a long time, Underwood welcomes ongoing feedback and expects that the policy will be honed as the city builds experience implementing it and as lessons emerge. A second phase envisions the incorporation of animal agriculture, notably bees, chickens, and rabbits. Because of the need for more careful review of impacts on neighbors and out of concern for the welfare of the animals themselves, these issues were held off for a subsequent round of deliberations and decision-making.

In conclusion, what advice does she have for young people wanting to work on sustainable agriculture and food issues in the city? “Detroit has a wealth of organizations and people working on food and justice issues. I would tell young people who are interested in joining the movement to first find out more deeply what’s going on here. Learn about the landscape, the people and the organizations and the lessons they’ve learned from their own work. Volunteer with organizations and talk with leaders and ask them to point to additional connections. Once they have this kind of deep understanding, they would be in a better position to know how activities developed and what they themselves could contribute,” she offers.
UP 5430, Cities and Food, is observing its sixth iteration of an annual course developed in partnership with community food leaders. Seminars are offered almost weekly by nearly a dozen guests who represent different facets of Detroit area’s food system.

As of this newsletter’s printing, speakers have represented organizations as diverse as the Detroit Economic Growth Corporation, Gleaners Community Food Bank, Eastern Market Corporation, Food System Economic Partnership, and AVI Foodsystems on WSU’s campus. They have enlightened the class on issues related to retail grocery, emergency food assistance, food hubs, and linking regional growers with local markets. Speakers yet to present are listed along with their topics in the calendar below. Seminars are open to the public but prior reservations are required given limited seating.

The course explores the many connections between the food system and urban communities, including ways in which these connections serve the communities or fall short. Specifically, the course addresses linkages to the economy, public health, the built and natural environment, and social equity. It explores more sustainable and just alternatives and discusses related grassroots efforts and progress in Detroit.

Students also select team projects on topics of concern to community food systems. For example, one team is gathering community input on and analyzing strategies for making city-owned land available to neighborhood gardeners and their organizations. Another is assessing possible sites for the location of a community-owned food cooperative. A third is assessing stores with WIC contracts for the availability and quality of products mandated under WIC rules. WIC or the ‘Special Supplemental Nutrition Program for Women, Infants and Children’ provides nutrition assistance to low-income pregnant and new mothers and children below age 5.

The class typically receives enrollment from across campus. This year, students represent urban planning, environmental studies, and communication studies. Previously, students from nutrition, business, political science, and urban studies also have taken the class.

Readers familiar with the program or the class will note that the experimental UP 5999 number is gone. The course is now formalized in the department’s curriculum with its own unique code. This move to institutionalize it secures the course’s future by allowing students to more easily find and enroll in it.

Feedback from a few students interested in pursuing more in depth studies in food systems suggests a need for a more systematic review of interest in food systems on campus and specific topics that may garner the greatest participation. SEED Wayne is preparing to undertake such an assessment of campus needs and resources as well as investigate community needs for specific skills and training among food studies graduates. Stay tuned for more information about this effort.

For information about the course or to reserve a seat for an upcoming seminar, email k.pothukuchi@wayne.edu.

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

Mark Your Calendars and Spread the Word

**March-April**

3/20, 5:30 pm, Rm 331 State Hall, Betti Wiggins, ‘Food in Detroit schools’

Seminars at this time, place organized by SEED Wayne. RSVPs needed. Contact k.pothukuchi@wayne.edu

3/27, Same time, place as above, Oran Hesterman, “Creating a Fair Food System.”

4/3, Same time, place as previous, Ashley Atkinson and Kathryn Lynch Underwood, “Growing Urban Agriculture in the City.”

4/10, Same time, place as previous, Patrick Crouch, “Urban Agriculture and Community Control of Food Systems”

4/17, Same time, place as previous, Malik Yakini, “Food, ‘Race,’ and Justice”

4/27, 10 am, St. Andrews Garden start up. More information will be available at www.clas.wayne.edu/seedwayne

**May-June**

5/9, 6 pm, Restaurant Opportunities Center of Michigan, 5th Anniv. Gala, COLORS Restaurant, 311 E. Grand River Ave. For info, call 313-963-5020.

6/5, 11 am to 4 pm, Wayne State University Farmers Market begins. Wednesdays, until October 30. Google ‘SEED Wayne’ and click on ‘Wayne State Wednesday Farmers Market’ on left.
The WSU Farmers Market is back on June 5, at the usual time (11 am to 4 pm) and place (5201 Cass Avenue, in front of Prentis Hall and across from the main branch of the Detroit Public Library). We expect that most of our veteran vendors will return, and hope to add a couple of new vendors for fresh and prepared foods.

The market will accept cash, Bridge Card, Project FRESH and Senior Project FRESH and also match Bridge Card spending dollar for dollar with Double Up Food Bucks, up to a maximum of $20 per card per day. Double Up Food Bucks are incentive dollars offered to customers who use the Bridge Card, towards the purchase of Michigan-grown fruits and vegetables. Look out also for incentive coupons to increase the power of purchases made by cash! Free 15 minute parking will be available curbside as usual, in front of the market.

Additionally, plans are in place to offer weekly nutrition and healthy food demonstrations to encourage shoppers to taste, purchase, and consume more fresh vegetables and fruits, and try out recipes prepared in healthier ways. These nutrition education activities are supported this year by the Michigan Nutrition Network and Michigan Department of Community Health.

New Grant, cont’d from p. 6

food demos which capped off each training session. Similar trainings are planned for Warren Plaza, Brush Park Manor, and Hannan House.

Food demonstrations included a collard and kale salad; red cabbage, carrot, and apple slaw (see recipe on this page); brown rice with black beans; and a banana smoothie. The Healthy Eats Project will also develop a bi-weekly market newsletter containing more recipes. Be sure to get your copy at the SEED Wayne tent, and share your thoughts with us!

Trainings will start at the WSU Farmers Market June 12, with a schedule of new and repeat content as well as additional food demos. Trainings will consist of active instruction during the lunch hour and more passive forms of delivery such as nutrition tabling and information exchange with individual shoppers and small groups at the SEED Wayne tent.

Last year, SEED Wayne partnered to great success with Wellness Warriors, the university’s employee wellness program, to increase attendance at the chef’s demos. We will continue the partnership this season with our greatly expanded offerings—weekly, instead of the only monthly demos last year.

The project leadership team consists of SEED Wayne director Kami Pothukuchi; Shaira Daya, MPH, RD, who serves as evaluation manager and nutrition consultant; and Tanya Troy, graduate student in public health and former SEED Wayne volunteer. Additionally, Charles Lisee, Hope Morrow, and Daryl Pierson assist in specific ways as needed.

The Healthy Eats Project is funded in part by the State of Michigan with federal funds from the USDA’s Supplemental Nutrition Assistance Program by way of the Michigan Nutrition Network at the Michigan Fitness Foundation.

Red Cabbage, Carrot & Apple Slaw
(Yield: 5 servings; Serving size: 1 cup)

Ingredients:
- 4 cups, red cabbage, finely shredded
- 1 cup, carrots, grated
- 1 apple, grated or thinly sliced
- ¼ cup, chives (optional)
- 2 tablespoons, olive oil
- 2 teaspoons, lemon juice, freshly squeezed
- ½ teaspoon, fresh ginger, finely grated or minced
- ½ teaspoon, salt

Instructions:
1. Whisk together olive oil, lemon juice, ginger and salt in large bowl
2. Add cabbage, carrot, apple, and chives; toss well
3. Serve immediately, or cover and refrigerate until ready to serve

Adapted from 2012 Martha Stewart Living

Try This Recipe!

Try This Recipe!

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In December, SEED Wayne secured a new grant to promote healthy eating in several midtown locations. Supported by the grant, the Healthy Eats Project will offer a four-session nutrition education curriculum at each of four senior housing sites, February through May, and a weekly nutrition and food demonstration at the WSU Farmers Market between June and September. The project also allows SEED Wayne to extend the relationships that were built with midtown seniors over the market-shuttle project last year.

The goals of the Healthy Eats Project are to increase the consumption by seniors of fruits and vegetables to at least three and one-half cups a day and to encourage them to engage in at least 30 minutes of moderate-intensity physical activity on most days. At the farmers market, the Project aims to increase the consumption by SNAP-using customers and others of diverse kinds of fruits and vegetables. (SNAP or Supplemental Nutrition Assistance Program benefits used to be called food stamps.)

Offering these trainings and demos at senior centers makes it convenient for residents to participate in ways that are also supported by their social networks. The educational activities also capitalize on the ready availability of diverse choices of affordably priced fruits and vegetables at the WSU Farmers Market between June and September. Educating shoppers about the nutritional benefits of fresh foods at markets and grocery stores has been shown to deliver positive outcomes. The sequence of activities, with indoor trainings in the winter and spring and outdoor activities when the market starts, also allows us to bolster the SEED Wayne’s winter offerings, optimize community resources, and connect midtown residents more closely with the WSU Farmers Market.

Nearly two dozen seniors participated enthusiastically in our first set of workshops at Woodbridge Manor, shared tips with each other, and returned eagerly to subsequent sessions. They most enjoyed the opportunity to interact with one another and also the

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