

## Food Literacy Webpage Resource ideas:

### ● Nutrition

- [Nutrition.gov](#) is a USDA-sponsored website that offers credible information to help you make healthful eating choices.
- [My Plate](#) is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters.
- [Supplemental Nutrition Assistance Program](#) SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. [Massachusetts SNAP Benefits](#)
- [The Academy of Nutrition and Dietetics](#) is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.
- [Guiding Stars](#) has been making **nutrition as easy as 1, 2, 3**. We analyze foods using a patented algorithm and translate the nutrition information to a rating system that is easy to understand.

### ● Cooking

- Gale [Culinary Arts Collection](#) database
- Culinary Institute of America: <http://library.culinary.edu/recipes/online>, blogs, research guides, recipes
- National Food & Beverage Foundation: <https://natfab.org/>, blogs & recipes
- [Cooking Matters](#) helps families to shop for and cook healthy meals on a budget, as part of Share Our Strength's No Kid Hungry campaign.
- [NHLBI Free Healthy Recipes](#) offers a variety of recipes is available to help you plan meals. All recipes are heart healthy and include important information about the serving size, number of servings, calories, and other nutrients.
- [VegWorcester](#) VegWorcester advocates vegan and vegetarian lifestyle, and supports those just learning about or transitioning to a plant-based lifestyle. They organize and collaborate with local community events with a message of compassion for animals.
- [Colin Cooks Vegan](#) Colin McCullough has been a vegan for over 20 years and teaches people ways to incorporate whole-foods and plant-based meals into their diet. He teaches cooking classes to libraries, churches and other organizations.
- Cooking blogs
  - <http://libwww.freelibrary.org/programs/culinary/blog.cfm>  
FREE online cookbook
  - <https://books.leannebrown.com/good-and-cheap.pdf>

- <https://books.leannebrown.com/bueno-y-barato.pdf>
  - From the Free Library of Philadelphia's Culinary Literacy Center's toolkit for public libraries  
<https://libwww.freelibrary.org/assets/pdf/programs/culinary/free-library-culinary-literacy-toolkit.pdf>
- [Worcester Regional Food Hub](#), learn how to start or grow your own food business with the Worcester Regional Food Hub & Out to Lunch Concert Series and Farmers Market
- **Gardening & Farming:**
  - [Regional Environmental Council](#) (REC): is a worcester-based environmental & food justice grassroots organization. They provides community garden opportunities for youth and adults, as well as, farmers markets (including a mobile farmers market!).
  - [North East Organic Farming Association](#) : Provides education opportunities for organic farmers, organic gardeners, and consumers seeking to support organic farmers.
  - [UNH Gardening Extension](#): Master Gardeners are available to help connect you with the resources regarding: backyard livestock, food preservation, invasive plants and insects, growing vegetables, fruits, and flowers.
  - [You Grow Girl!](#) blog follows Gayla Trails experiences as a D.I.Y. urban farmer
  - [Adult Gardening Club at the WPL](#): Register [here](#) for our club meetings in July and August.
  - [UMass Amherst extension, Center for Agriculture, Food & the Environment](#), publishes newsletter, *Garden Clippings*, from March - October for home gardeners. Lots of other resources
  - Gale [Gardening, Landscape & Horticulture](#) database
- **Local Food:**
  - [Local Harvest](#): Tips on how-to and where-to find a Community Supported Agriculture (CSA) share.
  - **Farmers Markets:**
    - [MASSGROWN](#): Find a farmers market near you!
    - [Central Mass Locavore](#): Central Mass Locavore is an online marketplace of locally grown and produced food. Opportunity to support local farmers and have local goods delivered to your door.
    - [Central Mass Grown](#)
    - [SNAP & EBT at Massachusetts Farmers Markets](#): Many Massachusetts Farmers Markets now accept SNAP & EBT

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## Meeting Notes- 3/8/18

Meeting Attendance: Ping, Allison, Chris, Tracy, Qyuen, Joel

- Joel met with us for the first 10 minutes to connect with Chris re: the community garden
  - Consensus was reached; no more dirt added this year
  - Current dirt will be raked down
  - In May: REC will:
    - put up fence
    - Possibly build raised beds (?)
    - Put up trellis for squash
    - Put up signage (multilingual) to inform patrons about the garden
- Outreach:
  - We got the go-ahead to table and/or have Libby at the seedling sale
  - Chris recommended Mountain Crest Garden as a good & fairly priced vendor for succulents.  
[https://mountaincrestgardens.com/?gclid=EAIaIQobChMIIncmI2PLu2QIVTsDICh3Scg8AEAAAYASAAEgItd\\_D\\_BwE](https://mountaincrestgardens.com/?gclid=EAIaIQobChMIIncmI2PLu2QIVTsDICh3Scg8AEAAAYASAAEgItd_D_BwE)
  - Allison reached out to Seed to stem & Plant Nite to get quotes on build-a-terrarium instruction for summer reading launch
  - Allison & Ping selected seedlings from REC: we will receive about 60 seedlings, a mix of Kale, Tomatoes, and Basil. We will use these as giveaways for our garden club members.

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Meeting Notes - 3/1/18

Ping reiterated this year's summer reading theme: "*Library Rocks*". Read, learn, connect patrons to the library. We should build our summer Healthy Living programming around this.

The main topic discussed was gardening programming, and the *Learn-to-Grow* garden club we are in the process of establishing. We thought about trying to promote the club on EventKeeper by having a generic registration/sign-up, but Christina confirmed this is not an option. Other ideas to promote the club:

- Create a flyer to distribute in the library and to other organizations
- Inside outreach in WPL lobby
- WPL Facebook page
- Worcester GO site (<http://lists.wstr.org/listinfo.cgi/go-wstr.org>),
- REC's Spring Garden Festival & Plant Sale, May 19 @ Worcester Common. Amy & Dot to attend. Allison getting booth info. from Chris at REC. <https://www.recworchester.org/plantsale>  
<https://www.facebook.com/events/168497103935100/>
- GoLocalWorcester site: <http://www.golocalworchester.com>

First gardening program: SEAC demo planting in their garden @ WPL – May TBD

SRP kickoff event idea: *Build your own terrarium*. Allison offered to contact Seed to Stem for possible give- aways of air plants. People could bring their own container, no soil needed, just some moss and **rocks** ("reading rocks"! ). We could display books from our gardening collection such as:

Miniscapes : create your own terrarium / Clea Cregan. 635.9824 CREGAN



#### Action Items:

- Allison meet with REC on 3/8
- Jess researching nutritionists to be available for Q &A following cooking programs and to possibly have ongoing, weekly outreach with an "ask a nutritionist" table set up on 1<sup>st</sup> floor.
- Dot to reach out to Living Earth to see if they will do a program on buying organic. Whole Foods and Trader Joes are also considerations as previously suggested. However, we thought a smaller, locally owned shop may provide a better connection to our community.

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## Learn-to-Grow Organic Garden Club (2/27 DRAFT)

Join us for ongoing opportunities to develop your gardening knowledge and skills. Club members can participate in a combination of informational presentations with local experts and hands on experiences. It is free to join the club and great opportunity to meet your fellow beginner organic gardeners in the Worcester community.

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### Timeline of Garden programming

1. "Start with the Soil": Soil Health & compost (NOFA?) ( Jan/february)
  2. Selecting Seeds (march)
  3. Organic Gardening 101 (april)
  4. Transplanting Seedlings (may)
  5. Ask-a-Farmer!:Organic Gardening 101 table(June)
  6. Working Worms: Build-a-worm-bin (july)
  7. Harvesting (August-Sept)
  8. Storing the bounty: freezing, preserving, canning,pickling (October)
  9. Winter Cover (november-Dec)
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### Meeting notes from SEAC/REC/ Cotyledon Farms meetings

2/13/2018 & 2/14/2018

Meeting attendance: **2/13** Ping, Dot, Allison, Son ho, Quyen (sp?) Christopher, Tracy

**2/14** Dot, Allison, Amanda

Organizations in attendance: WPL, REC, SEAC, Cotyledon Farms

### Action Items:

- **Chris** will arrange for :
  - Soil delivery
  - Free plants for programming
  - Work with SEAC to put up fencing
  - Work with SEAC to put up edging

- Work with SEAC to rake down excess dirt and debris
  - Send Allison language for garden signage (Do not pick! Etc); Tracy will translate signage
  - **Allison** will :
    - Keep in touch with Christopher for timeline of garden management
    - Select and submit paperwork for free seedlings
    - Display REC educational literature in library
    - Work with Amanda to market Garden Club
    - Reach out to Library staff who have agriculture experience
      - (bee keeping? Goats? Other homesteading type stuff
        - Jess & Geoff?
    - Connect with Tracy to :
      - Get a garden plan from Son and Quyen
      - Get an estimated time for planting seedlings in garden
      - Coordinate
  - **Dot** will:
    - Stay in contact with Tracy to coordinate a Vietnamese cooking program and/ or potluck to take place between June and September.
  - **Amanda** will
    - Do a 15-minute CSA education crash course at the Soup class and the smoothie class
    - Amanda will help us coordinate and teach a container gardening class in May coinciding with the seedling drop off
    - Amanda will connect us with her friend ([Christine Croteau](#)) who is successfully managing her diabetes with local support and healthy eating
    - Amanda will co-teach a soil science and composting class (June? July?)
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## Programming:

- Transferring seedlings to your garden with SEAC
- Container Gardening with Amanda
- CSA Education with Amanda: during cooking classes

- Composting & Soil science with Amanda?
- Vietnamese spring roll demo with SEAC

### **Food Literacy/Healthy Living**

From: Allison McCarter

Sent: Tuesday, February 13, 2018 4:23 PM

To: Pingsheng Chen <pchen@mywpl.org>

Cc: Dorothy Sachs <dsachs@mywpl.org>; Jennifer Marien <jmarien@mywpl.org>

Subject: Library Community Garden

Hello Ping,

As requested, I want to confirm with you that we will be continuing our gardening partnership with REC Worcester and SEAC this year. The garden will be in the same location as last year; running beside the cement wall along Library Lane.

In the late spring, Chris Humphreys (from REC Worcester) will arrange:

- A temporary garden fence
- Raking down of soil and debris
- Fresh soil spread
- Low wood edging running along sidewalk

Son Ho & Qyun (from SEAC), will be maintaining the garden; planting, watering, weeding, etc.

Thank you,  
Allison

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# Sustainable living program proposals

NOFA Workshop list:

<https://www.nofamass.org/content/workshop-list>

## Container Gardening; low cost

Description: Learn to garden in small upcycled containers in your apartment windowsill or porch. If you save your own seeds and use recycled planters it's practically free!

Training Needed:

- Collaborate with REC Worcester?

Materials Needed:

- Planters for seedlings (upcycle style: egg cartons, 2 liter bottles, coffee cans, etc.)
  - o Could create own pots using 'hypertufa'
- Dirt
- Seeds/seedlings

Resources:

Hypertufa pots programming model: <http://www.programminglibrarian.org/programs/hypertufa-pots>

## Seed Lending Library:

Description:

Training needed:

- Allison visit local libraries that have developed and sustained seed lending libraries
- Open source seed lending computer program
- Develop seed lending library orientation

Materials needed:

- Seeds: Donor (master gardener perhaps), or purchase start up (may have funding available from USDA)
- Old card catalog for storage
- Envelopes to store seeds
- Drawer labels
- Envelope labels
- Literature
  - o How-to save your seeds brochures (template available for free online)
  - o Seed information forms

Resources for this project:

Webinar: <https://newdream.org/webinars/seed-library>

<http://www.richmondgrowsseeds.org/>

## Vermiculture: working worms!



- Wishing you could compost your food scraps but you live in an apartment? We have a solution! Join us for a program on vermiculture aka Worm Composting and get started with your very own apartment compost bin.

... I know what you're thinking...what about the smell? If your worm bin is healthy it just smells like dirt!

Materials needed:

- Worms/ worm castings: Allison will provide
- Power drill: from maintenance?
- Dirt/ moss
- Participants provide:
  - o Bring their own Tupperware bin

## Youthgrow (REC programming)

- Collaborate with YA librarian? Connect youth to cool Gardening opportunities?

## Farming as rehabilitation: Job Fair

Farm employment opportunities for community members recently released from prison or rehab

- Invite local farmers ( MHOFF, DISMAS) to discuss opportunities

Resources for this project:

<http://www.dismasfamily.org/programs/dismasfarm/>

<http://mhof.net/>

<http://exprisoners.org/index.php/about/>

## Plant a Pollinator garden at the library

Description: Plant a garden somewhere outside the library with plants that attract and support bees and butterflies

Resources for this project:

<https://www.usda.gov/media/blog/2015/12/4/library-garden-provides-rest-stop-monarch-butterflies>

Great education opportunity for all ages; invite bee keepers, local authors/professors/farmers to speak

Materials needed: Curated plants that attract pollinators; grant? Local donors?

## Guerilla gardening with seed bombs

Description:

**Seed bomb** assemblage is quite simple. After soaking your **seeds** overnight, mix together five parts clay with one part compost and one part **seeds**. Make sure the **seeds** are native to the area, as you do not want your seedlings to upset your local ecosystem.

Throw a **bomb** on some dirt and then wait. So long as it gets some sunlight and water, you'll have a patch of flowers or herbs in no time (fully bloomed or ready to be harvested in 6 weeks). The **bomb** part is made of clay and peat moss, so it protects the **seeds** while keeping them moist.

Materials needed: seeds/dirt/clay

Resources for this project:

: <http://www.guerrillagardening.org/ggseedbombs.html>

## DIY Bee Houses

Description: Solitary bees are harmless and not aggressive. They rarely if ever sting unless trodden on or squashed between your fingers. They do not have painful stings like honeybees. In most cases if they attempt to sting, you will not even feel it. They do not live in hives, make honey, build honeycombs, or swarm.

If you find them (for example in old house walls) please leave them alone. Colonies are very faithful to their nest sites and may have been living there for many decades. They are part of the 'fine grain' of your local biodiversity—something to be cherished.

A number of the species that are commonly seen in gardens, such as Red Mason and Leafcutter Bees, nest in tubes or tunnels. They are very useful as they pollinate fruit crops. Gardeners can easily encourage these bees by providing artificial nest sites, by drilling holes in dry logs or blocks of wood.

Resources for this project:

Materials needed: cardboard toilet paper rolls

Or buy- chunk of wood & drill

Resources for this project:

<http://pacificabeachcoalition.org/diy-bee-house-recycle/>

## Upcycle Terrariums

Description: Create a small terrarium garden for your home!

From Programming librarian website:

“This program was inspired by the concept of reduce, reuse and recycle. We connected with a local family-owned nursery that specialized in terrariums, mosses and fairy gardens to lead this educational program. The nursery provided all the materials, and the staff members of the Patience S. Latting Northwest Library collaborated to gather recycled materials for customers to use.”

Resources for this project: <https://www.diys.com/miniature-terrariums/>

Reach out to Seed to Stem; they may provide a demonstration for us:

<https://www.seedtostemhome.com/>

Materials needed:

- Patrons bring their own glass container (could be an old jam jar, pickle jar, etc.)
- Library (or local nursery) provides: moss & soil

## Rain Barrel Art

Description: Art and water sustainability education meet in one event! Connect with local artists to paint rain barrels & local experts on water conservation

Resources for this project: <http://www.programminglibrarian.org/programs/rain-barrel-art-and-auction>

Materials needed:

- rain barrels

## Community Supported Agriculture (CSA) Fair

Description: Invite area farmers that offer a CSA to come in and recruit CSA members and educate the community on what a CSA is, how they can contribute, how they can afford (may farms accept SNAP, have sliding scales, and offer working share holder positions)

Resources for this project:

- Contact local farmers
- <https://www.centralmassorganics.com/p-47-why-.html>
- <https://www.localharvest.org/worcester-ma/csa>

Materials needed:

## Taste of the Market

Description: Invite local chefs in to cook using fresh produce from area farms and markets

Resources for this project:

Connect with Dot & her resources

<https://www.centralmassorganics.com/p-47-why-.html>

Materials needed:

- Information from Chefs & local farmers
- Information about local farmers markets

## Roving indoor Hydroponic Garden

Description: Christopher from REC Worcester will provide details

Resources for this project: <https://replantable.com/>

Materials needed:

- Hydroponic unit from [replantable.com](https://replantable.com/)
- Seed pads from [replantable.com](https://replantable.com/)
- Policy and protocol for care/ use/storage/ what will we do with produce as it grows

## Urban Bee Keeping

Description: Invite local bee keepers in to discuss how to help maintain the bee population in Massachusetts; either by beekeeping, planting pollinator gardens at home, or avoiding use of pesticides.

Resources for this project:

- Chris from REC Worcester mentioned he knows a local beekeeper who may be interested in talking at the library
- <http://worcestercountybeekeepers.com/>

Materials needed:

## Deans Beans: Sustainable coffee from beans to bags!

Description: Invite owners of dean's beans to talk at the library about the many ways in which they support sustainable agriculture locally and abroad.

Resources for this project:

<https://deansbeans.com/work>

Materials needed: