

Seeds of Hope Farm Underway

By- Gabriel Hahn

It's already the time of year to start farming or gardening. If we want to eat farm fresh in May, June, and July, now is the time to start those seeds. We've spent the winter refining our program, choosing crops and varieties, and determining how much we are going to grow of what and when. Truly, the farming never stops. And why should it? We can't live without food.

The last two years we've grown plenty of produce and our presence has been made known. This season we want to weave ourselves (and farms) deeper into the communities of Spanish Lake and Bel-Ridge through events, gatherings, and education, the idea being that healthy eating and lifestyle flows naturally into the communities we serve, and the farms are places where people come to feel good and be together. Both farms will be a place where we share and learn, work and grow.

CSA enrollment has already been available since the end of February. Throughout the spring season we will see educational opportunities through MU Extension's Eating Smart, Being Active, hosted at CAASTLC. Produce this year will be available through CSA membership, Overland Farmer's Market, and if things go well, on-site farm stands as well.

We are also finalizing our enrollment with SNAP, so qualifying clients can save cash and pay for produce or farm shares with EBT wherever the purchase is being made (Overland FM, on-farm, or at CAASTLC). Flyers with program information are available in the CAASTLC lobby. For more information, please visit seedsofhopefarm.org or contact Gabriel Hahn, Farm Manager, at ghahn@caastlc.org or 314.566.8643.