



ALASKA RESILIENCE FARMS

Who Do You Want To Be?

PRESENTED TO YOU BY:



Topics

Who Do You Want to Be?

Mutual Aid

Anangookwe Wolf

Community Gardens

Sara Renard-Woods

Farm-to-Table

Anangookwe Wolf

Market Gardens

Sara Renard-Woods

Care Farms

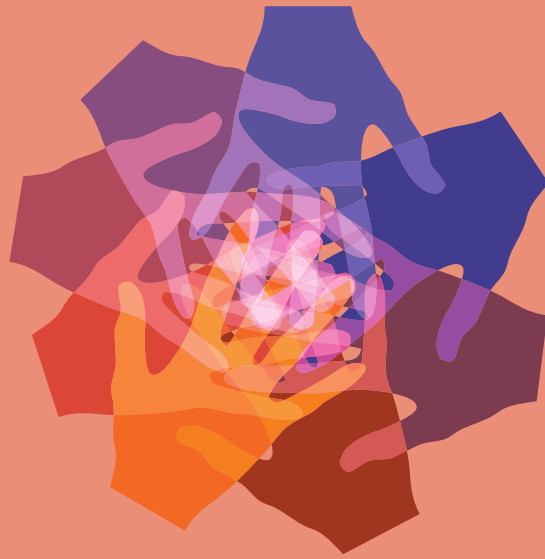
Anangookwe Wolf

Nonprofits

Sara Renard-Woods

Food Forest

Marc Cambra



Mutual Aid Farms

"Soil is not just a substance, soil is the soul."
— Amit Kalantri, Wealth of Words



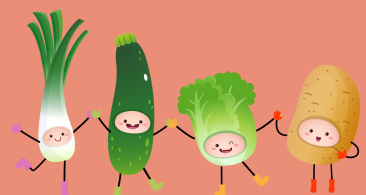
What is a Mutual Aid Garden?

Mutual Aid: A structured volunteer organization with the idea that all volunteers contribute to a cause or mission. Mutual Aid is fairly common by itself without a formal organization behind it. We all have something to offer and ways to support each other.

Examples: Borrowing a cup of sugar. Sharing recipes. Teaching a neighbor how to fix something. Ect.

Mutual Aid Garden: With a Mutual Aid Garden, all contributing members are pulling together to grow food and can all benefit from that food. Think of this as a give-and-take garden. You give your time and/or your materials and you then can take home some of the crops you helped contribute to.

Why is this beneficial?: Not everyone has everything they need to grow crops successfully, but communities can pull together their resources to accomplish shared goals. Building good repour with your community members, strengthening the bonds between people.



Examples of a Mutual Aid Garden



Opirg Kingston



"We don't rely on those in power to fix things for us – we come together and take direct action. We share space, harvests, and learn new skills together."

"Eliminating hunger and food waste in Southcentral Alaska through story sharing and community collaborations"



GARBAGE HILL FARM

"... Garbage Hill Farm planted a publicly accessible mutual aid garden on the north side of the property. This self-harvest garden can be accessed annually throughout the Chicago summer growing season."

Yarducopia

"We pair homeowners who donate yard space and tools with volunteers who want to learn organic gardening techniques. The produce grown is split between homeowner and volunteers, saving ten percent to be given to a charity of their choice. "



Ways to Start a Mutual Aid Garden

At little to no cost



To Get Growing Space:

Neighbors offer space
for community
members to grow
or
Section off their
outdoor garden to
grow food for the
community



Utilize your balcony



Credit: Garbage Hill Farm



Portion off a section of your
balcony to grow foods to
donate to your community
fridge

To Get Tools :

Recycling center – 5 gallon buckets
Midtown Garden– free gardening supplies
◦ via Yarducopia
FB Buy Nothing Groups

To Get The Word Out :

Create a presence in the community

Via

Website
Instagram
Facebook



To Get Other Needs :

Specifically for Lasagna beds:

Cardboard– REI, Costco, Dumpster Diving

Seed Exchange ANC

Anchorage Botanical Gardens

Seeds Savers Exchange

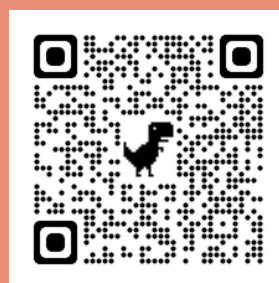


Seed Savers
EXCHANGE.

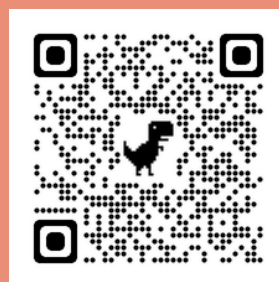
Resources for Mutual Aid



Mutual Aid Network of Anchorage



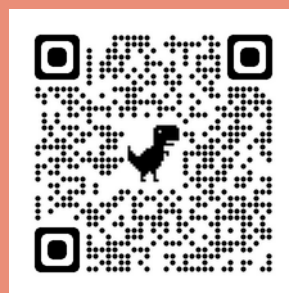
Mutual Aid Building Solidarity During This Crisis (and the Next) Dean Spade (Author)



Sitka Mutual Aid

Neighbors taking care of neighbors in the face of COVID-19

"Sitka Mutual Aid primarily serve people experiencing food insecurity, those with financial need, people in quarantine, people in self-isolation, and people at high-risk for COVID-19."



Notes



Community Gardens

"There's nothing like eating food you've grown yourself."
— A.D. Aliwat, In Limbo



What is a Community Garden?



Community Garden: A space in a community where individuals and their families can rent space to grow to produce. Typically there is a lot of land that has evenly divided growing spaces.

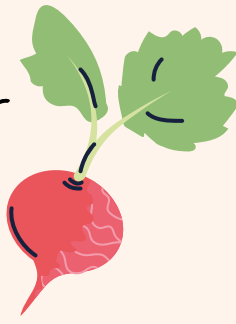
Methods: Often raised beds but you can make some with in-ground beds.

Why is this beneficial?: Especially in urban settings where land to grow on is hard to come by (think of people living in apartments for example). This also has people growing closely together and provides opportunities to exchange knowledge and get to know your community members better.

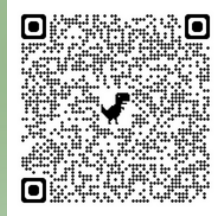
This is an essential part of our state's Food Sovereignty solution.

The more that the communities begin supplying means to individuals and/or their families for the growth of their food, the better for the wealth and health of that community.

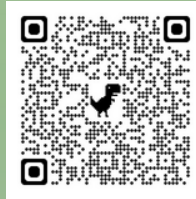
Examples of Community Gardens in Alaska



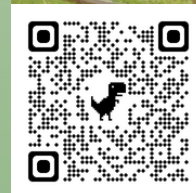
Anchorage
Community
Garden



Fairbanks Community
Garden
SWCD



Video Resource:



Palmer Community Garden

Resources for Starting a Community Garden

Possible Steps:

1. ORGANIZE A MEETING OF INTERESTED PEOPLE.
2. FORM A PLANNING COMMITTEE.
3. IDENTIFY YOUR RESOURCES.
4. APPROACH A SPONSOR.
5. CHOOSE A SITE.
6. PREPARE AND DEVELOP THE SITE.
7. PLAN FOR CHILDREN.
8. ORGANIZE THE GARDEN.
9. DETERMINE RULES AND PUT THEM IN WRITING.
10. COMMUNICATE WITH PARTICIPANTS.



Sourced from the Noble Reach Institute

Other Resources:



Seed Money – Seedmoney.org

SeedMoney provides online tools and training food and support.



SeedMoney



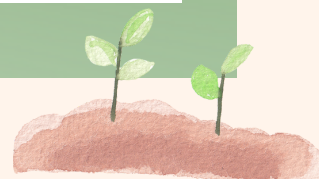
Fairbank Soil and Water Conservation District

"If you have questions or would like to have us help you set up a community garden, please email Mel.fswcd@gmail.com"



USDA Community Garden webpage

This site include guidelines and tool a tool kit

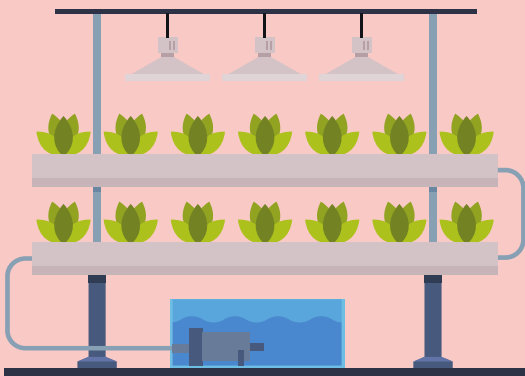


Notes



Farm-to-Table

"Without the farmer, there is no food."
— Lailah Gifty Akita





What is Farm-to-Table?



Farm-to-table: also known as farm to fork, can be defined as a social movement where restaurants source their ingredients from local farms, usually through direct acquisition from a farmer. Most traditional restaurants get their produce from other parts of the country or around the world.



Why is it Beneficial? Farm-to-table food is healthier than processed and packaged foods. Many of the ingredients and products are locally grown or raised. Pre-packaged food you buy at the store more calories, fat, sugar, and carbohydrates than foods grown at your local farm.

When you dine out at a farm-to-table restaurant, you're helping the environment, too. Because local food is transported just small distances, less fuel is consumed and less emissions are released in the process of getting the ingredients to the restaurant.



Examples of Farm-to-Table

Bear Tooth Theaterpub
and Grill



Crush Wine Bistro
and Cellar



Arctic Harvest Deliveries



<https://arcticharvest.localfoodmarketplace.com/>

Resources for Farm-to-Table

How to find a Farm to Table near you:

- 1) **CSA** - Community Supported Agriculture consists of a community of individuals who pledge support to a farm operation so that the farmland becomes
- 2) **Restaurants** - Use the tool from "local harvest" to find a restaurant that uses locally grown produce in their dishes.
- 3) **Farmers Market** - A food market at which local farmers sell fruit and vegetables and often meat, cheese, and bakery products directly to consumers.



localharvest.org a tool to find
farm to table restaurants in
your area.



Farm to Fork
Strategy



Notes



Market Gardens

"A farmer is a magician who produces money from the mud."
— Amit Kalantri, *Wealth of Words*





What is a Market Garden?



Market Garden: A smaller scale farm that works efficiently to sell crops directly to consumers or restaurants. They are for-profit farms.

Crops Grown: Fruits, vegetables, flowers, and cash crops.

Size of Operation: Generally between 1 to 3 acres.

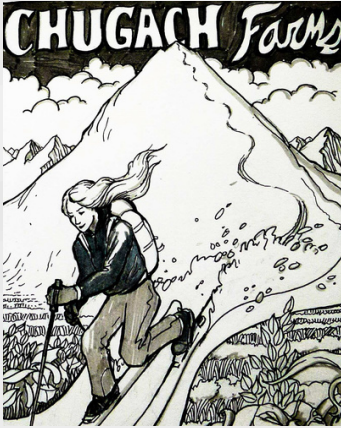
Techniques Practiced: Monoculture, mechanization, manual labor, gardening techniques.

Fun Tidbit; Many people who get into Market Gardens develop a whole lifestyle around the business.





Examples of Market Gardens



Chugach Farms

"Hunt-Fish-Gather-Grow"



"Since purchasing land in Alaska in 2002, Allie and Jed have put their hearts, souls, blood and a few tears into creating a small scale, off-grid homestead and farm."



Alaska
Blooms
PEONY FARM



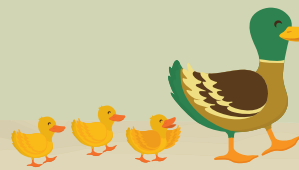
Wild Wellness Farm

"Ecologically Regenerative"

"Our focus is on fruit productions, market gardening, and wildcrafting."

"...sustainable living development in the fields of natural building, Permaculture design, and regenerative farming practices."





Resources for Market Gardens

IT GROWS IN ALASKA



In the Alaska Garden with Heidi Rader

Includes 'Ask an Expert' tab



ATTRA
SUSTAINABLE AGRICULTURE

Market Gardening: A Start Up Guide

<https://attra.ncat.org/topics/>



A Publication of
ATTRA—National
Sustainable
Agriculture
www.attra.ncat.org

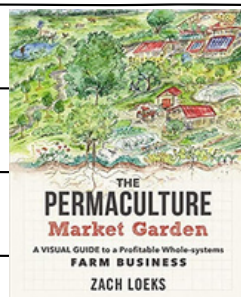
Starting A Market Garden: The Complete Beginners Guide



GroCycle

The Permaculture
Market Garden:
A visual guide to a
profitable whole-
systems farm
business Paperback

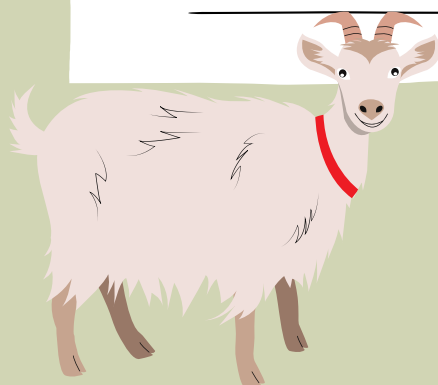
by Zack Loeks



By Pam Dawling



Sustainable
Market
Farming:
Intensive
Vegetable
Production



Notes



Care Farms

“The ultimate goal of farming is not the growing of crops, but the cultivation
and perfection of human beings.”

— Masanobu Fukuoka, *The One-Straw Revolution*



What is a Care Farm?



What is a Care Farm?: "It is an increasingly well-established therapeutic intervention, embedding therapeutic processes within an agricultural landscape.

It draws on, incorporates, and benefits from connections to green, eco, and nature based-therapies, utilizing biotic and abiotic elements of nature to promote social, physical, mental, and emotional well-being"

Green Care in Agriculture: Health Effects, Economics
and Policies
Pages 13-24

Why is it beneficial?:

Increased self-esteem

Improved social interaction

Enhanced confidence

Developing awareness of well-being

Working individually and as part of a team

Preventing deterioration in many conditions

Seeking paid employment or voluntary work



Examples of Care Farms



an Alaska Behavioral Health program



Growing Food, Supporting Youth

Our Mission

Alaska Seeds of Change employs and empowers local youth, promoting self-reliance and community involvement, to grow and sell fresh produce.

"All of the farmers receive food business and agriculture training hosted by Set Up Shop and our partner agency, the Refugee Assistance and Immigration Services program at Catholic Social Services."



Notes



Nonprofits

"Without the farmer, there is no food."
— Lailah Gifty Akita



What is a Nonprofit Farm?



Nonprofit: An organization that has a mission and purpose to aid in a social cause and provides public benefit.

A lot of Non-profits can also be considered Care Farms because their mission is about helping certain populations in the community.

Examples: Disconnected youth, refugees, school students, elders ect...

How do you make a living as a nonprofit?: Generally, nonprofit farms need to find ways to support their food production. This can look like getting help from the state, government, or funding sources who offer grants for agriculture/education/food security. Having something other than the product to bring people onto the farm with donations.

Examples: workshops, field trips, onsite therapists, or other added valued options helps to make the farms sustainable too.



2 Different IRS Write-Offs:

section 501(c)(3): Charitable Organizations

Section 501(c)(5): Agricultural Work

Volunteers: Nonprofit Farms share the load and experience with volunteers who support the mission of the farm or who are looking for hands-on experience.



VOLUNTEERS

Examples of Nonprofit Farms



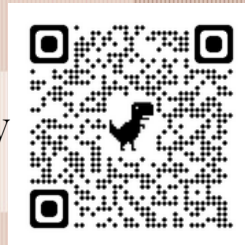
"Our Mission is to encourage local food production and environmental awareness through hands-on education in natural and farming ecosystems."



"Seed of Love is a 501 (c)(3) non-profit community care farm on the island of Molokai (Hawaii). We work with the land and community to create healing and educational opportunities for anyone who wishes to participate, with emphasis towards youth and community members with little or no financial means."

The Tyonek Community Garden is a garden space that helps the overall community. Elders first, community members, and their schools. The Community Garden helps teach their children how to work their land for nutrients.

Tyonek
Community
Garden





Resources for Nonprofits



IRS

Information about nonprofit
tax write offs



Farm Comms

"I want to form a non-profit farm. What's next?"



Models to Protect the Farm from
Development: Nonprofit Incorporation



Candid.

Research and verify nonprofits

Find funding

Explore issues

Improve your nonprofit

Improve your foundation

Tell your story

Use our data

Stay up to date

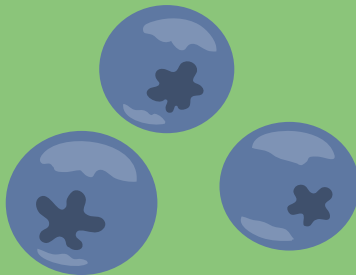


Notes



Food Forest

Permaculture gives us a toolkit to move our culture from a culture of fear and scarcity to one of love and abundance — Toby Hemenway





What is a Food Forest?

Food Forest: A food forest, also called a forest garden, is a diverse planting of edible plants that attempts to mimic the ecosystems and patterns found in nature. Food forests are three-dimensional designs, with life-extending in all directions – up, down, and out.



Food Forests' Living Web

A Web of Life

A food forest is designed to link food crops together in a web of life similar to that of other forests. Our web engages plants, animals, and fungi to help with gardening tasks. We grow a whole forest, not just food, and we get pest control, weed control, fertilizers, water storage, and a beautiful space for people.

All fruits start as pollinated flowers.



Ladybugs and green lacewing larva protect budding fruit from aphids and thrips.



Seedbugs save leaves from leafhoppers.



Helping Flowers Become Fruit
The food forest builds habitat for predators and pollinators that tend our flowers and fruits as they grow.

Building Soil

Worms, fungi, and other soil life eat dead leaves, creating top soil full of precious nutrients that plants can absorb easily.



A plum tree may take 5 to 10 years to mature, and with care it can produce plums for decades.

Slowing Water to Protect Soil
Layers of plants slow down speeding raindrops to lessen their impact.



Rain drops can fall at 30 miles per hour, breaking apart and crushing exposed soil.



Storing Water
Good soil structure provides air space for soil life and acts as a sponge, storing water for our dry summers.



Cleaning Water
Like a carbon filter used to clean water, soil with a lot of organic content (carbon) cleans stormwater.

Wally Vandenborn

Groundwater



What is a Food Forest?



Layers: Generally, we recognize seven layers of a forest garden – the overstory, the understory, the shrub layer, the herbaceous layer, the root layer, the ground cover layer, and the vine layer.

Some also like to recognize the mycelial layer, layer eight (mushrooms). Using these layers, we can fit more plants in an area without causing failure due to competition.

It is possible to have a mini-food forest in your yard



Maintenance: A food forest does not have to be re-planted year after year. Once it is established, it is generally very resilient. Deer and rabbits might come and munch some of the herbaceous edibles in some areas, for example, but other species will not be palatable to them or will be out of their reach. Or perhaps some children will come running through the area in wild play, running off the path and possibly causing some damage to the ground cover and herbaceous layers. Not only will they usually grow right back, since many will be perennials and have healthy underground systems, but the trees, shrubs, and vines should be undamaged.

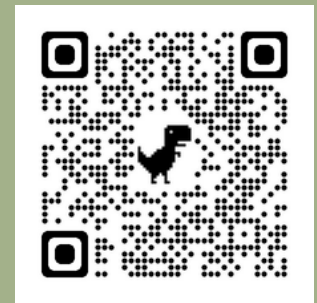
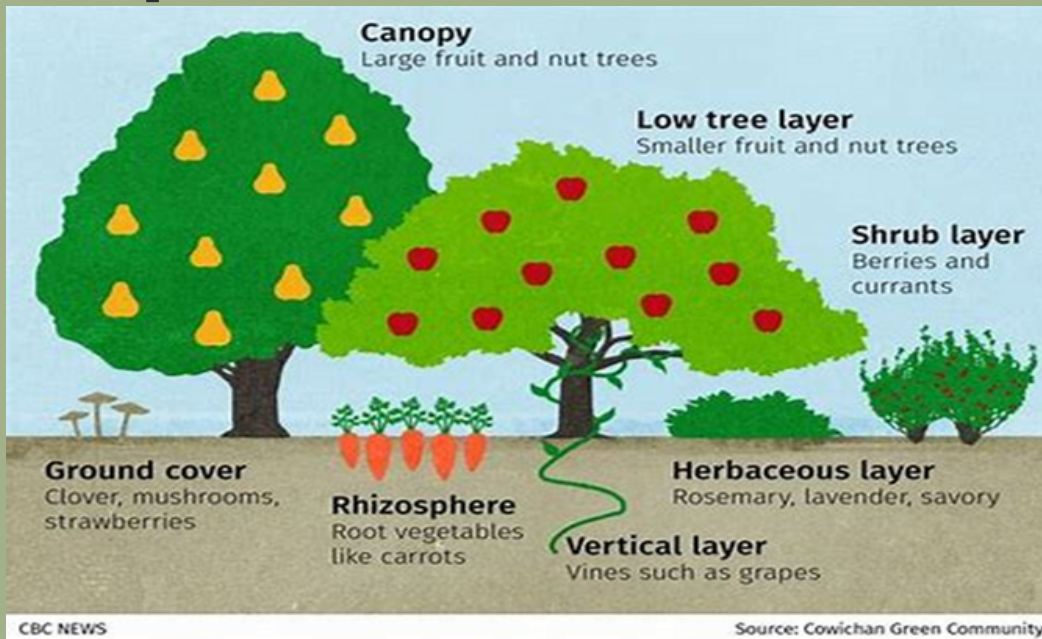




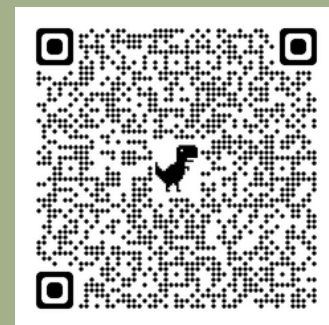
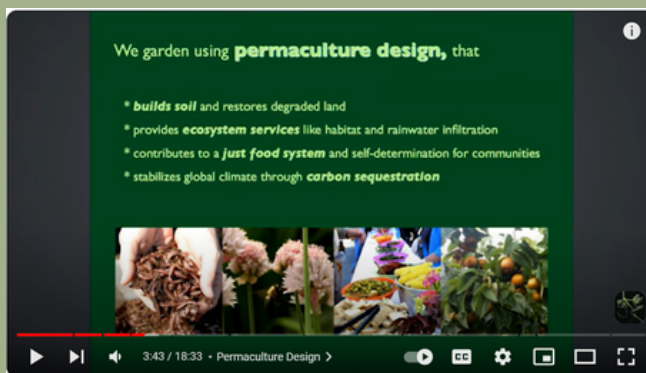
Resources for Food Forests



How to Create a Food Forest – Step-by-Step Guide



Jonathan Bates - From Bare Ground to Urban Paradise on One-Tenth of an Acre



Notes

General Resources

Alaska Food Policy Council – Resource Page

“Great Idea, But How Are You Going to Pay For That?,”

Quentin Fong, Amy Pettit, Michelle Rodekohr, Bryce Wrigley: Alaska Food Festival & Conference. November 7th, 2014.



Alaska Food Policy Council – Resource Page

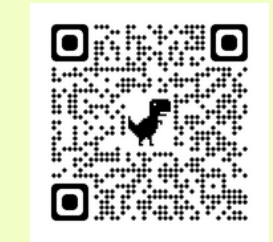
“Planning & Promoting Small Specialty Food Business,”

Kate Idzorek and Amy Pettit: Alaska Food Festival & Conference. November 7th, 2014.



United States Department of Agriculture

Urban Agriculture Tool Kit



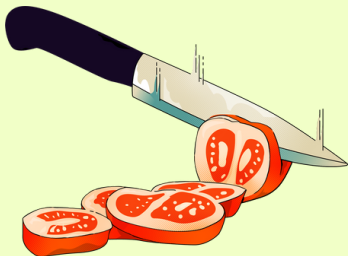
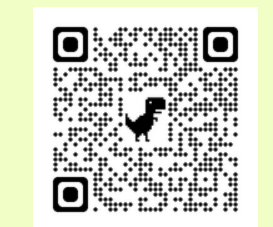
Alaska Farmland Trust

Toolbox for Farmland Seekers



Alaska Farm Bureau

Grants for small agriculture education projects



Thank you to our funders:



Alaska
CONSERVATION
FOUNDATION

**NORTHERN
LATITUDES**

Chukotka Federal Conservation District
Chukotka Department of Natural Resources



AlaskaResilienceFarms.org

Thank You!

