We: expand the growing of fruits and vegetables in and near urban areas of northern Delaware.

We: improve access to healthy foods for those who currently don't have wide access.

We: provide information about healthy eating.

All to meet our goal: healthy, sustainable, vibrant communities.

Throughout northern New Castle County, we are:

Assessing how fresh fruits and vegetables are currently grown and distributed, including the potential for expansion of this system.

Reaching out to minority neighborhoods and stakeholders to increase healthy food demand.

Supporting the Healthy Corner Store Initiative in partnership with the Food Trust.

Addressing the need for equitable water access for urban farms and community gardens.

The following pages summarize many DEUFFC members’ great work that help to meet our goal. Please read through to learn more, and please consider supporting these and other members’ terrific efforts!

For more information, contact:

♦ Gail Hermenau, Manager, Planting Hope Urban Farm and Co-Chair, DE Urban Farm and Food Coalition; compostgail@hotmail.com / 302-494-7952

Or

♦ Ann Mattingly, Director of Programs at the Delaware Center for Horticulture and Co-Chair, DE Urban Farm and Food Coalition; amattingly@thedch.org / 302-658-6262x102
The 12th & Brandywine Urban Farm: A Community Growing Together

The 12th & Brandywine Urban Farm site contains 2,000 square feet of growing space: 600 square feet of intergenerational community garden space; and, 1,400 square feet of commercial growing space that comprises Wilmington’s first urban farm and that is operated by The Delaware Center for Horticulture (TheDCH).

In 2008, the Urban Farm’s location was developed after neighbors asked TheDCH for help with greening the abandoned house lots that comprised the site. The neighbors’ ultimate decision was to address food security and economic development, vs. their original idea of more park-like improvements. The DE Urban Farm and Food Coalition came together as an organization to support development of the Urban Farm site. The Coalition is now addressing the availability of fresh vegetables and fruits via growing, distribution, education, marketing, and policy development throughout northern New Castle County.

The community gardeners, residents of nearby neighborhoods, grow fruits and vegetables for their own and their families’ consumption. Vegetables and fruit from the commercial side are sold at low prices to neighborhood residents; any excess is donated to local food pantries and soup kitchens.

For more information contact:
Ann Mattinlgy, Director of Programs at TheDCH: amattingly@thedch.org 302/658-6262, x102.

Photo Credit: TCDavis
The University of Delaware Cooperative Extension (UDCE) connects the public with University knowledge, research and resources to address youth, family, community and agricultural needs. We work hand in hand with the College of Agriculture and Natural Resources.

UDCE’s Lawn and Garden program provides services to community residents and small-scale growers who are seeking assistance in their home and community landscapes, as well as businesses. Together with Master Gardener (MG) volunteer educators, UDCE professionals implement and support soil testing and plant diagnostic services, workshops and presentations, demonstration gardens, site visits, phone and email inquiries, and more.

With an increasing need to raise agricultural awareness, to address food access and security issues, to teach communities to grow, prepare, and to consume fresh, locally grown food, our New Castle County program has responded in a multiplicity of ways including our partnership with the Delaware Center for Horticulture (theDCH) to facilitate the work of the Delaware Urban Farm and Food Coalition (DEUFFC). We’ve provided on-site technical assistance to individuals, families and communities to grow food for their own consumption, for sale, or both. We’ve trained MGs to offer additional “food gardening” presentations and workshops, and we have better focused our demonstration gardens to respond to clientele need. Just this year, our Master Gardener program, and its very talented volunteers, has supported more than 20 community and school gardens with technical assistance and educational programming.

Contact us for more information:

Extension Educator, Master Gardener Coordinator, Carrie Murphy, cjmurphy@udel.edu
extension.udel.edu/lawngarden  (302) 831-COOP  Garden Line: (302) 831-8862
Bright Spot Farms is a social enterprise business that employs youth aging out of foster care to teach them the skills to gain long-term employment.

Cool Spring Farmers Market: Bright Spot Ventures runs the Cool Spring Farmers Market, located at 10th and Jackson St. Open Thursday evenings from 4 PM to 8 PM June through September, the market features locally produced fresh vegetables, fruit, meat, eggs and artisanal foods, as well as weekly musical performances.

Urban Farm: Bright Spot employees grow produce using sustainable agricultural practices on a ½ acre at Herman Holloway. The fresh produce is sold through the Mobile Market, which stops at locations throughout the Wilmington, May through October.

Horticultural Curriculum: Employees participate in a paid 12-week horticultural education program, certified by the Delaware Nursery and Landscape Association. Through the program, employees learn skills used in nursery production, landscaping, and farming. The program also teaches customer service and soft skills.

Greenhouse: Bright Spot Farms runs a greenhouse at Herman Holloway Campus. Spring annuals and Christmas Poinsettias are some of the plants available to the public.

Check our website www.brightspotfarms.org to find our 2015 mobile market schedule and follow progress at the farm!

To learn more about how you can get involved with Bright Spot Farms, contact Mike McCafferty at brightspotventures@gmail.com or by phone at 302-658-4171 x261.
The Clarence Fraim Youth Garden Club

The Clarence Fraim Youth Garden is a program offered by the Clarence Fraim Boys & Girls Club located at 669 S Union Street, Wilmington Delaware. The garden consists of 7 raised beds, rain barrels and a compost bin. Programming is provided by the Delaware Center for Horticulture during the summer, spring and fall as part of the after school and summer break program.

Programs are geared towards 1st—3rd graders. Sessions run for 6-8 weeks. During each session participants are taught:

- Seed germination
- Edible plant part
- How to read a seed catalog and seed packets
- Taste testing vegetables
- Proper care of vegetable plants in a garden
- Composting
- Nutrition education
- How to work with others in a community garden

Contact Information:
Ruth Arias Community Garden Liaison The Delaware Center for Horticulture, rarias@thedch.org 302 658-6262 ext. 113
Rachel Kane, Executive Director , Clarence Fraim Boys & Girls Club rkane@bgclubs.org 302 655-4591
Duffy’s Hope Garden

The Duffy’s Hope Youth Garden & Market Initiative launched on May 1, 2013 is an urban agricultural garden located on Wilmington’s Eastside on a 7200 square foot former parking lot on the corner of 9th and Church Streets. The goal is to provide fresh fruit, vegetables and flower crops to youth and their families and the community surrounding the garden. Partnerships for funding, planning and maintaining the Garden have been made with DNREC, the University of Delaware Ag Extension and the Delaware Center for Horticulture along with Individual contributions from the Eastside Community and others in the region involved in urban agriculture.

The garden is unique in being the first enterprise in New Castle County established on an asphalt parking lot covered with white stone and employing the technique of raised bed Hugelkultur. The twelve 4 foot by 8 foot cypress wood beds contain 12 inches of thick hardwood bark chips at the bottom topped with 12 inches of topsoil and leaf mulch. In 2014 container grown fresh fruit were added to the production. Use of a natural product fertilizer including mychorrizae eliminated the need for using chemical fertilizers. Planting varieties with good insect and disease resistance eliminated use of pesticides. A Fall 2014 addition included a cut flower and landscape section on 1700 square feet on the 9th Street side of the garden. The planning and execution of the area was done in partnership with the University of Delaware Landscape Design faculty and students and Gateway Gardens in Hockessin. Twelve cypress wood beds using the Hugelkulture technique described above were planted with bulbs and perennial flowers and shrubs.

The project is providing economic, cultural and therapeutic benefits through youth- and community-based gardening activities. Twenty Duffy’s Hope youth ages 12 to 18 participating in the Ambassador program and Eastside Community neighbors are learning and applying sound agronomic and Integrated Pest Management practices. The garden further improves access for inner city Wilmington residents to local, fresh produce.

The youth and neighbors are gaining an appreciation for agriculture and developing healthy eating habit. It encourages youth to work as teams and learn socialization skills while working together in the garden. The youth are forging positive relationships with adult volunteers from Duffy’s Hope and the neighbors.

A major accomplishment will be to demonstrate productive and sustainable urban agricultural practices while creating educational and career opportunities for those who generally have minimal access to the benefits of agriculture. In addition to normal garden activities, events in May and September 2015 at the Garden in collaboration with the Delaware Center for Horticulture, Delaware State University Extension and The Food Bank of Delaware focused on education and career opportunities.

Prepared by Konrad Kmetz

October 28, 2015
Wilmington Healthy Corner Stores Network

The public health challenges facing Wilmington to reduce its burden of obesity and diet-related diseases are great. City and statewide leaders have mobilized tremendous community assets to address the city’s lack of healthy food access and other barriers to healthier communities. The Food Trust of Philadelphia and its Wilmington partners have embarked on fully funded planning and implementation for a new citywide Healthy Corner Store Network, which will increase healthy food access and nutrition education in the city’s most underserved neighborhoods.

The Healthy Corner Store Initiative is a successful model for increasing the availability of healthy food in corner stores by identifying a continuum of readiness for store changes. The program builds relationships with store owners and asks them to make gradual changes with support and training. With this assistance, store owners are willing to sell healthy products and believe these changes can be sustainable and profitable.

The Planning Phase was completed from June to December, 2014. The two year Implementation Phase began on March, 2015. The Food Trust staff is working with community partners beginning with a pilot of 20 corner stores for 2015. Participating stores will receive training, technical assistance and resources to help them stock and promote a variety of healthy products, along with nutrition education in selected stores, such as taste tests, cooking demos, and educational store tours, to help residents to identify, prepare and enjoy healthier foods. The objective is to influence corner stores to stock and sell more Delaware-grown fresh produce and offer healthier canned goods and drinks to their customers. The four core components in the Implementation Phase are:

- Healthy Corner Store Retail Development
- Healthy Food Identification Marketing Campaign
- In-Store Nutrition Education.
- Community Outreach and Education

Wilmington partners in the program include:
- Delaware Urban Farm and Food Coalition
- Nemours Health and Prevention Services
- Delaware Department of Agriculture
- University of Delaware Agriculture Extension
- City of Wilmington, Neighborhood Development
- Delaware Division of Public Health
- The Food Bank of Delaware
- Small Business and Technology Development Center
- Area representatives from all food under-served neighborhoods

Project Overview: Over the next two-three years, through funding from the Longwood Foundation, Nemours Health & Prevention Services from the U.S. Centers for Disease Control (PICH), and a specialty crop grant from the DE Department of Agriculture, The Food Trust staff will work with community partners to launch the Healthy Corner Store Network in Wilmington, Delaware. Participating stores will receive training, technical assistance and
resources to help them stock and promote a variety of healthy products, along with nutrition education and health promotion efforts in selected stores, such as taste tests, blood pressure screenings, cooking demos, and educational store tours, to help residents to identify, prepare and enjoy healthier foods. The Food Trust to work with Wilmington partners to help corner store owners stock and sell more Delaware-grown fresh produce in their stores.

**Approach:** The Food Trust will utilize both direct-implementation and train-the-trainer models in order to establish a sustainable program that can be maintained by the community at large. In addition, the Project Manager will work closely with already established community partners and staff to collaborate and provide training on program implementation.

**Major results to date:**

- The 4-Phase Process including 1) Inventory Changes; 2) Healthy Food ID Campaign; 3) Business Training for Owners and 4) Store conversions is working extremely well.
- A highlight has been the positive reception of the 12 enrolled stores to the Healthy Food ID Campaign in allowing the Store Member sticker to be placed on the front door and the green-yellow-red product guides on multiple shelves in each store.
- 80% of the enrolled stores have introduced fruits and vegetable products.
- Stores have introduced a net total of 54 new healthy products including 21 being fruit and vegetable products, 8 of which were fresh.
- Stores were visited to identify equipment needs to increase the availability of fresh fruit and vegetables. Five to seven stores will receive equipment during October.
- The Food Trust nutrition educator completed her lessons series in five stores. With 145 distinct customer interactions, 136 customers (93.8%) participated in an entire lesson. The four lesson topics included Fruits & Vegetables, Fiber, Using All Forms of Fruits & Vegetables (frozen, canned, etc.), and Fast & Healthy Recipes.
  - In La Flor Grocery, as many as half of lesson participants in later weeks had participated in an earlier week’s lessons.
  - 96% reported that they had learned something new following the lesson.
  - 81% that they would prepare the recipe they learned during the lesson at home.

- A new round of recruitment commenced during October with the emphasis to achieve the goal of 20 enrolled stores by the end of 2015. A second stage of in-store materials (Get Healthy! Guides and recipe cards) will be provided to stores in addition to the "Healthy Food Identification Campaign," that they’ve already received.
Choosing Healthy Products for Your Store

Introduce healthy food options like these in your store.

**Fruits & Vegetables**
- Stock Mostly: Fresh fruits and vegetables
- Stock Moderately: Canned or frozen fruits in 100% juice or light syrup, and vegetables with less than 290mg of sodium
- Stock Minimally: Canned or frozen fruit in heavy syrup, and vegetables with more than 290mg of sodium

**Dairy**
- Non-fat, skim or 1% low-fat milk foods such as milk, yogurt, and cheese
- Whole milk foods such as milk, yogurt, cheese and flavored milk
- High-fat milk foods such as cream, butter, ice cream and cream cheese

**Grains**
- Whole grains are listed as the first ingredient
- Whole grains are not listed as the first ingredient
- Whole grains are not listed as an ingredient

**Meat, Fish & Poultry**
- Lean cuts of beef and pork and low-fat products such as fish, poultry and eggs
- Dark meat such as steak, ground beef and chicken or turkey with skin
- Processed meats such as bacon, deli meat, ham and sausage
WILMINGTON
HEALTHY CORNER STORE PROJECT

Please complete a survey to help bring Fresh Fruit and Vegetables to your Corner Store.

Proyecto para alentar la venta de comida saludable en Tienditas en Wilmington

Favor de completar una encuesta para apoyar nuestra iniciativa de llevar Frutas y Verduras Frescas a su Tiendita Local

Wilmington Corner Stores

- Corner Store
- Healthy Corner Store (12)
Healthy Foods for Healthy Kids’ (HFHK) mission is to design and implement food and garden-based educational programs for Delaware schools that support content standards and promote student health. We are “The First State School Garden Experts,” and currently work with 25 schools, including 2 middle schools, 2 special needs schools, 2 private schools, and 19 public elementary schools. Our programs are integrated into the science curriculum, run during the academic year, and allow EVERY student to participate in hands-on outdoor learning activities. By coordinating garden building and providing teacher training and lessons that support Delaware Content Standards, we make it practical for public schools to engage in “seed-to-table” growing each spring and fall. Vegetables are served in the cafeteria or in the classrooms so that all students can taste “the fruits of their labors,” AND discover that vegetables can be delicious! Our data and that of others confirm that garden-based education is an enjoyable and effective way for students to learn science, and, that students involved in gardening consume more produce.

“I never trusted a turnip, but now that I have, it tastes good. The veggies are delicious! I can’t get enough!” Bree, a Brader Elementary School student

Contact information
Founder & President/CEO: Thianda Manzara, PhD, thianda@msn.com, 302-981-0043
Program Manager: Lindsay Lancaster, MS ED, llancaster@healthyfoodsforhealthykids.org, 302-220-6998
Planting Hope is a partnership between the Delaware Departments of Agriculture and Health and Social Services, and has been designed to support positive people-plant interactions and encourage health and well being. There is a growing awareness of the positive benefits of human interaction with plants and gardens. Nurturing people and plants are the goals of Planting Hope.

The approximately 1-acre Planting Hope Urban Farm is currently composed of 5 gardens: Market Garden I & II, Sensory Garden, Community Gardens, and a Monarch Waystation and Peace Garden. In 2015 we added an apiary, Planting Hope with Honey Bees, which has grown to 8 hives.

2016 marks the 5th year of the Campus market and third year of the CSA. We have continued to expand growing space to keep pace with demand. Proceeds from all sales are used for Garden maintenance and expansion. Market Garden management practices include crop rotation and sequencing and organic production. Garden layout is designed for high productivity and visual appeal.

Community Gardens. We offer 4 plot sizes to Campus employees, community groups, and the public. Growing guides, workshops, recipes, and nutritional information are offered to Community Garden Members.

Our sustainable act. Composting, recycling, minimal use of pesticides, are some of sustainable agriculture’s best practices that have been adopted by Planting Hope’s Urban Farm Manager.

For more information contact:
Gail Hermenau, Gail.Hermenau@state.de.us, or Faith Kuehn, Faith.Kuehn@state.de.us
On Facebook: Planting Hope in Delaware
Our Mission: to provide leadership, initiative, technical support, financial support, and direction in developing and carrying out a plan to assist individuals and communities in the conservation and enhancement of their human and natural resources.

Over the past 9 years, the First State Resource Conservation & Development Council has provided assistance to several urban farm and community garden projects.

- The first project was a brownfield site evaluation of what then became the 12th and Brandywine Urban Farm. The Council also provided funds for fencing the site. It was then placed under the direction of the Delaware Center for Horticulture.

- The Council provided funds to begin the DDA/DHSS Planting Hope in Delaware community garden and later provided support for the 2013 Garden Fair.

- A $1,000 grant was provided to the Harlan Park Civic Association School and Community Garden. The garden will be constructed at Harlan Elementary School in Wilmington.

- A $500 mini-grant was provided to the Elsmere Community Garden project known as the Garden at Linden. The funds were used towards the installation of raised garden beds.

- A $500 mini-grant was provided to the Southbridge Children’s Garden for a storage shed.

- A $350 mini-grant was provided to the Educational Enrichment Center to install a raised bed children’s garden.

- Co-sponsored three urban farm and garden tours for DEUFFC members (2012, 2013, and 2015).

- **Mini-grant applications are available at [www.newcastleconservationdistrict.org](http://www.newcastleconservationdistrict.org) under the RC&D tab.**
The Southbridge Community Garden, a project of the South Wilmington Planning Network (SWPN), was founded in 2011. The garden includes 12 raised beds, fruit trees, berries and wildflowers. Residents rent space in the garden for a nominal fee and are provided with all the tools they need to successfully grow organically including seeds, transplants, tools, and free workshops.

In 2014, the Southbridge Community Youth Garden program was founded. The youth garden, an offshoot of the existing community garden, aims to demonstrate through hands-on learning, that growing healthy chemical free vegetables is easy, fun, inexpensive and delicious. It also aims to develop small business, money management and entrepreneurial skills. These goals are accomplished through cooking demonstrations, farm visits, a monthly youth-led farm stand, and weekly garden lessons.
Southbridge Community Youth Garden

What:
The Southbridge Community Youth Garden provides an environment where youth (ages 7-14) learn life, health, and entrepreneurial skills through the growing and selling of produce, cooking demonstrations, and nutrition education.

How:
The Youth Garden program provides kids with the knowledge, skills, and opportunity to grow healthy foods, without the use of chemicals.

Participants will also learn small business management skills through a monthly farm stand where they will sell the produce they grew and harvested at a discounted price to the community.

When:
The program will take place every Friday from 4 to 5 PM, March thru September

Expectations:
- Youth arrive on time each week
- Youth care for seedlings and transplants throughout the week
- Youth maintain a weekly garden journal
- Youth work together to grow and maintain a garden and monthly farm stand
- Hats are needed during warmer weather months
- Youth will be provided with gloves and all necessary gardening tools

Cost to participate: FREE
There is no cost to participate in this program.

For more information:
Randi Novakoff (302) 299-2583, rnovakoff@outlook.com
Cynthia Williams (302) 483-1186, cwilliams@neighborhoodhse.org
Wilmington In Transition (WIT) is part of the international Transition Town movement which began in England in 2006 and has since spread to over 1,000 communities of all sizes worldwide. In these local initiatives people are working toward a better future for their communities, a future that is not dependent on fossil fuels or big corporations to maintain quality of life.

Local Transition groups work to help their communities become more resilient through projects that focus on areas such as local food, local and renewable energy and a vibrant local economy.

WIT’s local food working group organizes events and classes to encourage the growing, buying, preserving, preparing and eating of local and organic food.

www.witde.org

WilmingtonInTransition@gmail.com

(302) 656-2721