

GROWING: Community, Justice & Food



Our Kitchen Table (OKT) designed this growing guide to help Grand Rapids residents strengthen garden projects for City of Grand Rapids Neighborhood Match Fund (NMF) consideration. The NMF provides financial contracts up to \$2,500 to Grand Rapids residents to organize and implement projects and initiatives that advance the following NMF objectives:

- Identify, develop and network Grand Rapids residents
- Build stronger connections among residents and in their neighborhoods
- Address and promote social justice
- Benefit the public

Successful NMF projects, including gardens, will demonstrate intentionality and inclusiveness of project design, leadership and proposed implementation that honors diversity, promotes strengthening neighbor relationships and advances social justice. Before submitting a project idea, we recommend that you first engage your neighbors to assess interest and recruit volunteers to help shape and guide the project. Please visit www.grandrapidsmi.gov/nmf and follow the City of Grand Rapids on Facebook (@CityofGrandRapids) for NMF events and information.



Soil

Whether you grow in the ground, raised beds or containers, healthy, living soil is essential to a productive food garden. If you are going to plant in the ground, have your soil tested—for nutrients, pH and toxins (e.g., lead, arsenic and aluminum).

Soil in Grand Rapids southeast neighborhoods often has high amounts of lead and arsenic, remnants from orchards that once grew there (these chemicals were once used as pesticides). If your soil is contaminated, you can grow in containers or raised beds. Be sure to keep kids away from lead-contaminated soil!

If you need to purchase soil, know that commercial soil and compost is not regulated. No matter what it says on the label, you may be buying composted industrial waste or other toxic brews. Check with OKT or Urban Roots for recommendations before you purchase. Better yet, make your own soil by composting food and yard waste. Grass clippings (if chemical free) and weeds combined with food scraps—everything except meat and milk products—turns into great soil. Add a few worms and it will be healthier yet!

Plants and seeds

OKT recommends you use organic, heirloom plants and seeds in your food garden. One, your produce will be tastier and more nutrient-rich. Two, you can save

some seeds after harvest and start your next year's plants for free. Avoid big-box nurseries that sell GMO plants (genetically modified.) Some of these plants include bee-killing pesticide as part of their genetic make-up—and we need all the honeybees we can find!

Starting seeds

Before you plant, map out your garden. Think about where the sun shines in your space throughout the day. Plant tall crops in the north and smaller crops and root crops to the south.

Look into companion plants that help each other grow, e.g. tomatoes love growing alongside basil. When planting seeds, prepare the soil by turning it over with a spade or cultivating tool and leveling with a garden rake.

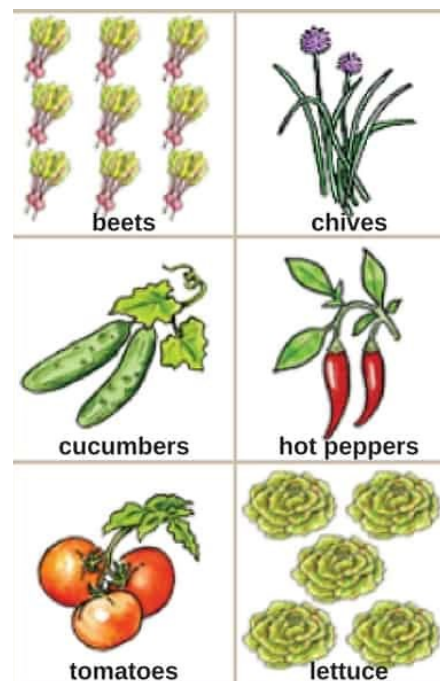
Use your finger to make holes in the soil. Usually you can place one seed per hole. With some greens, herbs and vegetables like cucumbers, you plant multiple seeds together.

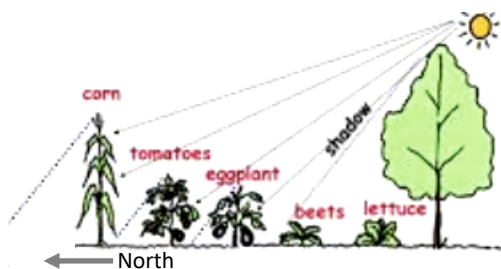
Different plant varieties have different space requirements. For example, plant radishes and beets one inch apart. Plant zucchini 8 to 16 inches apart. Most seed packets will give you the above planting information.

Planting plants

Make sure soil is loose, scoop out enough soil so the root of the plant is lower than the garden surface. For some plants, like broccoli, you can plant deeper, up to the first germination leaves. Push soil around the base of the plant. Push firmly around the plant, so that it stands erect.

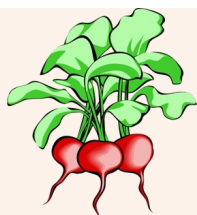
After you have secured the transplant in the ground, water it generously. Evening is the best time to plant plants in the ground. Then they have all night to adjust to the shock away from direct sun right away.





Sunshine

Always remember to think about sunshine! Watch where the sunlight falls from dawn to dusk. Plant tall crops in the north and smaller crops and root crops to the south.



Shade Tolerant Plants

Kale	Mustard	Carrots
Turnips	Greens	Garlic
Spinach	Bok Choy	Potatoes
Lettuce	Scallions	Cilantro
Arugula	Beets	Parsley
Chard		

Watering

Water is another essential ingredient! Water your plants at the ground level, not on the tops of their leaves. Be gentle and thorough. (on hot days). During hot spells, water every day — running the water at the plants' base, count to five. During cooler weather, you may not need to water every day.

Avoid watering during the heat of the day. The best times to water are 6 to 10 a.m. or 6 to 9 p.m. Your plants will tell you when they need water but it's best not to wait until they are droopy or dried out. Feel for moisture in the soil near their stalks. Containers, especially smaller ones, will need more frequent watering. Mulching your plants can help conserve water.

Water left standing in garden hoses can get hot! Let water run until it's cool so you don't scorch your plants. Also, standing hose water can pick up harmful chemicals like phthalates, BPA and lead, none of which were detected in water directly sampled from the tap. (Learn more at ecocenter.org.)

Weeding

In a way, weeding is how you become intimately involved with your garden. Some claim it can even be a meditative experience! Whether you hate it or feel

spiritually transformed, it's got to be done. This important chore can become a nightmare if you don't keep up on it! The key is to do some every day — and find a way to be comfortable while you do it. A small camp stool, kneeling mat, or sit-upon can help. If you don't like dirt under your nails, pick up some inexpensive garden gloves.

Weeding removes non-food plants competing for nutrients in your growing space. It also cultivates soil around plants. (Packed soil keeps air and water away from roots.) Use the pulled weeds as mulch to add nutrients back to soil and slow soil drying. (You can also mulch with straw, cut grass or leaves, except oak leaves and pine needles).

You can spend a fortune on weeding tools, but when it comes right down to it, you have to get down and pull the weeds out. Learn to identify your weeds. Common ones like dandelion, purslane and lambs quarters are highly nutritious edibles!

Pest control

Pests happen. Find non-chemical, earth friendly solutions to get rid of them. Not only for the earth, but to help yourself and your family avoid ingesting more dangerous chemicals into your bodies.

Sometimes, the easiest ways to get rid of pests is to pull them off by hand, e.g. tomato worms. For those too small to catch, boil garlic in water and use the garlic water to spray your plants. Also, you can use diatomaceous earth at the base of plants to prevent damage from slugs, snails and other pests that attack stalks. For more pest control options, check with Urban Roots or OKT.

Multi-season planting

Plan your garden so you have foods to harvest throughout the spring, summer and fall. Early lettuces and peas, mid-summer tomatoes and summer squashes, fall season winter squashes, cabbage and potatoes. If you plant radishes in the spring, you could then plant peppers (or another warm weather crop) in the same space in the summer.

Radishes, beets and greens can also be planted directly from seed in late August for harvest in October. Kale and collards can keep producing into December.

Harvesting

Pick your vegetables and fruits when they are ripe and come off the vine more easily. You can determine if they're ripe by size, how it feels and how it tastes. Don't let produce over grow. It can become bitter and tough. The only time you want produce to over-mature is when you want to save some seeds for the next planting season.

If you aren't going to eat your harvest within a few days (or a week at the most), consider canning, drying or freezing it. Don't put tomatoes in the refrigerator! They'll lose flavor.

Oven Roasted Tomatoes

Too many tomatoes or cherry tomatoes? Here's an easy way to preserve them in the freezer. You can use the oven roasted tomatoes on pastas, pizza or as a base for sauces.

Ingredients:

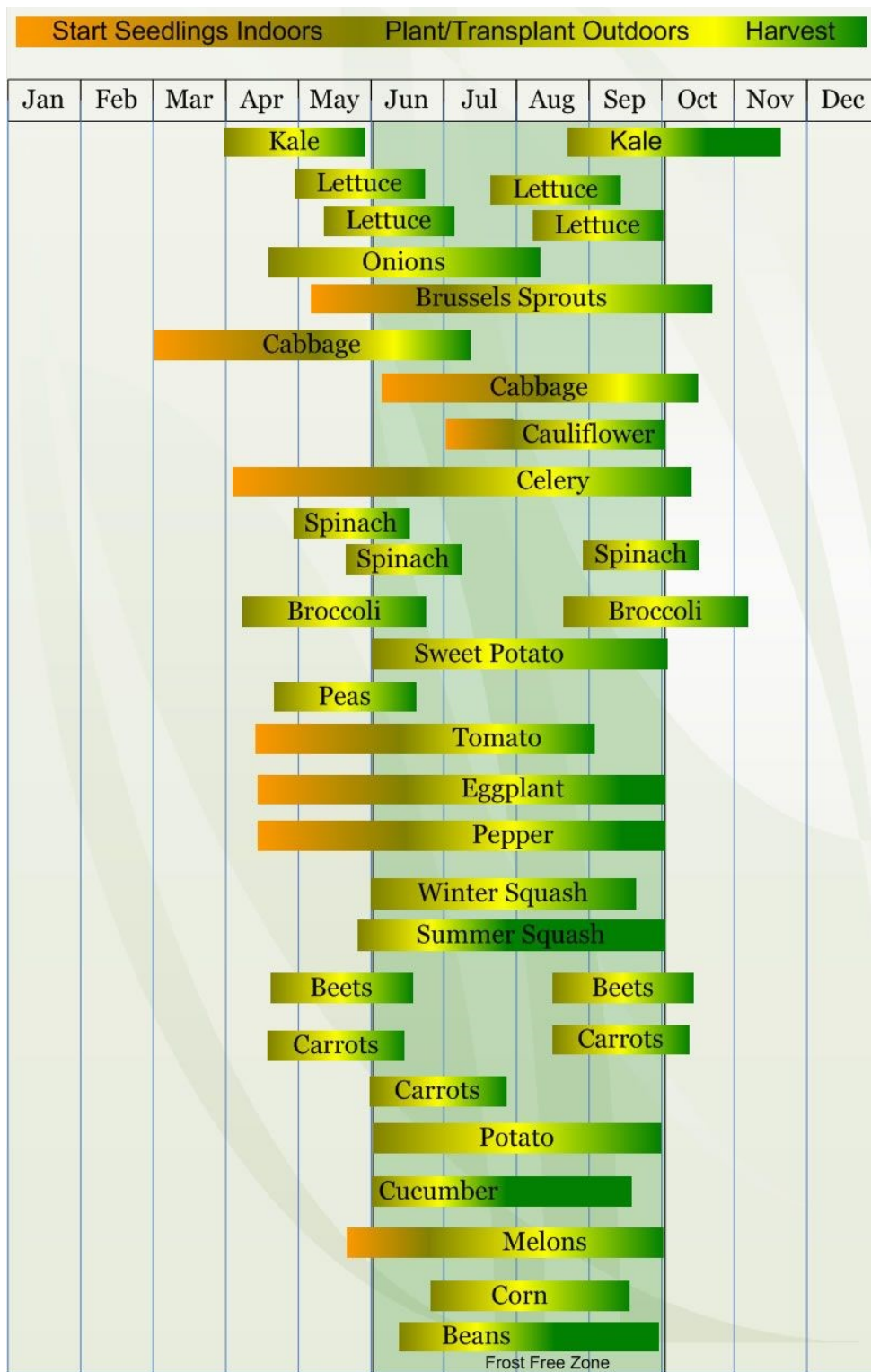
- Tomatoes, washed.
 - Fresh herbs (basil, oregano, sage, parsley, cilantro, garlic etc.)
 - Olive oil.
1. Slice tomatoes uniformly (cut cherry tomatoes in half). Put in large bowl.
 2. Chop herbs of your choice. Add to tomatoes in bowl.
 3. Toss with enough olive oil to coat well. Salt to taste.
 4. Oil baking sheet with more olive oil. Spread mixture thinly on pan.
 5. Bake at 350° for 1 hour or until slightly caramelized—keep an eye on them so they don't over-bake.
 6. Use a spatula to remove tomatoes to freezer bags.
 7. Burp bags and freeze.

Cool Weather Crops 4—6 hrs. sunlight

Radish
Beets
Kale
Spinach
Snow peas
Carrots
Chard
Collards
Turnip greens
Mustard greens
Cauliflower
Broccoli
Cabbage

Warm Weather Crops 6—8 hrs. sunlight

Tomato
Pepper
Okra
Basil
Onion
Green Beans
Watermelon
Cucumber
Squash
Corn



Notes

Beans & Collards

- 2 bunches collards, stalks removed and chopped.
- 1 C. dry beans (adzuki, black, or pinto etc.) or 2 cans beans.
- 2 cloves garlic, minced
- One red pepper, diced
- 1 bay leaf
- 1 T. salt

Soak dry beans per directions and cook until tender. Drain. Mix greens and beans. Add garlic, bay leaf, pepper and salt. Simmer in a large sauce pan or crock pot until greens are tender. Serve with cornbread. *Adding legumes (beans) to your greens recipe adds protein and transforms a side dish into a nutrient-rich main dish!*

"So You Want to Garden" Checklist

1. Answer the question:
Why do you want to grow food?
What do you want to grow?
(Seasons matter.)
2. Diagram your neighborhood food system.
3. Take a basic food growing class and/or read a food growing book.
4. Determine your Need/Supplies/Resources/Tools and Budget
5. Vacation Planning: Away from garden ?
What's the plan?
6. Select a growing approach: Container, raised-bed, direct/in-ground
7. Soil Testing
8. Diagram your food growing space!
Considerations: Soil/Composting; Sun - know south facing side, know sun comes up in east, goes down in west; water source; seeds and plants (sterile seeds, seed and plant exchanges)
9. Have a plan for harvesting, sharing and excess/food waste.
(Food grows in abundance.)
10. Select "In Season" plants and plant your food garden: Plant spacing and companion planting; consider Climate Change impact. (Resiliency, drought resilient plants.)
11. Watering. Consider: How to water; time to water (6 to 10 a.m. and/or 6 to 9 p.m.). Develop a routine.
12. Considerations: Weeding; fertilizer and pest management (synthetic vs. natural); challenges (insects and/or animals).
13. Harvest: meal planning and preparation
14. Seed-saving
15. Planning for next growing experience:
Grow another garden;
dissolution of garden.
16. Other Considerations: Farmers' markets; CSA programs; bulk buying programs.

Tips for Your Community Food Garden

- **Organize a meeting for interested people.** Invite neighbors, tenants, community organizations, landlords, city officials, churches and schools. Invite those who show up to join the planning committee.
- **Identify all your resources.** What skills and resources already exist in the community that can aid in the garden's creation? Contact the City about vacant lots or growing in parkways. Look within your community for people who already grow food.
- **Choose a site.** Consider daily sunshine, availability of water, and soil testing for nutrients and possible pollutants. Find out who owns the land. Can the gardeners get a lease agreement for at least three years? Will public liability insurance be necessary?
- **Prepare the site.** Organize volunteer work crews to clean it, gather materials, design garden layout, build raised beds, till and/or spread new soil. Find a space for storing tools, composting and gathering. Include a weather-resistant bulletin board where you can post rules, gathering times and other information.
- **Organize the garden.** Have the group decide whether they want individual or shared beds. (Sharing beds can be more efficient and build community!) Talk about making food available to neighbors who don't help with the garden. We suggest using your garden to increase healthy food access to all – not only those who do the work.
- **Grow the garden via Facebook or Nextdoor social media applications.** If everyone doesn't have computer access, start a telephone tree, as well.
- **Plan events.** Sponsor garden community weeding times with a potluck and music. Organize a tour of other local community and individual food gardens. Plan freezing or canning events to preserve abundant harvests. Share the harvest with community dinners—that also teach how to use the produce in real meals. Keep the group motivated all year by hosting a film screening or arranging transportation to garden education events.

Plant	Good Companions	Don't Plant With!
BEANS 	Sunflowers, cabbage, cucumber and strawberries	Onions, garlic or fennel
CARROTS 	Lettuce, chives, leeks, rosemary, sage and peas	Strawberries, fennel or cabbage
LETTUCE 	Carrots, beans, peas, pumpkin, squash, cucumber and melons	Cabbage, tomatoes or celery
CUCUMBER 	Radishes, peas, beets, corn, beans and carrots	Potatoes or sage
DILL 	Beans and lettuce	Cabbage, carrots, caraway, chili, bell peppers, fennel, lavender or potatoes
RADISH 	Chervil, cucumber and squash	Cauliflower, cabbage, turnips or Brussels sprouts
SPINACH 	Strawberries, beans and peas	No bad companions – easy!
TURNIPS 	Peas	Beans or potatoes
POTATOES 	Tomatoes, Marigold, beans, maize and the cabbage family	Pumpkin, cucumber, squash, melons, sunflowers or tomatoes



Grow your own health with herbs!

Are you struggling to avoid fast food, convenience foods and junk food simply because you love the tempting taste? These foods are industrially engineered with harmful chemicals and non-food fillers like cellulose—sawdust—to trick your taste buds into craving crap.

You can retrain your taste buds!

A good way to help them along is to use fresh culinary herbs when you cook. Fresh herbs flavor your food without adding extra salt, calories, sugar or fat.

OKT gardeners are growing the following herbs. Discover what they provide in addition to great flavor:

- **Arugula**, as an herb or spicy greens, supports brain and bone development.
P Nutrients: Zinc, copper, calcium, iron, magnesium, phosphorus, potassium, manganese, vitamins A, C, K, thiamin, riboflavin, B6, folate, pantothenic acid. A*, T*
- **Basil** has been shown to provide protection against unwanted bacterial growth and inflammatory conditions like arthritis and also aids digestion.
P Nutrients: Vitamin A, B6, K and iron. A*, T*
- **Cilantro** has traditionally been referred to as an "anti-diabetic" plant.
P Nutrients: Thiamin, zinc, calcium, iron, magnesium, phosphorus, potassium, copper and manganese, vitamins A, C, E, K, riboflavin, niacin, B6, folate, pantothenic acid. A*, T*
- **Chives** and garlic may help you maintain good cholesterol levels.
P Nutrients: vitamin C. P*, T*
- **Dill**, an anti-oxidant and anti-inflammatory, also can help neutralize benzopyrenes, carcinogens found in smoke from cigarettes, charcoal grills and trash incinerators.
P Nutrients: calcium, manganese and iron. A*, T*

- **Fennel**, an anti-oxidant and anti-inflammatory, has many healthful phytonutrients including *anethole*, which helps prevent cancer.
P Nutrients: Vitamin C, folate, fiber and potassium. P*, T*
- **Lavender**, brewed as tea, a traditional home remedy for insomnia. Its scent also relieves stress and it is good for the skin. P*, W*
- **Lemon Balm**, used since the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease indigestion. P*, W*
- **Mint** calms indigestion and helps relieve cold symptoms.
P Nutrients: Calcium, choline, iron, magnesium, manganese, zinc, phosphorus, potassium, selenium, vitamins B1, B2, B3 and E. P*, W*
- **Oregano**, an anti-oxidant, was found more effective against *Giardia* than the commonly used prescription drug.
P Nutrients: Manganese, iron, calcium, vitamins K and E. P*, W*
- **Parsley** is a "chemoprotective" food that can help neutralize particular types of carcinogens and helps lungs, liver and bladder.
P Nutrients: Calcium, iron, magnesium, manganese, selenium, zinc, phosphorus, potassium, vitamins A, B1, folate 2, 3, 5, C and E. A*, T*
- **Rosemary** supports liver and blood health and contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks.
A*, W*
- **Sage** is an outstanding memory enhancer. Its smudged smoke is used to cleanse and clear rooms of negative energy.
P Nutrients: Vitamin K, P*, W*
- **Stevia**, a natural sweetener that is not toxic like Splenda, Nutrasweet and other artificial sweeteners. A*, T*
- **Thyme**, long used for chest and respiratory problems, can also help maintain healthy cholesterol.
P Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3, and C. P*, W*

*A - Annual . Needs to be planted every year.

*P - Perennial . Grows back on its own every year.

*T – Tender stem *W - Woody stem

Plant like stemmed plants together, tender with tender and woody with woody.

Freezing Vegetables

To freeze most fresh vegetables, simply blanch and bag .

1. Wash and slice into pieces as desired.
2. Drop into boiling water. Blanch for two minutes after water returns to boil.
3. Using a colander with a handle, remove vegetable. Drain well or using a salad spinner.
4. Put in freezer bags, burp bags, label and freeze.

Special cases

- Green beans: After blanching, lay on dish towel to dry and pat dry before bagging.
- Eggplant: Slice. Soak for 15 minutes in salt water. Grill both sides on stovetop griddle or grill. Bag and freeze.
- Zucchini/summer squash for breads: Blanch. Process in blender/food processor. Bag and freeze.
- Herbs. For stir fries, sauces and soups, chop and mix with olive oil. Freeze in muffin pan. Remove to freezer bags.
- Winter squash. Cut in half. Bake flesh-down at 350° 1 hr. or until tender. Scoop flesh out. Mash if desired. Bag and freeze.



Diagram Your Food System

Often when we talk about the food system, we speak about global corporations, how they impact the many countries of the world and the large scale impacts they have on national economies and populations' health.

What about you and your family? How is the food system treating you right where you live?

You can answer these questions by diagramming your food system.

First, list the places where you can get food in your neighborhood: supermarkets, big box stores, liquor stores, fast food restaurants, farmers' markets, gas stations, your garden, food pantries and so forth.

Next, list where you actually get your food. Then ask yourself these questions:

Does my neighborhood give me easy access to healthy foods?

Is it easier to buy junk food, fast food and packaged convenience foods that have very little nutritional value?

If you eat a lot of these unhealthy foods, is it because you don't have access to better foods or has media advertising persuaded you into wanting them?

Last, what changes CAN you make to improve the quality of food that you and your family eat with your food budget?

Growing food might be one way you can supplement your diet. Teaching your kids about how advertising convinces them to eat junk foods is another. Or, you might try advocating for healthier foods at the schools in your neighborhood.

When certain neighborhoods only have access to junk food and fast food, it is not an accident. It's food apartheid.

Food apartheid is the intentional, systemic marketing and distribution of profitable, nutrient-poor, disease-causing foods to income-challenged neighborhoods, mainly, communities of color (i.e. communities receiving the most food assistance dollars).

Demand better from the food system!

And, meanwhile, find alternative ways to build a local food system that feeds you healthier foods.



SOUTH EAST AREA
FARMERS' MARKET

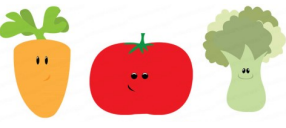
We Welcome

- Bridge Cards/SNAP
- WIC Project Fresh
- Summer EBT
- Double Up Food Bucks
- Cash Value Benefits
- Debit & Credit Cards




MLK Jr. Park, 900 Fuller Ave. SE 49506
11 a.m. to 4 p.m. Saturdays
July through Mid-November

- Local, fresh, clean fruits and vegetables.
- Cottage kitchen foods. Arts and Crafts.
- Community resources.
- Fun family events and workshops.



Check www.OKTjustice.org/calendar for special market day events.



Healthy can happen all year 'round in your pantry!
Collective Whole Foods Buying Group

Nuts, Flours, Beans, Rice, Soy Milk, Oil, Oatmeal, Dried Fruit, Peanut Butter & More!

Order bulk, whole foods with other folks who are part of the Collective Whole Foods Buying Group.

1. Browse the Country Life Natural Foods catalog at the market or online, clnf.org.
2. Let our market manager know what you want or place your order via email, seafm@OKTjustice.org.
3. Pick-up at the Southeast Area Farmer's Market.
4. Pay on delivery. SNAP/Bridge Card accepted. Earn Double Up Food Bucks

Some popular items are available for direct purchase at the market.

- No mark-ups or ordering fees!
- Pay when you pick up. Bridge Card accepted for purchases.

For information, see our market manager, email SEAFM@OKTjustice.org or visit OKTjustice.org and click on Collective Whole Foods Purchase Group.

SEAFM@OKTjustice.org OKTjustice.org/farmers-market/ 616-206-3641



Read the label first!

On food products, the list of ingredients lists things in order of how much of them is in the item. The first ingredient should be the main ingredient ... but read on.

Hidden sugar. To hide the amount of sugar, producers will use different types of sugar so they can list them separately as "lesser" ingredients. Look for the last three letters o-s-e. Ingredients ending with these letters are usually sugar (lactose, fructose, glucose etc.) Food producers can hide other ingredients this way, too.

Labels can legally deceive you. For example, "white" bread and "wheat" bread. Most wheat bread is white bread

with coloring added. Only 100% whole wheat bread is truly "wheat bread." A lot of people are spending extra money for fake wheat bread. Nutrition Facts on labels give you good information, but don't stop there. Read the ingredients list, too!

By the way, these phrases on labels mean absolutely nothing:

- "All natural ingredients" or "100 percent natural"
- "No artificial preservatives" (so they use real preservatives?)
- "Real fruit." If a package shows a picture of something, it doesn't mean it has it in it.

The best advice is to not eat any processed foods. But if you must, a short list of

potentially harmful ingredients and phrases to avoid includes:

- Artificial colors
- Artificial flavorings
- Artificial sweeteners
- High fructose corn syrup
- Sodium nitrates or nitrites
- Monosodium glutamate (MSG)

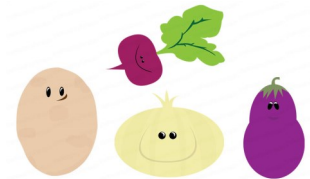
A general rule of thumb: Choose the product with the shortest list of ingredients!

Artificial sweeteners

Fake sweeteners like aspartame, sucralose (Splenda) and saccharine cause a host of health problems, everything from brain fog and bladder issues to diabetes and cancer. Also, they stimulate the appetite so you may end up eating more instead of less.

What to eat?

Fruits, vegetables, whole grains, lean meats, eggs, nuts and seeds, legumes (beans and peas), real cheese, unsweetened dairy products (milk and yogurt)!



Greens, Banana & Berry Smoothie

- 1/2 cup (packed) flat-leaf parsley (leaves and stems)
- 4 kale leaves (center ribs removed)
- 1 banana (cut into pieces)
- 1 cup frozen organic berries (such as strawberries or raspberries)
- 1 teaspoon ground flaxseed

Purée ingredients with 1 cup water in a blender until smooth (add water if too thick). You can substitute other greens.

Community Resources

Grand Rapids Neighborhood Match Fund, grandrapidsmi.gov/nmf

- Funding for community food justice gardens.

Our Kitchen Table, OKTjustice.org

- Food growing and food justice resources.
- **Southeast Area Farmers' Market**, Fresh local produce and bulk whole foods. SNAP, DUF, WIC etc. Accepted. July-November 11 a.m. to 4 p.m. Saturdays, MLK Jr. Park.

Michigan Farmers' Markets Association (MIFMA), mifma.org

Blandford Nature Center Farm, blandfordnaturecenter.org

- CSA shares.

Fresh Beets Urban Farm, TheFunkyFreshBeets.com

- Gardening and animal husbandry workshops.
- Home garden installation.
- CSA shares.

New City Farm, newcityneighbors.org/farm/

- Farm shares, garden, and bakery.
- Day-camp and after-school programs.

Urban Roots, urbanroots.com, 1316 Madison SE

- Farm, mobile classroom, workshops, supper club.
- Selling fresh produce on Wednesdays 12 to 7 p.m.

Baxter Community Ctr., wearebaxter.org, 935 Baxter SE

- Food growing resources and workshops
- Marketplace: Pantry, clothing
- Holistic healthcare and dental clinic
- Childcare and mentoring programs

Gardens for Grand Rapids. On Facebook.

- Free raised garden beds for food insecure families.

Well House, wellhousegr.org

- Community farm
- Plant sale, workshops

Garfield Park Neighborhood Association

- Rent garden plots.

MSU Extension Soil Testing, msue.anr.msu.edu/program/info/soil_testing

Do you know of other community resources? Please email them to media@OKTjustice.org.

What Is Food Justice?

Food Justice is an idea, a set of principles and something we should all strive to practice. More importantly, Food Justice is a movement and, like most social justice movements, it was born out of the lived experience of people experiencing oppression.

Food Justice grew out of the Environmental Justice movement, where communities of color and poor working class people began to realize that their lack of access to healthy and affordable food was not the result of their own behavior, but of a food system that was motivated by profit.

It is fashionable for people to talk about how people who are living in poverty also live in a “food desert.” What they generally mean is that people don’t live close to a grocery store. Using the term “food desert” is problematic in many ways. First, a desert is a vibrant ecosystem and not a barren wasteland, as is often associated with the term.

Secondly, identifying neighborhoods as food deserts ignores history and fails to acknowledge that most of these neighborhoods had small grocery stores, farmers markets, fruit & vegetable stands and lots of backyard gardens.

However, economic and political decisions driven by the current industrial food system resulted in neighborhoods being both abandoned and undermined, often resulting in food insecurity.

Therefore, it would be more accurate to say that neighborhoods experiencing a lack of access to healthy, affordable food are communities experiencing Food Apartheid. Food Apartheid explains that a small number of people (agribusiness) determines the kind of food system that the masses can access. Like the Apartheid imposed on Black South Africans, Food Apartheid means that few of us have a say in the current food system.



The movement for Food Justice is changing Food Apartheid. Armed with the notion that everyone has the right to eat healthy, food justice advocates engage in more locally grown food projects, sharing skills on how to grow, prepare and preserve food, while exposing the current food system’s unjust nature.

The Food Justice Movement is an international movement that is ultimately fighting for Food Sovereignty, where everyone has say in the kind of food system(s) they want. Food Sovereignty is Food Democracy, where healthy food is a right for everyone, not just for those who can afford it.

OKT promotes and supports these Food Justice principles :

- Food Justice recognizes that the causes of food disparity are the result of multiple systems of oppression. To practice food justice we must do the work through an intersectional lens.

- Food Justice advocates must focus on working with the most marginalized and vulnerable populations: communities of color, communities in poverty, immigrants, children, our elders, women, those with disabilities and people experiencing homelessness.

- Food Justice require us to work towards the elimination of exploitation in our food system, both exploitation of humans and animals.

- Food Justice demands that we grow food in such a way that preserves ecological biodiversity and promotes sustainability in all aspects.

- Food Justice means we provide resources and skill sharing so that people can be collectively more food self-sufficient.

Healthy Food Is Your Right!

For information on ways to practice Food Justice in your community, contact Our Kitchen Table.

Artwork by Alyn Guerra, RedHydrantPress.com



www.OKTjustice.org
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616.206.3641
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Follow us on Twitter!