



May 7, 2020

ORIGINAL HARVEST (lightly edited, names removed)

Questions: What struck you? What touched or moved you? What insight (s) are you taking with you? What challenged you? Are there any commitments calling you?

Responses

Inspiration about the magnetism of farm communities/families and how that could match up with the demand for more practical info about how to grow our own food. Imagining a web of connectivity and learning that feeds us all.

So amazing to meet new folks that share similar values and to learn new perspectives, experiences. This has inspired me to go ahead and build my greenhouse, intentionally with future health and food security in mind

I was struck by the strong and simple point of thinking about not just what we eat, but what our food eats.

I'm being called to share a book my mom wrote when she was 85 Every Bite Affects the World an Earth Care Cookbook for Joyful, Mindful Eating
<https://books.friesenpress.com/store/title/119734000010311305/Catherine-Verrall-Every-Bite-Affects-the-World>

I want to explore ways that the organizations and groups I am involved with can be connected more to eating sustainably and locally

Meeting others eager to form grassroot connections; support farmers with physical labour and purchasing; write government officials with priorities; work 'locally' which is where we might make the biggest difference

Stories of local interconnections, how to strengthen those (both the interconnections and the stories about them, which strengthen sense of _us_). Like Sally B's example of not just chickens, but what do they eat...

I love food. And enjoy it more and more everyday.

I want to continue my foraging and gathering, and learn more about growing what I eat.

These conversations have taken me to a deep appreciation for the commitment, intelligence, and hard work of these local farmers. I want to learn more about what they do and get more involved in ensuring that more young people go into farming that that we grow our local food capacity.

Building new perspectives on how I nourish my body and how that food nourishes my community.

We're at a pivotal and important moment in time to speak our dreams for food wholeness and to act together to create sustainable change in our communities. We have the opportunity to be part of a very important movement and the time is now <3 :)

Nourished by these stories.

Everyone, but particularly city dwellers, should be politically supportive of the protection of farmland, the ability to pass it on to younger farmers, and ability for farmers to share knowledge and best practices, and awareness that good food costs money and labour.

Rental chickens! Love it!

Where have today's conversations taken you? - the importance of exposure to developing a love of the nitty gritty of food production; a reassurance that from many perspectives, the current moment is an important moment to act on change.

Today's conversation have taken me back to the place of knowing how important ancestral food and farming practices are for personal and collective healing. They are calling me to continue on the path of learning Gaelic (my paternal ancestral language) and encouraging others to learn more about their ancestral origins and food practices <3

I am called to continue to grow food at a personal level and up my work to further inspire future food growers. What our food eats is a very important concept to get out there

We need to get a little hungrier.

Food connects: generations, friends, family, stories, memories.

Thinking about my place in the "system" and how this system is, and has been, broken for awhile. What can we do as individuals to make changes in our own life and also join with others in changing/ rebuilding a broken system so it does not get rebuilt in the same way (Sally's words). Also, that a lot of the wisdom comes from previous generations, and through relationships (Rebeka's words). Thank you.

Today's conversations have spurred me to think about and appreciate the unexpected benefits of being a CSA member at this time. Our CSA asked us, some time ago, to submit stories or testimonials about our experiences with the farm and we haven't done that yet. Today's conversations have spurred me to get my thoughts in an e-mail to our farm. I am also spurred to wonder how I can support our Farm and what they're doing beyond the financial support we provide.

Reinforced for me the importance of small-scale farms for the connections, the agility and the deliciousness!

Deepen my experience of the land as me and all of us, our connection to our ancestors and ourselves and the land that nourishes and supports us.

We are at the start of a permanent shift in how we relate to our food supply based out of increased necessity and the realization that the existing consolidated supply chain model is too fragile, currently broken and does not meet our needs. I wish to help as many others with this transition as possible.

A (re) realization of the importance of shared experiences in any area of one's life, and that it doesn't necessarily have to be a fun or easy experience, but it is the connection itself that is nourishing

What have they sparked in you? - More appreciation for the personal nature of learning a healthy relationship with food and our food system, a reassurance that communities are conscious and caring.

Thinking about how do we utilize the land in our town to grow food, hire a farmer, and do education. Thinking about small organic farm incubators. How do I help my community, with my skills of bringing people together, source more of the food we consume nearby.

We need more hunger for change!

Feeling profoundly that we're not hungry enough yet. Respecting the lineage and play of farmers working with pigs in shit. Checking my own judgement about why people continue to eat meat.

Deepen local roots, which enable present and future fruits

Conversations brought me back to my roots on a mixed dairy farm and the importance of sharing stories with my grandchildren. I challenge myself to connect with local producers of meat to order ahead to provide some security for producers. Now is the time to be the change I want to see in our world.

I learned about FarmWorks which supports farmers. And North Dartmouth from Food Bank to Food Education Centre.

Deep appreciation for the deep wisdom and knowledge of all small local farmers, many of whom are my dear friends. Much love to you all.

The conversations have taken me back to my on-farm experiences as a boy and as an adult. Not from a farming family, I was still fortunate enough to spend time on farms "helping" as a child, picking fruit for cash as a teen, doing co-operative development work as an adult. I lived in an old farmstead while at University. So many memories that helped me value food production and commit to supporting local growers with my food buying and also to try to support farmers directly by buying through the mail and via co-ops. Looking forward to more great food!

We need to find ways to scale it up. I love the story of turning a potato farm into an organic grain farm.

Food is a universal language, I love food :)

Feeling inspired to seek out more opportunities to engage and connect with community like this. I loved the idea of more people thinking about what food is being fed to the food they eat. Reinforcing the pull to put a garden in at my parents place as well as get my new patio filled with food.

Food production requires collective energy, and collective expertise to bring food to the table. Intergenerational story and experiences are important as well as incorporating new technologies. Learning about the make-up of our food is as important as the production itself...

I feel called to continue to harvest learnings from this challenging moment, and model ambitious, positive, inclusive change.

We need to convene conversations so that this opportunity for change doesn't just get lost with a return to the way things were before. We need to take advantage of people's desire to be closer to their food to implement real change.

So many people I admire grew up on and around farms.

THEMES (curated)

What struck us

Delight and surprise

- It's not just what we eat, but what our food eats.
- I love food. I enjoy it more everyday.
- Rental chickens! Love it!

Appreciating small-scale farmers

- Small-scale farms for agility and deliciousness!
- A deep appreciation for the commitment, intelligence, and hard work of local farmers.

Food connects and heals

- Food is a universal language.
- Nourished by these stories.
- Ancestral food and farming practices support personal and collective healing.
- Food connects generations, friends, family, stories, memories.
- Connection itself is nourishing

It's time for real change

- We need more hunger for change!
- This is the moment. Let's speak our dreams for food wholeness and act on change.
- Deep local roots enable present and future fruits.
- We are at the start of a permanent shift in how we relate to our food supply, triggered by increased necessity and the realization that the existing consolidated supply chain model is too fragile, currently broken, and does not meet our needs.

What we're called to do or advocate for

Increase local food production

- Continue my foraging and gathering, learn more about growing what I eat.
- Grow food and further inspire future food growers.
- Ensure that more young people can go into farming.
- Grow our local food capacity.
- Support the protection of farmland, the ability to pass it on to younger farmers, and the ability of farmers to share knowledge and best practices.
- Create small organic farm incubators.

Educate ourselves and our communities

- Raise awareness that good food costs money and labour.
- Learn more about our ancestral origins and food practices.
- Strengthen stories of local interconnections.

Build a movement, starting now

- Form grassroots connections, support farmers with physical labour and purchasing, write government officials with priorities, work locally.
- Join with others to rebuild a broken system.
- Create a food-related web of connectivity and learning.
- Harvest learnings from this challenging moment and model ambitious, positive, inclusive change.
- Convene conversations so this opportunity for change doesn't get lost.
- We have the opportunity to be part of a very important movement and the time is now.

BEGINNING OF A COLLECTIVE NARRATIVE

The closer we get to the farmers who grow our food, the more connected we feel to the land that nourishes us and to the generations that came before us. We have a deep appreciation for the commitment, knowledge and hard work of local farmers.

Growing and sharing good food is part of the life we love. It feeds our well-being and connect us to family, friends and community. Like music, food is a universal language.

We are hungry for change in our food systems. The model of the centralized supply chain is too fragile and doesn't meet our needs. We are committed to rebuilding a broken system. Each of us has a role to play, from growing our own food to supporting local farmers, raising awareness in our communities, and making sure no one is left hungry. In this time of transition we are stepping into the opportunity for real change. It is up to us and the time is now.