



FAIRFAX Food Council

healthy • accessible • affordable

COMMUNITY FOOD NEWS

The latest news and updates from the Fairfax Food Council

IMPORTANT DATES

URBAN AG MEETINGS

March 21 | 10:00 – 11:30 am

April 18 | 10:00 – 11:30 am

May 16 | 10:00 – 11:30 am

FOOD ACCESS & LITERACY MEETINGS

March 30 | 10:30 – 11:30 am

April 27 | 10:30 – 11:30 am

May 25 | 10:30 – 11:30 am

FFC STEERING COMMITTEE MEETINGS

April 28 | 4:00 pm

July 28 | 4:00 pm

October 27 | 4:00 pm

Want to attend? All Fairfax Food Council meetings are open to the public. Anyone interested in learning more or getting engaged in supporting the food system in Fairfax is welcome to attend. Meetings are currently being held virtually, so please email FairfaxFoodCouncil@fairfaxcounty.gov for more information and/or how to 'attend' a meeting.

Spring 2022 News

*by Diane Charles, Project Manager, Fairfax Food Council
Urban Ag Work Group Leadership Update*

The Food Council is extremely grateful for Cory Suter who has served as one of the Co-Chairs of the Urban Ag Work Group for over five years. Although he is stepping down as Co-Chair, he promises to stay involved, especially around policy issues. A very passionate and inclusive leader of this group, Cory is passing the leadership to another Urban Ag Work Group member while he focuses on his new small business. Thank you to Cory for his incredible contributions in bringing urban agriculture to the Fairfax community in such diverse ways. Joining Stacey Evers of Hands on Harvests, as the other Urban Ag Co-Chair, is Juan Pablo Echeverria. Juan Pablo has been extremely active in the urban ag arena through his work with Arcadia Center for Sustainable Food & Agriculture, as well as through his engagement with the Urban Ag Work Group. Thank you to all three of these valuable community leaders!

As spring arrives, the Food Council's two Work Groups, Urban Agriculture and Food Access & Literacy, remain very active. Huge thanks to those who are enthusiastically engaged in these groups. These Food Council Work Groups are open to all. Anyone who may have any level of interest are invited to 'drop in' on any monthly meeting to learn more.

The Urban Ag Work Group meets on the 3rd Monday of every month and the Food Access/Literacy Work Group meets the last Wednesday of every month. Just send an email to FairfaxFoodCouncil@fairfaxcounty.gov to receive the Zoom link for these currently virtual meetings.


FOOD COUNCIL HAPPENINGS

Setting Up Your Garden

The Urban Agriculture Work Group is offering virtual workshops (in English and Spanish) on how to set-up your garden. These workshops are being brought to the community through ongoing partnerships, support and leadership from the Virginia Cooperative Extension’s Fairfax Office, Arcadia Center for Sustainable Food and Agriculture and the Fairfax Food Council’s Urban Agriculture Work Group. Be sure to register in advance through the QR codes provided or the links below!

English: Mar 15, 2022, 7:00pm | [Learn more and register in advance](#)

Spanish: Mar 16, 2022, 7:00pm | [Learn more and register in advance](#)



REGISTER:



FREE VIRTUAL WORKSHOP
SETTING UP YOUR GARDEN

Mar 15, 2022 7:00 PM Eastern Time

FEATURED SPEAKER: Elias Castillo, a local gardener and YouTuber focused on gardening in zone 7a, will share how to prepare soil, start seedlings, protect plants from pests and other spring gardening information.

Next is “The Garden Diaries,” where 2 community members and backyard gardeners share tips, plant suggestions and other useful information for spring gardens.

The workshop concludes with a Q&A session to answer all your garden questions.

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REGISTER:



TALLER VIRTUAL GRATUITO
HUERTO EN CASA

Miercoles 16 de Marzo de 2022 7:00 pm horario del este

PRESENTADOR INVITADO: Juan Pablo, el jardinero invitado, nos mostrará cómo preparar nuestro suelo, comenzar nuestras plantas, proteger contra las plagas y más información útil para esta primavera.

Luego, 2 jardineros locales comparten sus “Relatos de Jardín” donde compartirán sus consejos, plantas favoritas y otra información útil.

Cerramos el taller con una sesión de preguntas y respuestas.

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Thanks to Cory Suter

The Fairfax Food Council thanks Cory Suter for his volunteer leadership of the Urban Ag Work Group over the last five years. Cory will continue helping establish community gardens, build soil fertility and expand edible landscaping in the County through his new role as the founder and chief shepherd at LambMowers.com. He will also continue advocating for county support of urban ag as he continues as a member of the Fairfax Food Council's urban ag work group - and through his appointed position as Springfield District Tree Commissioner.

Cory has been inspired by the robust communities of gardeners in Fairfax County, and looks forward to continuing to experiment with new perennial food producing plants on his five acre permaculture farm near George Mason University. He encourages everyone to attend gardening workshops to connect with community and better learn how growing your own food can make you healthier and happier. Cory is confident the future with regenerative urban ag is bright.



**Updated information for all of the Fairfax Food Council events
can be found on our website:**

<https://www.fairfaxcounty.gov/food-council/>



EVENTS



VCE Fairfax County Master Gardener Volunteers will offer
Vegetable Garden Plant Clinics
 at Fairfax County Rental Garden Plot locations
www.fairfaxcounty.gov/parks/green-spring/plots

2022 Locations

Pine Ridge Park
 3401 Woodburn Road
 Annandale, Va.

Nottoway Park
 9537 Courthouse Road
 Vienna, Va.

Baron Cameron Park
 11300 Baron Cameron Ave.
 Reston, Va.

Grist Mill Park
 4320 Mt. Vernon Mem. Hwy.
 Alexandria, Va.

Lewinsville Park
 1659 Chain Bridge Road
 McLean, Va.

Franconia Park
 6432 Bowie Drive
 Springfield, Va.

George Mason Park, 9700 Braddock Road, Fairfax, Va.

Saturday Mornings, from 9 to 11:30 a.m.
April 9 , May 14, June 11, July 16, Aug. 20 and Sept. 17
All six dates at all seven locations!

Everyone is welcome. Masks available. Master Gardeners will answer gardening questions, give out soil sample kits, and offer free analyses of plant and pest problems. It is also an opportunity to see and learn about the Fairfax County Garden Plot Rental Program.

For more information call 703-324-8556
 or email FairfaxCommunityGardens@gmail.com



703-324-8727 TTY: Va. Relay 711

A Fairfax County, Va
 publication 12/21

Training Events

Vegetable Gardening

Thursday, March 17, 12pm

Instructor: Peg Bier, Merrifield Plant and Design Specialist

Grow delicious vegetables at home. Learn her methods for growing in ground and in containers, as well as some of her favorite vegetables and herbs and products she finds helpful.

<https://www.merrifieldgardencenter.com/online-classes/>

At this same link, check-out: Virtual Plant Clinics



Family Fun - Thomas Jefferson's Peas

Thursday, March 17, 4pm

(5-Adult) Celebrate peas for St. Patrick's Day and hear about Thomas Jefferson's Peas

Plant Swap - Adoption Event

Saturday, March 19, 10am

(16-Adult) Green Spring Gardens is hosting a plant swap/adoption event.

Garden Talk - Spring Veggies and Herbs

Saturday, March 26, 10:30 am

10:30AM, (16-Adult) Imagine dashing outside to cut fresh basil to make a batch of pesto.

<https://www.fairfaxcounty.gov/parks/green-spring/events>



Registration for 2022 Arcadia Farm Camp is Now Open!

Farm Camp is back with five weeks of hands-on, farmy fun. Arcadia is committed to providing a safe environment that is conducive to learning and play while keeping in line with the latest Covid-19 regulations from the Virginia Department of Health and CDC.

<http://www.arcadiafood.org/arcadia-farm-camp>

Save the Date! Stuff the Bus – March 19

Save the date! Stuff the Bus will be collecting donations at sites throughout Fairfax County on March 19 from 10:00 am-3:00 pm. Learn more: <http://bit.ly/FfxStufftheBus> #FFXStufftheBus #FFXstrong

Save the Date!



**Saturday
March 19
10 a.m.-3 p.m.**

Learn more: bit.ly/FfxStufftheBus

Table at the 2022 Virginia Cooperative Extension 4-H Fair!

Educational Community Table space is available at the 2022 VCE 4-H Fair. Organizations may:

- Benefit from having a free educational table at the Fair
- Have the resources to have an educational component at the table
- Have the ability to staff a table for the weekend of the Fair (first weekend in August - all weekend or one day of the weekend)

To explore or ask questions, contact Kim Kruszewski, Fairfax County 4-H Program Assistant, kkruszewski@vt.edu



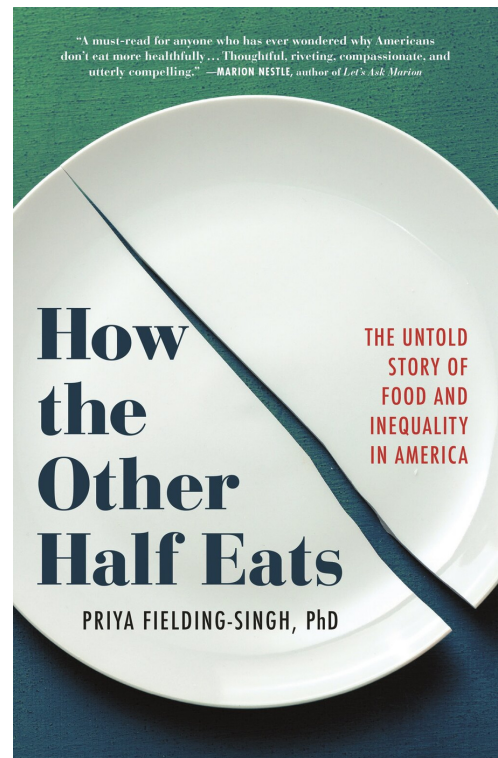
RESOURCES

How the Other Half Eats

Have you read "How the Other Half Eats: The Untold Story of Food and Inequality in America" by Priya Fielding-Singh? This is one of our latest recommended books from our Food Access & Literacy Work Group!

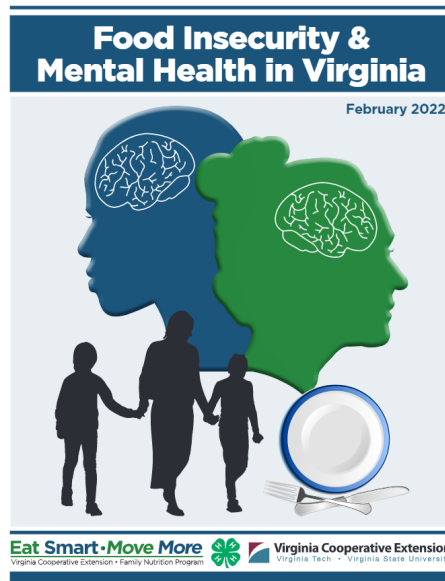
From her years of field research, sociologist and ethnographer Fielding-Singh brings us into the kitchens of dozens of families to explore how—and why—we eat the way we do. She reveals how being rich or poor in America impacts something even more fundamental than the food families can afford: these experiences impact the very meaning of food itself.

More info: <http://priyafs.com>



Food Insecurity and Mental Health in Virginia

In February, Virginia Cooperative Extension released a report about what the impact of food insecurity is on the mental health of residents of Virginia. The report can be accessed through VCE's Virginia Family Nutrition Program website: <https://eatsmartmovemoreva.org/fnp-reports/>



Fairfax Food Council – Tool Library

Would you like to borrow some quality pruning tools for free? Pruning trees in early to mid-March is the best time to prune fruit trees to cut out diseased, crossed, or crowded branches. The Fairfax Food Council recently purchased some high quality pruning equipment for their centrally located Tool Library behind Daniels Run Peace Church. Make a tool reservation today:

https://docs.google.com/forms/d/e/1FAIpQLSetvQhVFOdBZtRl3t9izCro_9wphgIY4iVUhX61Lq8zIxOq0w/viewform?c=0&w=1



COMMUNITY STORIES

SevaTruck Foundation Expands Operations Through a Partnership with Fairfax County's Lewinsville Senior Center

The SevaTruck Foundation, a nonprofit food truck that serves free, fresh vegetarian meals to local communities in need, is now utilizing a new commercial kitchen at the Lewinsville Senior Center. This partnership between Fairfax County and SevaTruck allows the organization to deliver tens of thousands of healthy meals to those who need it most.

Prior to the pandemic, it is estimated that Fairfax County had approximately 58,000 individuals struggling for their next meal, with children representing 40% (23,000). During the pandemic, this number was estimated to have doubled.

In 2021, SevaTruck was able to serve over 70,000 hot, nutritious meals in the DMV. A national organization, they served over 125,000 nationwide through SevaTruck Michigan, SevaTruck Richmond, and SevaTruck Bay Area. In 2022, with the new commissary, it is expected that capacity will increase to approximately 125,000 meals in the DMV, where each meal will be delivered to Title 1 schools, low-income community centers, churches and others.

“I’m super grateful to Fairfax County and the leadership at the Lewinsville Community Center for embracing SevaTruck’s mission and extending their generosity,” said Sonny Kakar, Founder of SevaTruck. “The full-time use of this state-of-the-art commercial kitchen allows our organization to focus our resources on the crux of our mission – which is to serve hot, healthy meals to children and families. Our combined efforts increase equitable access to nutritious food, and we’ve seen that this also leads to positive health and educational outcomes.”

About SevaTruck Foundation: SevaTruck is a fully licensed food truck with a commercially integrated kitchen. They serve free, nutritionally balanced vegetarian meals when and wherever needed. Together, in partnership with local area food banks, shelters, schools and nonprofit organizations, they address the effects of poverty in the nation’s capital and other US cities and fulfill a broader purpose of serving humanity. www.sevatruck.org



Partake in the Northern Virginia Community Health Assessment

All are invited to take the Northern Virginia Community Health Assessment, a 4-minute, anonymous survey to help identify the most pressing health-related needs in the Fairfax community. The input will inform ongoing efforts to deliver accessible, quality care throughout the region.

The survey is available in 9 languages through this link:

<https://www.surveymonkey.com/r/NoVAHealthAssessment-English>

The results will inform Inova's ongoing efforts to make Northern Virginia a healthier community for all.

VOLUNTEER OPPORTUNITIES

Hands On Harvests



Have a little extra space in your edible garden? Grow more than your family can eat? HandsOn Harvests' Grow A Row program is for you. Grow A Row offers seeds, transplants, soil test kits, and advice to home gardeners who agree to donate a portion of their harvest to an area food pantry. To find out more visit: www.handsonharvests.org



FreshFarm is Seeking Volunteers

Looking for a volunteer opportunity?

[FreshFarm](#) is co-hosting the 2022 **Art Blooms at Mosaic** event on Saturday, April 2nd, and Sunday, April 3rd at 2910 District Ave, Fairfax, VA 22031.

The festival draws a very large crowd -- over 100,000 people each day -- seeking a weekend of food, drink, family, and seasonal festivities.

They are looking for folks who are willing to help support FreshFarm at this event. Learn more and sign up here <https://www.volunteermatch.org/search/opp3472568.jsp>

Healthy Together Fairfax Virtual Summit

The Healthy Together Fairfax community event is scheduled for October 2, 2022 at Lee District Park. The vision for this event is to be one by the community, for the community. The event will be a fun and interactive way for community members to learn more about what's considered healthy and active, explore programs and resources available to promote healthier living in the County, take part in shared movement and experiences related to healthy environments and active living, and make new connections.



Consider joining one of the two Healthy Together Fairfax planning subcommittees. Their first meetings are:

1. Community Partnerships and Marketing Committee, March 7, 2022 at 12 - 1 p.m. Register for this Zoom event [HERE](#).
2. Event Activities and Logistics Committee, March 9, 2022 at 12 - 1 p.m. Register for this Zoom event [HERE](#).

If you are unable to attend a meeting, but interested in joining one of these subcommittees or helping with event planning in other ways, please email healthytogetherfairfax@gmail.com and they will keep you informed about upcoming planning efforts.

Fairfax County Farmers Market Seeks Volunteer Market Managers

Are you a local food enthusiast who enjoys supporting local farmers and producers? Would you like to make a difference in your community by helping to increase access to fresh and healthy foods?

Fairfax County Farmers Markets is currently recruiting 12-15 new Volunteer Market Managers to oversee the day-to-day operations of their local farmers market. Market Managers are responsible for setting up market supplies, enforcing market rules, monitoring safety, and assisting with market outreach & vendor selection. It is a great volunteer opportunity for anyone that wants to connect with their local community, increase access to fresh and healthy foods, and support local farmers and food producers!

Visit <https://www.fairfaxcounty.gov/parks/farmersmarkets/market-manager> to learn more about the 3 different volunteer opportunities with Fairfax County Farmers Markets and apply today!

About Fairfax County Farmers Markets: Fairfax County Park Authority operates 10 Farmers Markets across Fairfax County. Their farmers market program strives to provide residents access to locally grown products and create market opportunities for area farmers and food producers. Volunteer Market Managers provide the necessary ground support to ensure markets run smoothly. Visit <https://www.fairfaxcounty.gov/parks/farmersmarkets/>

**JOIN FAIRFAX COUNTY FARMERS MARKETS AS A
VOLUNTEER MARKET MANAGER**

Manage daily market operations, connect with your community,
and support local farmers and food producers!

Annandale, Burke, Kingstowne, Lorton, Mt. Vernon, McLean, Oak Marr, Wakefield

www.fairfaxcounty.gov/parks/farmersmarkets

FUNDING OPPORTUNITIES

Center for Science in the Public Interest Grant

The Center for Science in the Public Interest's (CSPI's) first round of grantmaking for 2022 is now open. CSPI seeks to support communities as they explore local, state, and federal policy interventions to elicit systemic change and advance a just and equitable food environment. Current opportunities for funding are:

- Community-Driven Policy Campaigns to Advance Health Equity through SNAP
- Healthy Restaurant Kids' Meals Policies
 - Healthy Food Purchasing and Food Service Policies for Public Facilities
 - Federal Lobbying Grants Supporting Healthy School Meals

Visit [Grant Opportunities](#) for details.



This information is provided by the Fairfax Food Council.

fairfaxcounty.gov/food-council

10777 Main Street
Fairfax, VA 22030



[@FairfaxFoodCouncil](#)

If you have something for the next newsletter, please submit to

FairfaxFoodCouncil@fairfaxcounty.gov by May 23, 2022.

To subscribe or unsubscribe, please email FairfaxFoodCouncil@fairfaxcounty.gov.

We encourage you to share this newsletter widely with all who may be interested! If you have any issues accessing the information in this newsletter, please let us know by emailing

FairfaxFoodCouncil@fairfaxcounty.gov.