



Goodness Grows presents...

Grade K-12/13-18

Mahoning Valley City Fresh

Just eating that tastes great



City Fresh began providing local food to Cleveland's inner city and suburban communities in 2005. This form of Community Supported Agriculture has successfully linked Ohio farmers to local eaters with weekly fresh produce deliveries. A CSA is a community of people who get fresh produce directly from local farmers. Members join in the spring by making a deposit to invest in seeds. Growers and consumers share the risks and bounty of the season.



This local food model:

- increases access to fresh, nutritious produce
- creates direct opportunities for local producers
- establishes incentives to increase food system equality and sustainability

In addition to starting Mahoning Valley City Fresh, Goodness Grows is supporting the creation of gardens and local food access in two Youngstown neighborhoods, currently considered food deserts. Goodness Grows is working with residents to design and build community gardens.

Take Part by becoming a

Share member - Make a deposit for a share of the summer's harvest
or

Supporter - Contribute funds for transportation or youth employment

- Help plant, harvest, or build an urban garden
- Donate mulch, cardboard, garden shed, or supplies

www.goodnessgrows.net

Goodness Grows is a non-profit ministry of Common Ground Church Community
2310 W. South Range Rd, North Lima, OH 44452
330-549-9408





Goodness Grows presents...

Order Call/Text 313-313

Examples of weekly share contents and amounts:

July 6

- 2 heads Bibb Lettuce
- 1# Beets
- 1.75# Green Beans
- 3# Organic Red Potatoes
- 1 Zucchini, 1 Yellow Squash
- 1/4# Basil, bunch of Chives

Aug 10

- 6 ears Sweet Corn
- 3 Bell Peppers
- 1# Carrots
- 3# Red Tomatoes
- 3oz Cilantro, 2 oz Sage
- 1 pint Blueberries

Sept 14

- 1/2 # Spinach
- 2 heads Garlic
- 2 Summer Squash
- 3# Tomatoes
- 1 pint Plums
- 1/2 peck Apples

The Mahoning Metro Deal:

Your pre-season order is your good food investment. Local farmers sow the seeds and work hard to deliver the best each week, from June 20- September 30.

Each week share members will pick up between 5 and 10 seasonal crops at their local "Fresh Stop". Vegetables and seasonal herbs, fruit, and flowers will be harvested by local growers. These products will be picked in their prime and delivered right to the Fresh Stops. Newsletters will highlight great recipes and menu options for the goods.

Moreover, your participation will support the delivery of fresh food to two Youngstown neighborhoods currently considered "food deserts." Low-income residents on the East-Side will be able to order produce on a weekly basis at an affordable rate. These communities have difficulty finding whole food, so Goodness Grows is providing supplies and training for new urban gardens in 2011.

What's it all about? *The produce of course!*

- Grown locally
- High Quality
- Farm Fresh
- Delivered to your Fresh Stop
- Handled with care
- Selected for flavor

Plus it's Much, Much More!

- Partnering with farmers who grow your food
- Keeping dollars in the local economy
- Spending time on the farm
- Encouraging respect for the environment
- Eating healthier meals
- Knowing where your food grows
- Connecting to the seasons
- Being a creative cook

www.goodnessgrows.net

Goodness Grows is a non-profit ministry of Common Ground Church Community
2310 W. South Range Rd, North Lima, OH 44452
330-549-9408

