

Acadia Community Farm SND Newsletter

See what the Nutrition department has been up to at the community farm!

September-November 2019



Past Events

- | | |
|--------------------------|--|
| September 10, 12, 17, 19 | First year Food Commodities students guided farm tours |
| September 17-October 30 | Nutrition Education students spent time volunteering at the farm |
| September 25, October 15 | Harvests from the farm were delivered to be used in the Food Commodities lab |
| October 21 | Great Meals for a Change event hosted by Nutrition Education students |



Joining Together

Over the last several years, the need for a student position linking the Acadia Community Farm and the School of Nutrition and Dietetics had arisen. Previous Nutrition students had conducted research by interviewing various professors, farm associates, and students, as well as reviewing literature from other university farms, to determine what the position would include. Highlighted goals included increasing student volunteer opportunities, organizing the harvest and delivery of farm produce to various Nutrition labs, as well as increasing overall student and faculty communication and connections with the farm. Through this connection, we hope to encourage awareness of the importance of the Acadia Community Farm and reflection on the foundation of food and sustainability. This fall, for the first time, Acadia created a TA position to support these efforts; 5th year student Cassidy Collins has stepped into this yearlong role as the Nutrition Education and SND Acadia Community Farm TA.

What courses are involved with work at the farm?

Food Commodities, Food and People, Community Nutrition, Nutrition Education, Management in Dietetics

Volunteer Sessions at the Farm

Students from Nutrition Education and the CODE class Sustainable Food Systems spent time volunteering at the Acadia Community Farm throughout the fall as part of their class curriculum.

Commodities Guided Tours

Every year, students in the first year course Food Communities attend

a guided tour of the Acadia Community Farm.

Nutrition Education is a fourth year core Nutrition course that requires students of classes, Nutrition students to partake in various volunteer opportunities such as working with a local food bank, working with a local food coordinator, Sarah Boudreau, or this year's SND farm TA, Cassidy Collins. The tour includes walking down to the farm as a group and learning about the history and mission statement of the farm, what is planted seasonally, who is involved in maintaining the plots and what that

This year four students each completed 3 sessions of volunteer work down at the farm. The

sessions included digging plots, planting and harvesting vegetables, weeding garden

beds, mulching growing plants, and tearing down the farm in preparation for the winter months. The students who participated were Paula Farrell, Kelly Thompson, Rachel Gates Flaherty, and Jamie Risi.

students completed their volunteer hours, they planned an event called Great Meals for a Change as a celebration for other farm volunteers, plot holders, and farm associates. This year, the Sway was used as a presentation for students prior to the potluck, with food sustainability as a running theme.

The volunteers used produce harvested from the farm to create various shareable meals for the event and used trivia cards to spark conversation about where food comes from, what initiatives work towards and against sustainability, and other relevant topics.

For more information about the Great Meals for a Change initiative, visit www.greatmealsforachange.ca

tour to always visit the store for the were among its.

Purple kale used in a salad for the Great Meals for a Change potluck event.

Carrots harvested from the farm to be used in the Food Commodities lab.



Thank you to the School of Nutrition and Dietetics for your continual support.

I want to personally extend a huge amount of gratitude to the Nutrition department for helping to support the Acadia Community Farm through volunteer help, encouraging awareness and learning, using produce from the farm during labs, and by strengthening the connection between SND and ACF to help lead to even more successful initiatives together in the future.

Growing good food, together.

Cassidy Collins

Stay Tuned!

Expect more newsletters in the spring semester to learn what will be growing on the farm, who will be down there, and what plans are on the way to further build the relationship between SND and the community farm!

Special Thanks

Liesel Carlsson
Barb Anderson
Sue Conlan
Sarah Boudreau
Student Volunteers