

# Acadia Community Farm SND Newsletter

See what the Nutrition department has been planning over the winter to continue fostering a relationship with the ACF!

January-March 2020



## Term Updates

### Tomato Project

Second year Food & People students planted tomato plants to be donated to the Wolfville Area Food Bank & Acadia Community Farm

### Fork & Farm

The Fork & Farm Club will be coordinating with various SND clubs to continue planting food during the off-season at the Farm and host food-related events



## 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; 5<sup>th</sup> year student Cassidy Collins has stepped into this yearlong role as the Nutrition Education, Food & People, 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



## The Tomato Project

This project involves nutrition students planting & caring for tomato plants to provide a source of sustainable food to local food bank users.

The School of Nutrition and Dietetics and the Wolfville Area Food Bank have facilitated the “tomato project” several times. This year, students from the Food and People course had the opportunity to be involved in this project, teaching them about how food is grown and how gardening can help to relieve food insecurity in a sustainable way. A local seed company called Revival Seeds graciously donated the tomato seeds for the project (see their website [www.revivalseeds.ca](http://www.revivalseeds.ca)).

They are located in Middleton, NS and have been saving heirloom seeds for over 100 years across the country. The students planted the seeds and took turns watering and taking care of the plants. They planted nearly 200 tomato plants! Through surveys and conversations with local food bank users, tomatoes were one of the top picks for produce they would like to be able to grow at home. Luckily, a tomato plant can survive in a large container through its entire life cycle, so they are a wonderful and inclusive option for food bank

users. Since the State of Emergency was declared in Nova Scotia, students have been sent home and the amazing greenhouse staff at the KCIC have been caring for the tomato plants. Businesses from around the community have donated large buckets for the tomato plants to be transplanted in, and the plants will be handed out over the summer when they are ready to be rehomed. Once the food bank is at capacity, remaining tomato plants will be donated to the Acadia Community Farm.

Tomato seedlings  
that will be provided  
to local food bank  
users over the  
summer.





# Fork and Farm Club Collaboration

The Fork & Farm Club was originally created to bridge the gap between the growing seasons at the Acadia Community Farm during the academic year. They have since ventured into many other food growing initiatives.

Acadia Fork and Farm is a club that works primarily out of the KCIC greenhouse. They aim to create interest in the student body around edible plants, community gardening, and sustainable food.

The club was designed to bridge the gap between growing seasons over the academic year at Acadia in order to provide food when the Acadia Community Farm cannot. Although the relationship between ACF and the club has been lost over the years, it is set to be renewed in the 2020-2021 academic year.

The Fork and Farm club has plans to collaborate with the Nutrition department by working with the nutrition farm TA and planning events with NADS

and CAFPP. They will help facilitate increased student engagement at the Acadia Community Farm during the growing season and will provide a place for students to continue participating in experiential learning through gardening and food production over the entire academic year.

Events may include partnered projects with the Wolfville Area Food Bank, healthy eating workshops, seed planting sessions, U-Picks, tours of local farms, and more!

Stay tuned in September 2020 for more information on events and opportunities to get involved with the Fork and Farm Club and the Acadia Community Farm.



Students planting seeds in the KCIC greenhouse potting shed.





## 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 next academic year to learn what will be growing on the farm, who your new nutrition farm TA will be, who will be volunteering, and what plans are on the way to further build the relationship between SND and the community farm!

### Special Thanks

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CAFP