

RENAISSANCE

connecting farms, food, & nutrition.

New Hampshire *Giving Gardens Network* Takes Root



Thousands of NH residents are engaged in a pastime that can provide large amounts of critically needed food items – home gardening.

As we move deeper into the economic downturn, food assistance programs are being asked to provide for an increasing number of New Hampshire families. While meeting the needs of so many requires collaboration on several fronts, the Giving Gardens Network has begun work on a cooperative campaign to promote and support the donation of food from home gardens, CSAs, and farms and farmers' markets to

food pantries and shelters. This initiative is intended to complement the diverse and established programs already in place around the state, while assisting the development of new efforts.

According to the NH Foodbank, their food distribution is about 40% higher than a year ago and food pantries, soup kitchens and shelters are seeing a similar increase in service demand. This increase in demand comes as donations to food assistance

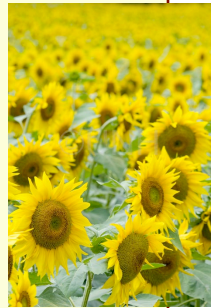
Thanks to Chris Skoglund for contributing this article.

FOOD AND FUEL ARE THE TOPICS OF DISCUSSION AT UPCOMING WORKSHOPS

Two workshops to be held in June invite participants to learn about the connections between food and fuel. On June 12th, "Farming for Carbon in New England - Food and Fuel Policy and

Application," will feature sessions on agricultural management, soil modeling tools, and soil-based carbon sequestration. On June 13th, "Putting Oilseeds & Grains

into your Rotation: Organic No-till and Cover Cropping," will discuss topics such as cover crops and organic weed management, organic no-till equipment displays and demonstrations, and more. Both workshops will be held in Durham, at the UNH Thompson School of Applied Sciences. Visit [Green Start NH](#) to learn more or register by June 5.



programs are falling. At the same time, more New Hampshire residents are turning to home gardens to meet a portion of their own food supply. The excess food that is frequently grown by these new and existing home gardeners,



as well as by local farmers, presents an opportunity to alleviate some of the state's food assistance need as many food pantries and shelters are capable of accepting fresh food.

The Giving Gardens Network was established to help support and expand on the existing efforts around the state that are already advocating for the donation of this locally raised excess harvest. The GGN is currently identifying partners and working to create a web-based portal that will provide the resources needed to plan efforts, grow the most needed items, and donate to the right locations.

While these resources are being developed, the concept driving the Giving Gardens Network is being promoted through established partners in order to encourage New Hampshire residents to plan to grow a little extra... to grow foods that are most needed... and to donate to locations that can accept fresh foods.

To get involved and to begin to plan for this season, visit the [Giving Gardens Network website](#) or [email](#) for more information.

Healthy Eating Active Living (HEAL) Web Writers' Workshop

Interested in promoting health and well-being among Granite Staters? Like to write and want to get published? Have a specialty that makes you well-suited to editing articles for technical accuracy? Want to improve your general writing skills, learn more about writing for the Web and collaborating online with editors and other writers? Interested in working with a patient, experienced, professional copyeditor?

Then join HEAL for a hands-on workshop in the computer lab at Granite State College. The HEAL Web site integrates information and resources for New Hampshire people interested in staying healthy and is interested in topics including local resources for staying fit and healthy (bikeways, find-a-buddy exchanges, community gardens and local agriculture, cooking classes, community exercise programs, fitness trails, health and fitness events, low-cost ways to stay fit and eat well, grass roots and citizens group projects that help to make healthy choices the easiest choices in your community, and more!

[Register online](#) by Tuesday, June 2. There is no fee. This workshop is supported by UNH Cooperative Extension.

Questions? Contact Karen Balnis: karen.balnis@unh.edu or 499-6424.

New Hampshire Center for a FOOD SECURE FUTURE

The mission of the New Hampshire Center for a Food Secure Future (NHCFSF) is to advance a renaissance of New Hampshire food culture from farm to table, promoting food systems that support sound nutrition and healthy sustainable communities.

[Visit our website](#)

Upcoming Events

June 9: [HEAL Writers Workshop](#), 9 a.m. - 3 p.m., Concord

June 12: [Farming for Carbon in New England – Food and Fuel Policy and Application](#), Durham

June 13: [Putting Oilseeds and Grains into Your Rotation – Organic No-Till and Cover Cropping](#), Durham

June 24: [Taste of the Nation](#), Portsmouth

July 11: [Canning Demonstration](#), Applecrest Farm Orchards, 11:00 a.m. - noon, Hampton Falls

Interactive Map of NH Community Gardens

Now available on the UNH Cooperative Extension website, an interactive map of community gardens in the state provides the locations and contacts for these sites around the state. [See it for yourself!](#)