

1) Project Name: *Bunker Hill Localvores: Promoting Sustainable Agriculture*  
Applicants: Jacqueline Kerstner, ESL, and CSA Member of Farmer Dave's  
Helmut Kahlert, Culinary Arts

Helpful Definitions:

- a) CSA (Community Supported Agriculture) "consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's for the growers and consumers, providing mutual support and sharing the risks and benefits of food production...Although CSAs take many forms all have at their centers a shared commitment to build a more local and equitable agricultural system that allows growers to focus on land stewardship and still maintain a productive and profitable small farm". (USDA National Agricultural Library website)
  - b) Localvore or locavore="describes someone who adheres to a local diet". (ecomii.com)
- 2) Project Abstract: Through our project *Bunker Hill Localvores; Promoting Sustainable Agriculture* we hope to make shifts in our attitudes towards the food we eat and how we get our food. At the same time we would like to reaffirm our college's diversity and strengthen our ties with the communities which surround us.

3) Project Significance: What are the hidden costs of our food choices on our environment? Can we sustain our planet if we continue to buy food from across the country or abroad instead of from our local communities? How much fossil fuel does it take to get our greens from California or our blueberries from Argentina? To sustain our planet we need to reconsider our food choices and supply chains. Our college's goal to promote sustainability gives us the opportunity to address these concerns.

3) Project Plan:

- a) Organize the first annual CSA (Community Supported Agriculture) fair of local farmers. At this fair our community will become acquainted with local farmers and have the opportunity to buy shares in the farms for the upcoming season. I will focus on picking farmers who demonstrate a commitment to BHCC's values of equal access and diversity. Local producers/ vendors who are regulars at farmers markets and who give free samples ( Taza Chocolate of Somerville, Samira's Homemade of Belmont...) will also be invited. (Jackie)  
Timeline: March
- b) Compile research lists to be posted on-line by the Director of Sustainability: 1)  
Provide a resource list for the BHCC community of local CSAs, localvore

groups, and local farmer's markets. I plan to include farmers markets which accept foodstamps, testimonials on the CSAs , and "featured fruits" and recipes in collaboration with farmers. 2) Provide a list of the benefits of eating locally. 3) Provide a list of contacts (local farmers, sustainable agricultural organizations) to open up field trip, volunteer, and internship opportunities for students. (Jackie).

- c) Start a localvore speaker series in April . A possible topic and title for Spring 2011 could be *Grow your Own Vegetable and Herb Garden: Urban Container Gardening and Beyond* (Jackie)
- d) Culinary Arts students in CUL 235 Ethnic Cuisines (15 students) will create the menu and prepare the food for the localvore speaker event using food from a local year-round farmer's market. Students in Nutrition (BIO 115) (18 students) will provide a nutritional analysis of the food. (Helmut)
- e) ESL students (22 students) in the World of Business (ESL 097 03T) read, discuss, and write about a business case study. I have attached an abstract of the La Fageda Case Study (10 pages) by Harvard Business Publishing as a sample. These students will also come up with ways to advertise the localvore speaker series event in April and implement some of their ideas. (Jackie)

#### 5) Our Outcomes on student and the entire community

We aim for the following outcomes:

- a) build awareness of local sustainable agriculture
- b) improve wellness and quality of life by promoting healthy, in season eating
- c) strengthen bonds with the outside community
- d) encourage our community members to grow their own food
- e) teach job-related skills to more than 30 students in the Culinary Arts Program
- f) teach 22 ESL students the case study method and allow them to implement their ideas to advertise a real event
- g) develop collaboration between faculty members and students

#### 6) Assessment Plan

- 1) Conduct pre and post surveys of knowledge of CSA and benefits of local eating
- 2) Track BHCC membership growth in CSAs through promotional means
- 3) Monitor hits on the BHCC Localvore website posted by the Director of Sustainability
- 4) Take attendance at the CSA fair through a variety of methods
- 5) Document class fieldtrips and service learning opportunities
- 6) Track those who are inspired to grow their own food
- 7) Assess classroom assignments

8) Budget Worksheet

Total budget=\$3,000.00

- a) Faculty stipends to Jackie Kerstner (\$1,200) and Helmut (\$1,000)
- b) Payment of localvore speaker (\$150)
- c) Food budget (500 dollars-10 dollars per person)
- d) Free samples such as seed packages as means to track participation or for promotional purposes (\$150)