



Hello friends and neighbors,

The theme of Women's History Month 2022 is "Providing Healing, Promoting Hope." We honor women taking care of us during this pandemic, and women across the globe, throughout history who have enabled recovery, transformation, and belief in a future of goodness. At Working Food, we celebrate achievements our predecessors made possible: our women-led organization and women-led garden and food-centric business partners who nourish the community and provide new opportunities for women to embody healing and hope. Emergence of springtime buds and blooms reminds us of the infinite earthly possibilities that begin with an ovule, a seed, an egg...together, we rejoice!

Warmly,

The Working Food Family



This Wednesday evening (March 30) Melissa and her tomato-pro partner Timothy Noyes are hosting **Tomato Bootcamp** at the Working Food community center. If you're yearning to learn tried-and-true techniques from expert growers sharing their secrets for tomato success, we have a few seats still available: [register here](#).

On April 23rd, come spend the morning with us at **Seed and Soil School!** From 10:00 until 2:00, Melissa and a terrific team of collaborators will show you how to save seeds and make soil that helps them grow into thriving plants. Seed and Soil School includes hands-on demonstrations, garden tours, and tips for reducing food waste. Learn more about Seed and Soil School and [register here](#).

**All our seed shops are fully stocked with amazing new varieties!** You can find them at Ward's Supermarket, Auk Market, Mosswood Farm Store in Micanopy, and our [online store](#) where you can order seeds for local pickup and USPS delivery.

This month's seed spotlight shines on **Grandma Ernestine's butterbean**. They're highly adapted to our hot, humid climate - very productive with easy-to-save seeds. Our stock came from seeds gifted to Melissa in 2011 by her friend Adam, who got the seeds from his grandmother Ernestine Tyrone (pictured above). Her story of this heirloom seed treasure goes back to Mississippi in the early 1900's. Similar lima beans were grown by indigenous Americans in Peru over 9,000 years ago! Growing these butterbeans connects you with a powerful narrative of perseverance.

If you'd like to help support our seed collective, email [melissa@workingfood.org](mailto:melissa@workingfood.org) for options and details.

**UF/IFAS March Plant of the Month is the tomato!**

Perfect timing - coincides with our Tomato Bootcamp this Wednesday! If you can't make it to Bootcamp, be on the lookout for tomato-growing tips in our [Instagram](#) and [Facebook](#) posts!

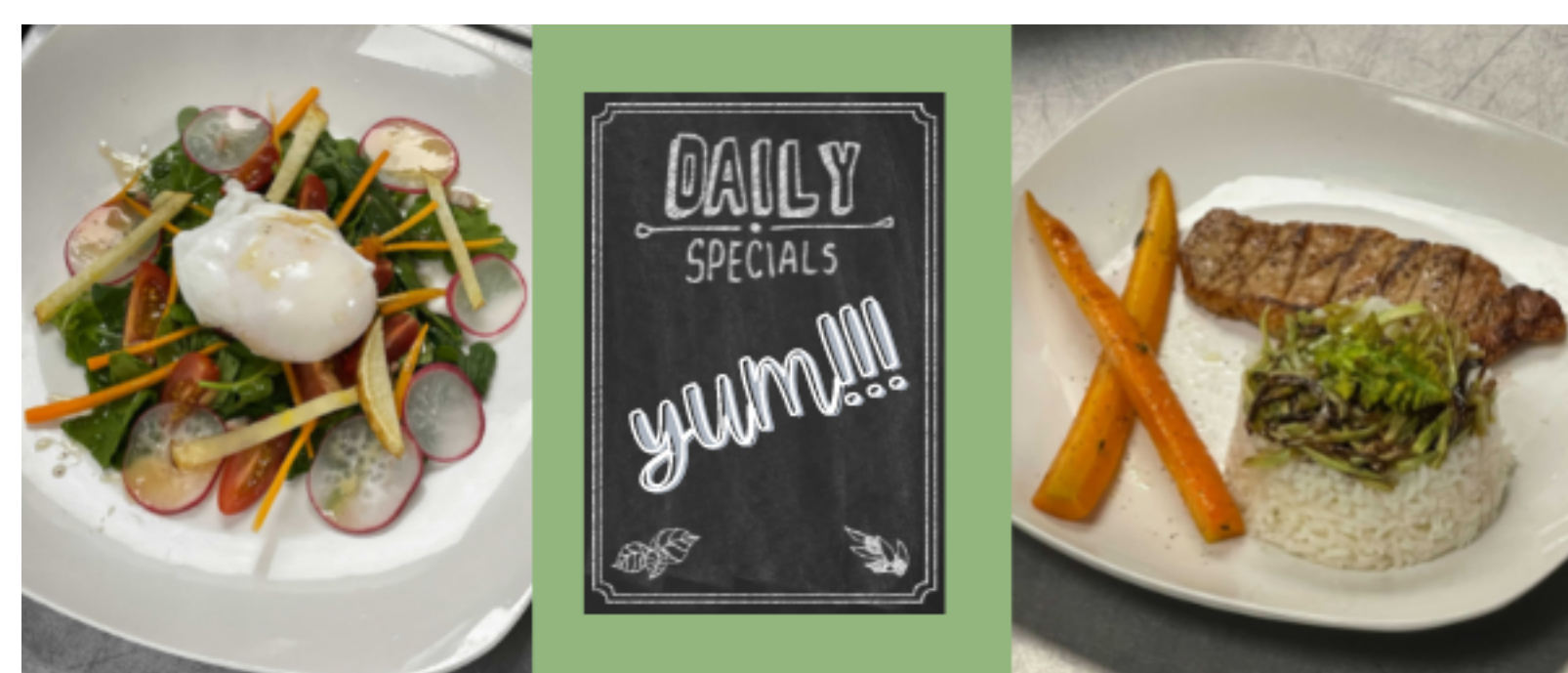


Jesse, Jenna, and the kids of the George Washington Carver Science Club celebrated completion of their first-ever herbalism curriculum. What a beautiful way to honor the tradition of women sharing knowledge of plant medicine with their community! The three-class course included learning about the deep cultural roots of herbalism, with kids making calendula infusions from dried flowers they grew in their garden. Jesse and Jenna taught about foraging and herbal biology as kids made tea blends based on herbs' medicinal attributes. In the final class, students decanted calendula infusions, creating healing salves to take home to their families. They were so excited about learning to make garden-grown goodness for healing and sharing!

If you'd like to help support our youth garden and culinary learning programs, email [jesse@workingfood.org](mailto:jesse@workingfood.org) for options and details.



Chef Amadeus and his students in the UF Culinary Certification program are giving the kitchen a workout! Chef's latest challenge: make a meal featuring fresh [Family Garden](#) CSA ingredients (image above). Students did not disappoint, showing off their creative prowess with the dishes below: Mixed Green Salad with Carrots, Radishes, and Pan Fried Rutabaga, Poached Egg, and Fresh Red Wine Vinaigrette; Grilled Pork Chop, Garlic Rice with Broccoli Stem and Romanesco Sauté, Thyme Butter, and Wine Poached Carrots.



We're over the moon that **UF has confirmed a second session of its culinary certification program** beginning in mid-July at the Working Food kitchen. Please help spread the word about [this opportunity](#) to earn culinary certification - many scholarships are available.



**Flavorful is officially open for business!** We're thrilled that Aisse and Awa are off to a roaring start, booking events for catering and offering tantalizing take-out for you to pre-order. It's a delight to witness ongoing growth and success of a women-owned culinary startup making the most of our professional kitchen facilities. Get in touch with Flavorful via [Instagram](#) and [Facebook](#) to experience Afro-fusion deliciousness!

To learn more about our community kitchen facilities, email [robert@workingfood.org](mailto:robert@workingfood.org).



**Mark your calendars for these April happenings!**

**Wednesday, April 19, 5:00 - 7:00 pm at Working Food courtyard**  
Join us for a happy hour celebration of our 10th anniversary sustaining a resilient local food community and kickoff of **#wflocavore**, a fun new Working Food initiative in support of eating local! More exciting details to come in on our [website](#), [Facebook](#) and [Instagram](#) posts, and next newsletter - stay tuned!

**Thursday, April 20, 5:00 - 7:00 pm at First Magnitude**  
Look forward to discounts and giveaways in gratitude of your generosity for supporting Working Food during the **Amazing Give** campaign, an annual fundraising event hosted by the [Community Foundation of North Central Florida](#) that connects local donors with nonprofits serving our community. If you'd like to be a sponsor who matches donations made to Working Food during the Amazing Give or want to help with our campaign, please contact [Wendy Free](#).

Working Food is a [501 \(c\)\(3\) non-profit organization](#) (registered as Forage) that works to cultivate and sustain a resilient local food community in North Central Florida through collaboration, economic opportunity, education, and seed stewardship. To support our work, please click the button below. Donations are tax-deductible. Thank you!

