



# January Field & Kitchen Notes



Dear friends and neighbors,

We're excited to share news of ongoing endeavors and new beginnings in the garden, kitchen, and community! Please join us in looking forward to 2022 with renewed optimism for many shared celebrations of growing, learning, and eating delicious, healthy, home-grown goodness. Thank you for helping us cultivate a resilient local food community!

Warmly,

The Working Food Family



We're busily and joyfully getting our spring seeds into beautiful new art packets for you! These gorgeous designs feature local artist [Pam Valcante's](#) mural at Grow Hub - a must-see masterpiece. Check our [seed shop](#), [Instagram](#), and [Facebook](#) for the latest updates.

To prepare you for planting season and seed saving, join our SeedEO Melissa DeSa's presentation at the virtual Organic Seed Growers conference by registering [here](#).

**Did you know**...we've been studying seeds and stewardship practices for the past decade so we can provide:

- a regional seed collective that produces plants who thrive in our region
- 100% locally-grown seeds (we're oh-so-close!)
- [Resources](#) to support our community of growers (that's you!)
- meaningful employment for our [GROW HUB](#) partners: differently abled adults who help grow and pack our seeds
- garden-based learning programs for local kids
- offerings of fresh-picked ingredients for our kitchen partners' culinary creations
- community connections by growing, cooking, and eating together
- collaborations with local, regional, and national seed growers, seed companies, and seed-focused non-profit organizations
- support for seed and crop diversity [research with UF partners](#)

Shop for our seeds [online](#) and at Wards Supermarket, Auk Market, and Mosswood Farm Store. Your purchases help make our community seed collective possible - thank you!

*Before we share our seeds with you, we make sure each variety will sprout and grow with vigor: check out these beauties from our latest germination tests!*



### Introducing Piracicaba



[UF/IFAS's January plant of the month](#) is broccoli!

Broccoli is hard to grow in Florida: it thrives in cooler climates and is a crop best for experienced growers. But...we've been working with piracicaba, a Brazilian variety that's more heat-tolerant with small, sweet-flavored florets. We hope the winter warms up a bit so we can test its heat tolerance ourselves! You can find more information and seeds [here](#).



We started the new year with the next installment of our from-scratch cooking classes with the [George Washington Carver Science Club](#). Students made Seminole pumpkin mini-muffins and saved seeds from the pumpkins they used to grow more this summer. Enjoy [this Seminole pumpkin mini-muffins recipe](#) for a kid-approved snack!

Calendula plants in the Duval Community Garden youth plot are flourishing even in the midst of our recent cold snaps. Students are collecting and drying flowers to make an herbal healing salve. Kind-hearted young gardeners of Out East Youth group started a new plot for native pollinators and a frog moved into one of the toad houses the kids made! To top it all off, we created take-home meal kits filled with goodies grown by the kids (fresh picked lettuce and snap peas!) plus some veggies from local farms to share with family and friends.

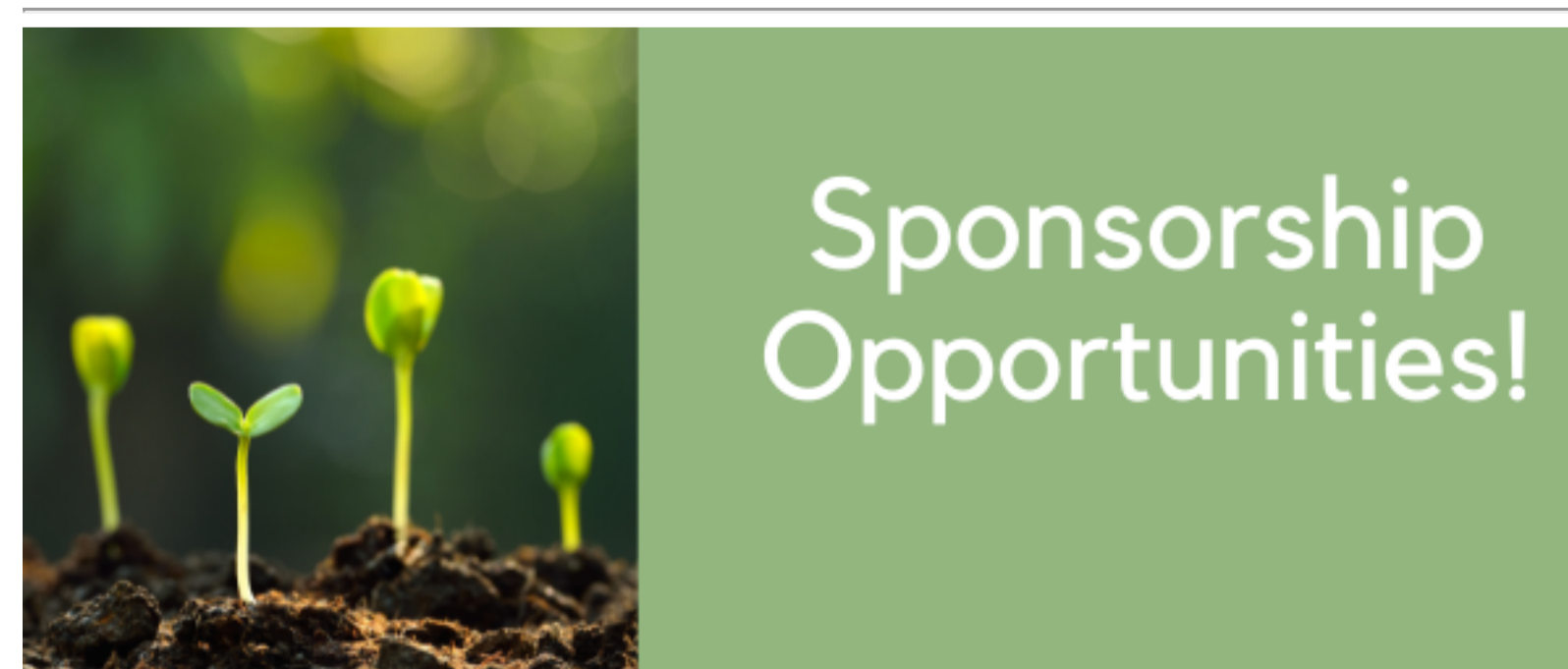
Our youngest gardeners at the [CHILD Center](#) returned to their garden this week. They started seeds for their spring garden after practicing garden yoga (sprout like a seed!) and enjoying the beautiful book [Harlem Grown](#) by Tony Hillery with illustrations by Jessie Hartland.



Our Young Chefs program welcomed 2022 with seven students making seafood Alfredo - yum! - led by Chef Carl Watts of [Underground Kitchen](#). Students follow Chef Carl on Zoom from their home kitchens for a full semester of classes, making scrumptious meals together with locally sourced ingredients. We're so grateful to partner with Chef Carl and [Greater Duval's Out East Youth](#) in offering these empowering opportunities for learning and creating.

Celebrating new kitchen partners for 2022: Awa and Aisse of Flavorful! This dynamic duo recently hosted a tasting event on the Working Food patio/courtyard and we were dazzled by the Afro-fusion dishes they created. Learn more about [Flavorful](#) and stay tuned for updates on how YOU can experience their taste sensations!

We're thrilled to host [Chef Amadeus](#) of [UF's Culinary Arts Certificate program](#) and his class of aspiring culinary entrepreneurs in the Working Food community kitchen! Not only are these students learning and practicing professional cooking skills, they're also creating tasty dishes that feature locally grown ingredients.



If you're interested in sponsoring any of our seed collective, youth gardens, and culinary programs, please contact [Wendy Free](#) who will be delighted to talk with you about options - thank you!

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!

