

Hello friends and neighbors,

We try to set aside time each day to give thanks for seeds, gardens, food, and community, reflecting on specific moments of learning, growing, and sharing. This month, along with the abundance of rain that's nourishing crops, we're celebrating an abundance of gratitude, thanks to YOU: our amazing community of collaborators and allies!

Stellar supporters Joy Avery, Melodee Dew, Janice Garry, and David Martin responded with such generosity to last month's request for bakeware - we appreciate you so much! Our order has been sent and we can't wait for our community of bakers to show off their new (and much needed) equipment.

Community partners First Magnitude Brewing Company and Satch Squared pizza makers are honoring Working Food programs as beneficiaries of their wonderful FUNdraisers. We invite you to [come to yoga sessions](#) on Sundays from 1 - 2 at First Magnitude; your \$5 donation supports Working Food! Then, go grab a pizza or waffles (or both!) at Satch Squared; Working Food receives proceeds from their ongoing [Round Up For Charity Initiative](#) every day, through September! Thank you, First Magnitude and Satch Squared, for empowering our resilient local food system! Plus, now we all have an 'excuse' to do more yoga, drink more beer, and eat more pizza...it's for a great cause!

We're sending out a big warm beam of gratitude to our ongoing supporters at the [Cliff Family Foundation](#)! They invested in Working Food early on when we just had a few small seeds in hand, but lots of big ideas. The Foundation recently honored us with another grant to continue our seed work, so you can feel extra good snacking on Cliff Bars while gardening, hiking, and paddling in North Central Florida's scenic waterways.

We are also happy and thankful to announce our transition to [Network for Good](#). A certified B corporation, Network for Good is [recognized](#) for providing a secure, easy to use online platform for supporters of charitable organizations. With Network for Good, you'll have instant access to information and news about Working Food. You'll also have your own private giving portal where you'll find documentation of your support. Next month's newsletter will be sent from Network for Good. To make sure you don't miss it, please update your email settings to allow messages from wendy@workingfood.org

Our Network for Good home page is [here](#) (you can still visit our [Working Food website](#)). If you'd like to log in to Network for Good to set up a personal account with Working Food (this is optional!), follow these steps:

- Go to Working Food's home page on Network for Good.
- Click on "log in" in the upper-right part of the screen display.
- Under "log into your account", select "individual" and then click "sign up".
- Enter your first and last name, email address, and create a password. Re-enter your password. Click Captcha and "continue".
- Check your email - click on "confirm my account" in the email message from Network for Good. View your Network for Good account page.
- Click on the Working Food logo in the top left corner of the screen display if you'd like to make a donation.

Thank you for joining us in this new endeavor!

In community,

The Working Food Team



Don't miss Melissa's free "Fundamentals of Seed Saving" workshop at the Alachua County Library headquarters location this Saturday, July 30th from 2 - 3 pm. [Spread the word](#) about this special event and join us!

This month's seed spotlight is on [sesame](#)! Sesame indicum, called benne in the Bantu language, is an ancient plant thought to be the world's oldest oil seed crop, domesticated about 3,500 years ago. Native to sub Saharan Africa, sesame can grow in harsh conditions like our Floridian summers. They thrive in good soil! We've been growing sesame as a summer cover crop for many years, enjoying their gorgeous, showy flowers that look like the most welcoming, groovy place for a bee to spend time. No wonder they attract lots of pollinators!

We love sesame's carefree nature that requires little work, especially after a busy spring season of staking, pruning, and picking caterpillars off tomatoes, and harvesting beans everyday to keep up. Sesame allows us to garden a bit slower and easier during our hottest months. In the secret underground world of living soil, sesame supports biological activity, rejuvenating soil that might otherwise be filled with weeds or covered in tarps. Sesame roots are extensive, fibrous, and resistant to nematodes - they improve soil of nematode-compromised beds. ([Nematode damage](#) may not be apparent above ground; if you pull up a plant with roots covered in galls, nematodes are the culprit.)

Although sesame seed harvest is easy and abundant, you'd need to grow lots of plants to have enough seeds for making tahini! But you can easily save enough seeds from a few plants for growing next season and for sprinkling on your salad, sushi, or bagels. If you'd like to try great tasting African heritage benne, [order seeds from Anson Mills](#) to experience the difference between industrially bred and heirloom sesame. Learn more [on the Slow Food website](#).

To grow sesame this summer, [order your seeds from us](#) or [consider this heirloom](#) from True Love Seeds (you can probably also grow Anson Mills sesame that's intended for eating!).



This month we wrapped up our excellent tomato season! Grateful for all the growers and taste testers whose feedback informs our decisions, we're crunching data from our citizen science "Evvy Tomato Project" to determine what we'll grow next year.

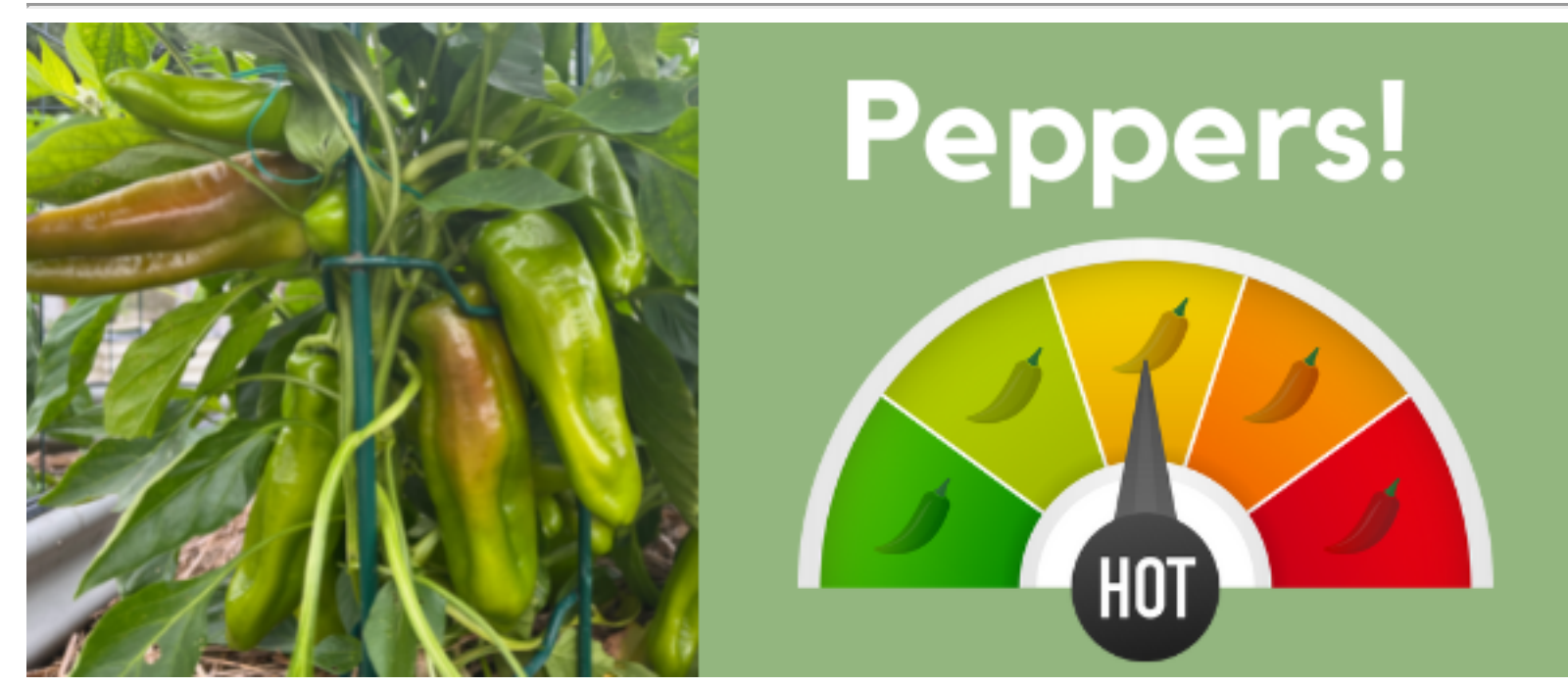
We're growing a rare 8' tall [tropical lettuce](#), requiring a ladder to reach flowers and seeds. We trialed eight types of beans including two tepary beans. They're a unique desert-adapted Native American variety that's very nutritious, with small pods and seeds, and we're offering them in [our seed shop](#) for you to try. They seem to like our recent heat and wet weather despite their origin, making them a good summer cover crop this summer, especially The Lofthouse Landrace. Butterfly peas are also happy with summer showers, climbing up their recycled bike tire trellis loaded with blue flowers that make a wonderful iced herbal tea! We give thanks to our amazing seed saving collaborators like Tim Noyes who's helping us grow Habanada peppers for seed, along with the Turkish heirloom tomato Kopek Hayasi, and Cherice, Cody, and Cora of [Lost Valley Farm](#) who grew out a seed crop of [Myers Family Heirloom Mustards](#). We're thankful for all the seeds we've gleaned from fields at [Farm to School](#), [Nicoya Farm](#), [Siembra Farm](#), and [UF Field & Fork](#).

One of this year's most special growing partnerships is with incarcerated students enrolled in a food systems continuing education course at Tomoka Correctional Institute in Deland, Florida, in collaboration with Stetson University. As Melissa spent hours engaged in thoughtful conversation with these students who are growing gardens with Working Food seeds, she marveled at the connections inspired by sharing seeds, food, and learning. "The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings." ~Masanobu Fukuoka in *One Straw Revolution*

You can find selections of our seeds at Ward's Supermarket, Auk Market, and GROW HUB in Gainesville, Mosswood Farm Store in Micanopy, and our full collection in our [online store](#), offering seeds for local pickup and USPS delivery.



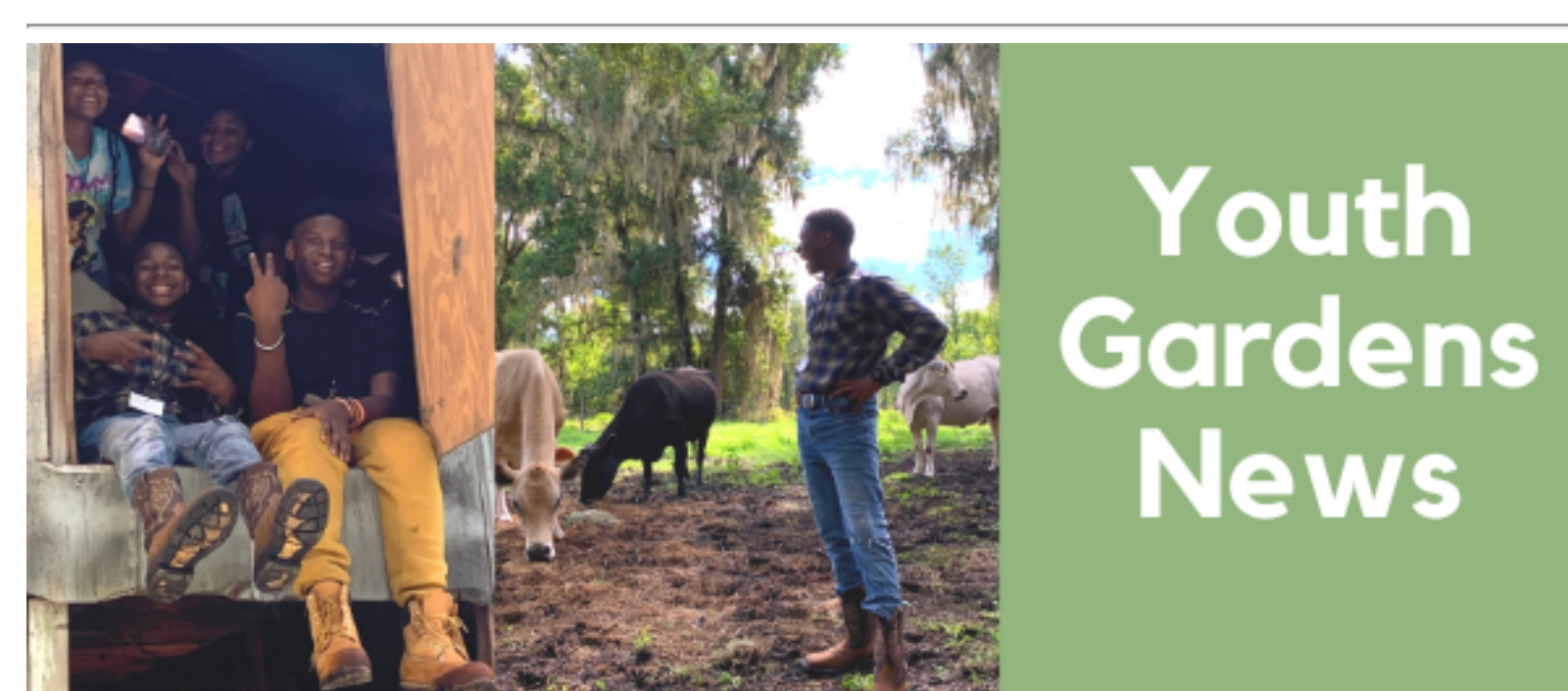
Sponsorship opportunity: the Seed Collective is in need of supplies to continue our cultivation of regionally adapted heritage varieties of food, medicinal, soil enhancing, and pollinator supporting plants. If you'd like to help, please visit our [Amazon wish list](#) or email wendy@workingfood.org for additional options and information (for example, we'd be thrilled to receive an assortment of tools - wrenches, screw drivers, power drill and bit set - in good condition). If you use [Amazon Smile](#) for shopping, you can designate Forage (Working Food's original name) as the charitable organization that receives donations from your purchases. Thank you for your consideration and support that helps our local food community flourish!



UF/IFAS July Plant of the Month is pepper!

We love growing and eating [peppers](#)! One of our new favorites is [Brazilian Starfish](#), shared with us by North Carolina farmer and plant breeder Doug Jones. And we're the first in the United States to grow "Shyshka", an Israeli pepper that Working Food and GROW HUB volunteer Ruth Ron brought back after visiting her family and homeland. We love this prolific pepper's durability in the hot sun. Usually we give sweet peppers a little shade, but couldn't this year since we ran out of garden space. Shyshkas are doing fine with only a bit of sunburn. Be on the lookout for seeds next season!

Sizzling shout outs to two spicy-tastic Working Food kitchen partners: for pepper-centric deliciousness, get in touch with [Sally Sofrito](#) and [SOSO Pepper Jelly](#) = YUM!



Switching gears from our school-year programs, we've moved into a rewarding series of seed-to-farm-to-plate field trips and activities with Greater Duval Neighborhood Association's Summer Sling program. Summer Sling helps middle and high school students develop post-high school plans while building leadership skills with their peers through paid summer internships. Students are introduced to more than 100 career and college opportunities. We're honored to guide their experiences with careers in food production and preparation.



Each week, Summer Sling interns go to Young Chefs class with Chef Carl Watts at the Food Science Lab. They cook with delicious, seasonal, locally sourced ingredients to make their lunches while learning about careers in food service.

Focusing on local food from seed to plate, interns learn about the business of seed production, processing and packaging collar seeds at Working Food's Seed Collective and investigating the foundation of our food system - seeds and soil. Our Duval community youth gardeners are so proud to give their friends a tour of the space they've been working hard to cultivate throughout the year. Interns then visit [Butler Farm](#), a fifth generation Black-owned cattle ranch. They feed cows, bulls, and calves; learn the details of farm budgets; observe rotational grazing and land management; and hear about the farm's history. We give special thanks to Alvin Butler for the incredible, thoughtful tour of his family's enterprise. To round out the summer programs, interns visit Working Food's kitchen to learn about starting their own food business from our food entrepreneurs. They make mozzarella cheese from scratch, led by Dan Shaw, owner of [The Salty Cow!](#) We're so grateful for all the food-centric business leaders who help make these inspiring hands-on learning experiences possible for our students.

To support Summer Sling experiences and all the goodness they bring to our youth community, please [donate here](#).

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



July's kitchen partner feature is [Lore Bakehouse](#), owned by Alexander Kronholm, who has grown up cooking with his family. Originally a self-taught baker who lived in Switzerland for a time and then traveled in France, Alexander noticed how even the smallest villages he visited included a local baker making fresh, delicious bread for the community. Inspired to offer that type of handmade, hearty goodness here in Gainesville, Alexander produces vegan sourdough creations as well as brioche (non-vegan) with methods informed by his studies at the San Francisco Baking Institute. Much time and care has been invested in Alexander's planning and preparations to open Lore Bakehouse. All his breads are made completely by hand (no electric mixers), with whole grains and certified organic flour from [Lindsay Mills](#) in North Carolina, USA. [See how](#) Alexander prepares dough for baking in covered, oven-heated cast iron pans, where it will cook with steam sealed in to create a gorgeous crust. [Now watch](#) how he checks for doneness!

Alexander offers his delectable handcrafted breads at [Grove Street Farmers Market](#) in Gainesville. You can look forward to flavors like those shown here: chocolate sourdough, country loaves, and whole wheat with pumpkin, sunflower, and flax seeds. Learn more about Alexander and his enterprise on [Instagram](#) and on his [website](#); contact him by [email](#).

To learn more about our professional community kitchen facilities and opportunities, email robert@workingfood.org



Here's a recipe created by our kitchen manager Robert Colon that combines two local specialties - Alexander's toasted sesame sourdough bread and Melissa's tomato jam (recipe in our June newsletter) - to make one splendid [wfflocavore](#) Summer Sensation!

Summer Sensation Open Faced Sandwich

- Ingredients:
- Lore Foods Toasted Sesame Sourdough Bread
 - Ricotta Cheese
 - Tomato Jam
 - Fresh Cracked Black Pepper
 - Fresh Herbs (optional, for garnish)

- Directions:
- 1.) Slice and toast the bread.
 - 2.) Spread ricotta cheese on toasted bread slice.
 - 3.) Gently spread tomato jam on top of ricotta cheese.
 - 4.) Freshly crack black pepper over the top.
 - 5.) Garnish with fresh herbs if you like -we used basil.

Working Food is a 501 (c)(3) non-profit organization that works to cultivate and sustain a resilient local food community in North Central Florida by offering collaboration, economic opportunity, education, and seed stewardship, since 2012. To support our work, please [click here](#). Donations are tax-deductible. Thank you!

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