



Feed Fannin News

One Community, One Spirit

Feed Fannin, Inc.

Spring 2017

Bowls of Hope raises over \$25,000 to feed the hungry



Feed Fannin's annual fundraising event, Bowls of Hope, held on March 18 at beautiful Willow Creek Falls in Blue Ridge, was a smashing success.

Over \$25,000 was raised to support the Family Connection Food Pantry thanks to Willow Creek Falls, the generous chefs and restaurants who donated food, the great individuals and organizations who donated silent auction items, the talented musicians who provided entertainment and the many, many wonderful people of this community who purchased tickets and attended the event.

"We live in a giving community. I especially want to thank all the Feed Fannin volunteers who planned for and worked at the event," said Connie Galloway, Feed Fannin's Chairperson. "If it was not for them, this could not have happened." ❀

See page 3 for more photos from Bowls of Hope

Spring - A time to grow



Spring marks the start of a new growing year at Feed Fannin's Ada Street Farm with the hope of harvesting nature's bounty in the fall. But there's more to Feed Fannin than growing vegetables. Our volunteers work year round

to support the mission and programs of Feed Fannin.

The mission of Feed Fannin is simple: to provide food for those in need and to educate and encourage our community towards self-sufficiency.

In addition to growing produce at our Ada Street Farm to donate to the Family Connection Food Pantry, we:

- Support the food pantry by providing volunteers, collecting food and raising money to help feed the hungry;
- Manage a community garden where folks can grow their own food;
- Present adult education classes for people who want to learn about growing, preserving, and preparing their own food; and
- Support youth gardening programs in our elementary schools.

So you see, the work of Feed Fannin never stops, and there is much more to do than work in the garden. Even if you don't like to play in the dirt, there is a place for you as a Feed Fannin volunteer to use your unique skills and talents to help those in need. ❀



Big goals for 2017 garden



For Feed Fannin volunteers, the garden is the heart and soul of our organization. In 2009, when Barbara Ferer had a vision of Feed Fannin, she gathered some friends, they found some land and they started to grow food to feed the hungry. Feed Fannin has grown since then but the garden still defines who we are and what we are about.

Kathy Beck, Feed Fannin's garden coordinator, has set some big goals for this year's garden at the Ada Street Farm. Even though last year was a difficult growing year, the garden managed to yield 8,966 pounds of produce for the Family Connection Food Pantry. This year the goal of the garden volunteers is to reach the magic 10,000 pound mark.

Feed Fannin continues to partner with Faith Presbyterian Church and Cherry Log Christian Church to grow food for the food pantry. We encourage other organizations to garden on behalf of Feed Fannin and donate their produce to the food pantry. Our "Grow a Row" initiative encourages gardeners to grow an extra row of vegetables for the food pantry.

There are few things more rewarding than harvesting produce that you've helped to grow. Be a garden volunteer. Come grow with us. ❀



Sue Cambell and Phyllis Stewart having way to much fun picking okra

Come grow with us!

Feed Fannin feeds the hungry

“Feed Fannin is the largest single contributor to the Family Connection Food Pantry in terms of money and volunteers,” says Family Connection Executive Director Sherry Morris. “Without Feed Fannin’s help the pantry would not be able to serve as many people as it does.”

Feed Fannin not only raises thousands of pounds of produce every year to donate to the food pantry but it also raises thousands of dollars annually to support the pantry. That money is used to buy food like eggs, milk, flour, cereal, jelly, canned meat and other items that the Food Pantry cannot always get through its sources. Feed Fannin recently purchased the software used by the pantry to track food donations and disbursements.

Feed Fannin volunteers also work at

the Food Pantry helping pantry clients apply for food, packing food boxes, and picking up donations from area supermarkets and businesses.

If you’re interested in being a Feed Fannin volunteer at the food pantry contact us at 706-946-1001 and leave a message.



FF volunteers at the Food Pantry

FOOD PANTRY FACTS

The poverty data for Fannin County is appalling. According to the American Community Survey of the U.S. Census Bureau:

- ☞ 23.1% of individuals in Fannin County are below the poverty level.
- ☞ 26.9% of Fannin families with related children are below the poverty level.
- ☞ 44.7% of women with children with no husband present are below the poverty level.
- ☞ 15.3% of individuals 60 or over are below the poverty level.
- ☞ In the last eight months the Food Pantry has averaged over 1,400 client visits a month. This number includes over 493 families, 383 children and over 383 seniors a month.

PLEASE HELP US HELP THEM.

Feed Fannin Education Committee



An important part of Feed Fannin’s work is to provide information, education, and training to those who want to learn to be more self-sufficient in growing, preserving, and preparing their own food. Feed Fannin’s Education Committee offers free classes to the public on

these subjects.

The season kicked off with a class on “Garden Specifics” hosted by Ginger Montgomery from Quinn’s Greenhouse and Nursery. Those attending the class learned about different plant varieties, the best time to plant vegetables and how to design an efficient garden to yield the greatest harvest. Ginger handed out many door prizes during the class, from a bag of onions to a four pack of Brussel Sprouts. Thank you to Quinn’s for an amazing class to get the season underway!



The gardening class at Quinn’s Greenhouse and Nursery

On April 15 Dr. Laurence Ransom of Red Baron Apiary presented “Introduction to Beekeeping Hobby.” The class covered topics such as startup cost, how to be comfortable around your hive and the resources needed to obtain supplies.

On May 13 Feed Fannin arranged a visit to the Heartwood Community of Sustainable Living where Ken Banwart, Bill Fleming, Anna Garvey and Christina Law took attendees on a tour. The tour included an examination of three offgrid open houses and the yoga studio as well as presentations

Continued on next page



Supporting garden programs in our schools

Feed Fannin believes that the love of gardening and eating healthy, garden grown foods is something that should be passed on from generation to generation. That’s why we support youth garden programs in our schools.

An example of that support in action is the gardening program at Blue Ridge Elementary School (BRES). In 2015 a generous grant from Feed Fannin allowed the program to be integrated into the school experience school-wide for students from kindergarten through fifth grade.

The 21 raised bed gardens at BRES provide students with a working knowledge and appreciation of the skills required to grow fresh vegetables and fruits, along with a deeper understanding of the importance of food in building a healthy lifestyle. Not only do children get to plant, tend, pick and eat fresh vegetables as part of their garden class sessions, but the garden program also provides vegetables for several school cafeteria meals a year.

Kate George, a teacher at BRES and a Feed Fannin member, heads the school’s garden club and has been involved with the school’s program since the beginning. She reports that the children in the program have shown an increased enthusiasm for the fresh vegetables they helped to grow and harvest.

She says: “The children now devour kale, spinach and arugula. This past year we began to grow kale and spinach for healthy snacking and to make smoothies and kale chips. Both received a huge positive response from the students involved. Parents tells us that their children are eating more vegetables at home and requesting vegetables they hadn’t

Continued on next page

Feed Fannin is an all-volunteer nonprofit organization

Education committee

on water collections system, earth homes, earthbag houses and organic gardening.

Upcoming on September 9 is a class by Dr. David Busch on "Winter Gardens." In this workshop, Dr. Busch will describe some of his favorite varieties of vegetables to grow in the winter, as well as when and how to plant them. He will also share tricks for harvesting a bounty of nutritious food all winter long. Join us at 10:00 a.m. at the University of North Georgia Blue Ridge campus.

Go to Feedfannin.com for information on our education classes. If you want to get involved with our educational efforts contact Anna Speessen at Anna.Speessen@ung.edu.

Thanks to all of the volunteer presenters for their willingness to share their expertise.

✦ Anna Speessen, Education Committee Chairperson

School garden programs

wanted before. The cafeteria team reports that children take and eat more salads when they know the greens are from the school gardens. BRES students are inquisitive and eager to try different vegetables because they now know how delicious produce can be when fresh. In addition, at the urging from inspired children, families are installing gardens at their homes. From the ground up, we are changing the fresh food experience of a generation of children, their families and the community."

Volunteers are an essential part of this innovative program. They help with bed preparation, planting and weeding, and assist with teaching the garden-based curriculum to students. They also assist with fundraising, curriculum development, and event coordination. Several volunteers work with the weekly garden club programs at BRES.

Kate says that without Feed Fannin's financial support and volunteer assistance the BRES garden program would not be possible.

Contact us if you would like to help Feed Fannin make a difference in the lives of our children. ✨

More photos from Bowls of Hope 2017



Barbara Ferer, David Ralston and Connie Galloway



Guests checking out the bowls



The dessert table was a big hit this year



Kitchen volunteers Ken Banwart and Anna Tiller having some fun



Judy Seeger and Meredith Yacavone greet the guests



Bert Lent and Walt George serving soup



The band "Gopher Broke" put on a great performance



Reggie Lenoir, Ham Kimzey, Jane Kimzey and Dixie Carter



Zora Herr wrapping a bowl for a guest.

OUR MISSION

Working together to educate and encourage our community towards self-sufficiency while providing food for those in need.

OUR PROGRAMS

Ada Street Farm – We grow food at our Ada Street Farm and elsewhere to feed the hungry in Fannin County.

Community Garden – We also manage a community garden at the Ada Street Farm that provides space for local residents to grow fruits and vegetables.

Food Pantry – We support the Food Pantry by providing volunteer workers, food, and money to mitigate the costs of feeding the hungry in Fannin County.

Adult Education Classes – We provide information, education, and training to those who want to learn to be more self-sufficient in growing, preserving, and preparing their own food.

Youth Education – We support and help fund gardening programs in the Fannin County elementary schools.

Be a Feed Fannin Volunteer

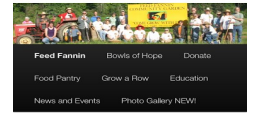
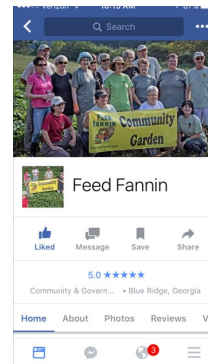
If you're into helping your community and having fun we would love to have you join us! Spring is here, and we need your help more than ever. You don't have to like gardening to be part of Feed Fannin. There are many other ways you can help our mission and our programs.

To volunteer, contact Barbara Ferer at feedfannin@gmail.com or call (706) 946-1001 and leave a message. If you would like to speak with our Chair, Connie Galloway, call (706) 946-1001 and leave a message.

Two Great Ways to Keep Up With Feed Fannin

Facebook

Our Website



Feed Fannin

Founded in 2009, Feed Fannin is a volunteer organization working together to educate and encourage our community towards self-sufficiency while providing food for those in need. We are committed to eliminating hunger in Fannin County and the Copper Basin.

Key Activities

Our diverse group of volunteers apply their time and energy to help Feed Fannin through



You can also help by donating to Feed Fannin



Feed Fannin Gift Form

Your name: _____

Address: _____

Email: _____

Would you like to be added to our email list to receive information about Feed Fannin? Y _____ N _____

Amount of gift donation: \$ _____

Need a tax receipt? Y _____ N _____

Please make checks payable to:
Feed Fannin, Inc

Mail form and donation to:
Feed Fannin
P O Box 1085
Blue Ridge, GA 30513

YOUR GIFT IS GREATLY APPRECIATED!

Feed Fannin Inc.
P O Box 1085
Blue Ridge, GA 30513
Phone: 706-946-1001
(Leave message)
Chair: Connie Galloway
Email: feedfannin@gmail.com
Website: feedfannin.com



Remember Feed Fannin in Your Future Plans

You can remember Feed Fannin when you make a bequest of assets in a will or trust, which could be a specific amount of money or assets, a percentage of the money or assets, or the residual money or assets of the estate. Ask us about it by emailing us at feedfannin@gmail.com or calling us at (706) 946-1001 and leaving a message.



Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity.

~Lindley Karstens