

Earthworks Urban Farm

Detroit, Michigan

Earthworks Urban Farm seeks to restore our connection to the environment and community in keeping with the tradition of our spiritual patron, St. Francis. It is a working study in social justice and in knowing the origin of the food we eat. This project relies on the gracious donations of time from volunteers and materials from sponsors. Neighbors and friends of all ages, incomes and faiths join us in our work.

Earthworks hosts two youth programs, Growing Healthy Kids and Youth Farm Stand from February through November. Youth living within two miles of the Capuchin Soup Kitchen in Detroit are invited to register for our youth programs.



Growing Healthy Kids – A program to help 5- to 10-year-olds learn the basics of gardening, nutrition, cultural awareness, environmental stewardship and healthy living in our weekly classes. Held on-site at the Capuchin Soup Kitchen on Meldrum, we start each day with a healthy snack, outdoor play time, or coloring. Our main activities include planning our flower and vegetable garden, painting garden signs, cooking pancakes, extracting honey and starting seed transplants in our greenhouse.

International Food Night is a favorite as kids stamp their passports and "visit" countries from around the world by tasting ethnic cuisines. The season culminates in an End of the Year Celebration with kids and families. The program is free to all families, although if you are able to contribute, we suggest a donation of \$5 per season, or \$15 for the year, per family.



Youth Farm Stand – Eleven to 16-year-olds are engaged in farming, marketing, personal development and learning about our community food system. Participants help in our greenhouse, learn about plant lifecycles, help with our value-added products, help harvest and prepare vegetables from our field for market and attend market days with our staff. We developed the Youth Farm Stand program when we realized that many Growing Healthy Kids participants were in need of more advanced programming and simply needed to have their own older kids group. In 2005, our pilot year, we distributed food from our garden and local farmers to more than 780 food stamp eligible adults. In 2008, we partnered with The Greening of Detroit to establish Youth Growing Detroit, a collection of youth farm stand sites around Detroit. We hosted two Youth Growing Detroit summits for all teens participating in the city, in addition to sharing market tables among all the sites during the summer. Youth participants receive stipends for their market work. The program is free to all families, although if you are able to contribute, we suggest a donation of \$5 per season, or \$15 for the year, per family.