

COME TO THE TABLE

A Project of RAFI & NC Council of Churches
Supported by the Duke Endowment

Thursday, March 19

8:00 a.m. - 4:00 p.m.
Southwestern
Community College
Sylva, NC

FELLOWSHIP



Engaging and mobilizing people of faith and farmers to
relieve hunger through just and sustainable agriculture.

[#Come2theTable](https://www.come2thetable.org/)

KNOWLEDGE
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ABOUT



Come To The Table Conferences

Since 2007, people throughout North Carolina have gathered together for regional Come to the Table Conferences. These full-day events bring together members of the faith community with farmers, gardeners, farm workers, educators, health professionals, and community organizations to find ways to relieve hunger and support local agriculture.

These conferences include keynote plenaries, topical workshop sessions, lunch, and networking opportunities. We hope you thoroughly enjoy this year's content!

Come To The Table Sponsors

The **North Carolina Council of Churches** enables denominations, congregations, and people of faith to individually and collectively impact North Carolina on issues such as economic justice and development, human well-being, equality, compassion and peace, following the example and mission of Jesus Christ.



North Carolina
Council of Churches

The Duke Endowment Based in Charlotte, and established in 1924 by industrialist and philanthropist James B. Duke, The Duke Endowment is a private foundation that strengthens communities in North Carolina and South Carolina by nurturing children, promoting health, educating minds and enriching spirits. Since its founding, it has distributed more than \$3 billion in grants. The Endowment shares a name with Duke University and Duke Energy, but all are separate organizations.

THE DUKE ENDOWMENT

2015 Come To The Table Theme

HEAD, HEART, AND HANDS

The theme for our conferences this year is **Head, Heart, and Hands**. This theme was chosen with the intention of encouraging participants to think holistically and act powerfully as **YOU** strive to create a more just, accessible, and healthy food system. Each of the workshop sessions fall into one of these three categories. A description of each is listed below to help you decide on your areas of interest today. Look for the icons next to the titles in the schedule.



HEAD: These workshop sessions are designed to impart knowledge, analysis, reflection, and insight that advance the understanding of conference participants related to the challenges and solutions of food insecurity and the development of local and regional food systems.



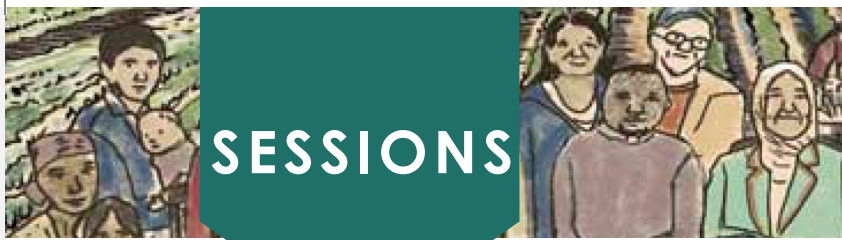
HEART: These workshop sessions are intended to provoke conference participants to consider actions that are driven by acts of compassion. Simply stated it is the “heart” that we are seeking to inspire. These sessions will be grounded in a theological perspective or draw on a faith tradition.



HANDS: These workshop sessions will develop skills that advance technical skills in areas such as gardening, food distribution, food production, food preservation, or project organizing. The goal is to provide a hands-on-learning experience that demonstrates an application of skill.

AGENDA

Theme	Details
	8:00-8:45 » Registration
	8:45-9:00 (Room 4) Welcome: Athan Lindsay & Francesca Hyatt
	9:00-9:45 (Room 4) Opening Session: Bryce Wiebe
	9:45-10:00 » Break
	10:00-11:15 (Room 1) Community Gardening Part I
	10:00-11:15 (Room 2) Rescuing Food
	10:00-11:15 (Room 3) Bringing Farmworker Issues to the Table
	10:00-11:15 (Conference Room Upstairs) Local Food Access and SNAP/EBT at Farmers' Markets
	11:15-11:45 Demonstrations: Cooking and Food Preservation with Andrea Brooks of Pastor's Back Porch; Basic Garden Tools with Ron Arps of Vengenui Gardens
	11:45-12:45 (Room 4) Lunch & Networking
	12:45-1:15 » Break
	1:15-2:30 (Room 1) Community Gardening Part II
	1:15-2:30 (Room 2) Local Food Councils as a Tool to Address Food Insecurity
	1:15-2:30 (Room 3) Moving Beyond Hunger: Sharing Our Stories
	1:15-2:30 (Room 4) Beyond Hunger Relief: Barriers & Opportunities in Farm Based Food Access Initiatives
	1:15-2:30 (Room 5) Gardening Techniques for Growing Your Best Produce
	2:30-2:45 » Break
	2:45-3:45 (Room 4) Closing Session: Rob Brooks Thank You & Wrap Up: Francesca Hyatt



SESSIONS

Bringing Farmworker Issues to the Table

Learn about farmworkers in the mountains of NC and how congregations and communities can reach out to bring them to the table. In this breakout session, participants will look at a few different portraits of farmworkers, talk about the unique contributions they bring to this state, and the difficult working and living conditions they often face. There will also be time and space for sharing ways to get involved, advocating for improved conditions, and supporting workers in your respective communities.



- **Devereaux Swaim** - Vecinos, Inc.
- **Amy Schmidt** - Vecinos, Inc.

Community Gardening Part I- Volunteers

These sessions will be divided into two distinctive parts that will provide participants a glimpse into the diverse models of community gardens in Western North Carolina. The sessions will be facilitated by members of The Western NC Alliance of Gardens That Give who have one main thing in common: they grow their food for donation. The first breakout session (Part I) will focus on the challenges of locating, managing, and engaging volunteers. A panel of five garden managers will share their insights and outline strategies for finding and working with individuals and groups to support their gardens.



- **Susan Sides** - The Lords Acre Garden
- **Kathleen Wood** - Dig In!
- **Diana McCall** - Dr. John Wilson Community Garden
- **Sandy Drake** - Swannanoa Community Garden
- **Adam Bigelow** - Botanical Consultant and Horticultural Hit-man

Rescuing Food

The greatest challenge that many communities face in their efforts to relieve hunger is finding ways to “rescue food.” Learn how food is being rescued from grocery stores, farm fields, and community gardens and placed into a distribution network of food banks, churches, and community centers. Hear how a regional food bank, a local gleaning group, and our state’s School Nutrition Program are securing food for those who are food insecure.



- **Jen Waite** - MANNA FoodBank
- **Jim Geenen** - Haywood Gleaners
- **Alexis Harris** - School Nutrition Program, NC Dept. of Public Instruction, Child Nutrition Services

Local Food Access and SNAP/EBT at Farmers’ Markets

Hear from local residents who are involved in Local Food Councils within Western North Carolina communities. They will share information on local food councils and the opportunities that they represent to generate solutions locally that address hunger and access to sustainable local food. The session’s panelists will provide participants with insights based on the real world experiences of addressing local food policy through local food councils.



- **Salem Neff** - Beyond Hunger Relief Program, RAFI-USA
- **Mike McCreary** - Appalachian Sustainable Agriculture Project

Local Food Councils as a Tool to Address Food Insecurity

Hear from local residents who are involved in Local Food Councils within Western North Carolina communities. They will share information on local food councils and the opportunities that they represent to generate solutions locally that address hunger and access to sustainable local food. The session’s panelists will provide participants with insights based on the real world experiences of addressing local food policy through local food councils.



- **Emily Edmonds** - Western North Carolina Food Policy Council
- **Mandi Carringer** - MountainWise, Inc.



SESSIONS

Community Gardening Part II- Listening and Heart Work

The second of a two-part session concludes with a panel of five garden managers from local gardens that are a part of the Gardens that Give network of community gardens. The Part II breakout session will be a time of sharing and dialogue between the panelists and session participants. The five garden managers will share their insights and perspectives on the importance of listening to your community and your partners using the (ABCD) Asset Based Community Development model. They will also share tips from the Listening Project. They will then offer personal stories of how these concepts have impacted their gardens with time for Q & A before the session ends.



- **Susan Sides** - The Lords Acre Garden
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Garden Techniques for Growing Your Best Produce

Ron Arps, a local Jackson County farmer who uses organic methods and mostly muscle power to grow on three-fourths of an acre will lead this session on growing techniques. Ron will share some of the agricultural practices employed at Vengenui Garden that allows them to grow everything from arugula to zucchini on a five-year crop rotation based on the unique fertilizer requirements of the vegetables. Come hear Ron share from his experience about organic methods and other resourceful methods that may assist all gardeners in improving their growing skills that leads to better yields.



- **Ron Arps** - Vengenui Gardens, Sylva, NC

Beyond Hunger Relief: Barriers and Opportunities in Farm Based Food Access Initiatives

RAFI-USA and the Resourceful Communities Program have partnered on a multi-year participatory research project to better understand barriers, opportunities and trends in food access initiatives that prioritize fresh, local food. In this session participants will learn about creative, community-based projects in NC that use innovative approaches to alleviate hunger and food insecurity in their communities. The session will highlight specific opportunities for the faith community to support innovative and transformational food access work in NC.



- **Francesca Hyatt** - Program Director, Beyond Hunger Relief, RAFI-USA
- **Jesalyn Keziah** - Community Food Coordinator, Resourceful Communities

Moving Beyond Hunger: Sharing Our Stories

Food insecurity in Western North Carolina is very real and prevalent in ways that many of us may not have recognized or even considered. Hear how different groups are approaching this issue, finding creative solutions to get food to people with limited access to food resources, and working to improve access to healthier food options.



- **Mary Scott Christfield** - Hunger Coalition of Transylvania County
- **Susan Williams** - Grace Church Food Pantry (Grace Church in the Mountains)
- **Mary Alice Lodico** - Grace Church Food Pantry & Haywood Gleaners
- **Mary Sue Kindred** - Haywood Gleaners

Keynote Speaker

ROB BROOKS

Faith is an Action Step...like growing food. Someone had to grow the food, whether stored in cans, jars, frozen or fresh, purchased at a grocery store or farmer's market or grown in your garden. Tomorrow's growth demands of the food supply chain will be met by today's farms and gardens, including food production in backyards, on porches and on Church property. Warning: side effects may occur such as loss of hunger, blissful taste buds and spontaneous sharing of zucchini.



Rob currently directs the feeding of 2300 folks each month. He holds a BS from Appalachian State University, Advertising Major and Marketing/Management Minor, Certificate of Divinity, Duke University.

Keynote Speaker

BRYCE WIEBE

Bryce Wiebe serves as the Associate for Enough for Everyone within the Presbyterian Hunger Program. Enough for Everyone provides resources and opportunities for Christians to consider the ways they spend money as an opportunity for Christian discipleship. Prior to coming to Louisville, Bryce served as Christian Educator at First Presbyterian church in New Haven, Connecticut, where he wrote children's plays, developed educational materials, created worship experiences, and led Bible studies that engaged issues of economic justice. Bryce holds an MDiv from Yale Divinity School and BA degrees in Music and Business Administration from Hastings College. He retains part-ownership of a small, sourdough bread bakery in Nebraska. When not working, you can find him in the kitchen or at the gym, where he explores God's many forms of nourishment.





Rural Advancement Foundation International-USA

Rural Advancement Foundation International-USA (RAFI) is a private non-profit organization that traces its heritage to the National Sharecroppers' Fund, which was founded in the 1930s by a group of bi-racial tenant farmers organizing for fair treatment, led by Dr. Frank Porter Graham, Eleanor Roosevelt, and other distinguished individuals. RAFI works nationally and internationally, specifically focusing on North Carolina and the southeastern United States. Our mission is to cultivate markets, policies, and communities that sustain thriving, socially just, and environmentally sound family farms. RAFI believes that farmers and consumers must be informed, involved with each other and active in protecting and directing the use of natural and human agricultural resources.



RAFI is a 501(c)(3) nonprofit organization based in Pittsboro, North Carolina and incorporated in 1990.

Beyond Hunger Relief

Beyond Hunger Relief is RAFI's newest program that grew out of the Come to the Table project. Come to the Table was created in 2006 as a joint project between RAFI and the NC Council of Churches, with funding and support from the Duke Endowment. The project was founded on the premise that "it is both possible and morally necessary to find ways for farmers and others to make a fair living while providing accessible, healthy food to their communities."

Since establishing Come to the Table, we have spent considerable time assessing needs and opportunities for hunger relief and in the local food movement. In 2013, we decided to expand the scope of the project and pursue funding to grow our team. With generous support from new and existing funders, we grew our staff from 1 to 3 and launched two new projects.

Beyond Hunger Relief's mission is to identify, launch and educate about systemic solutions to food insecurity that strengthen just and sustainable agriculture. We do this by engaging and mobilizing people of faith, farmers and communities through our Come to the Table Project, through research on the barriers and opportunities for farmers selling into low wealth communities, and through Connect2Direct in partnership with the Appalachian Sustainable Agriculture Project, piloting and promoting SNAP/EBT access at farmers markets and other direct sale venues.

Staff



FRANCESCA HYATT

Program Director

fhyatt@rafiusa.org

(919) 542-1396, x214

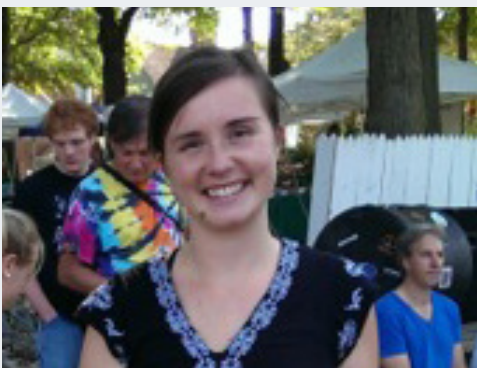


ATHAN LINDSAY

Come to the Table Project Director

athan@rafiusa.org

(919) 542-1396, x205



SALEM NEFF

Local Food Access Coordinator

salem@rafiusa.org

(919) 542-1396, x206

Funders

- The Duke Endowment: Come to the Table & Beyond Hunger Relief Research
- The Kate B Reynolds Charitable Trust: Farm Fresh & Healthy - Local Produce on Every Table
- USDA's Farmers Market Promotion Program: North Carolina Farmers Market Initiative
- Wholesome Wave: Double Value Coupon Program for Farmers Markets

Partners

- The North Carolina Council of Churches
- The Appalachian Sustainable Agriculture Project
- The Resourceful Communities Program of the Conservation Fund
- UNC's Center for Health Promotion and Disease Prevention



**SUPPORT
CTTT**

Support Come To The Table

Your donation helps us to provide scholarships to conference participants and provide programmatic content.

TO DONATE:

- Online go to www.rafiusa.org/donate and type Come to the Table in the Notes or Comments section
- Make checks payable to RAFI-USA with Come to the Table in the memo line, mail to RAFI-USA, PO Box 640, Pittsboro, NC 27312

For more information about donations and supporting Come to the Table and RAFI-USA contact Edna Rodriguez, Development Director, at edna@rafiusa.org or (919) 542-1396, x202.

For media inquiries contact Hayes Simpson, Communications VISTA, at hayes@rafiusa.org or (919) 542-1396, x208.

RAFI-USA is a tax exempt nonprofit organization with a 501(c)(3) designation from the IRS. Your donation is tax-deductible to the extent allowed by law.

www.rafiusa.org/cttt

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A project by R.A.F.I. with NC Council of Churches



THANK YOU FOR ATTENDING

We value your feedback and hope that you will take just a few moments to complete our online survey. Each year we hope to bring you a valuable experience that inspires your work, provides useful resources, and challenges you to find creative solutions to relieve hunger in your communities.

Please take a moment to complete the survey at

<http://tinyurl.com/cttt-west>

www.rafiusa.org

CONTACT US

Physical Address:

274 Pittsboro Elem School Rd
Pittsboro, NC 27312

Mailing Address:

PO Box 640
Pittsboro, NC 27312

Tel: (919) 542-1396

Tel: (919) 642-3810

Fax: (919) 542-0069

www.rafiusa.org/cttt

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OUR MISSION

RAFI-USA cultivates markets, policies and communities that support thriving, socially-just, and environmentally-sound family farms.