



Indiana Uplands
**WINTER FOOD
CONFERENCE**

January 25–February 12, 2021





Photo by James Brosher, Indiana University

WELCOME

We appreciate you engaging in the second Indiana Uplands Winter Food Conference. People tuning into this conference come from many sectors in the food system—some already well-versed in their roles in this system, and others perhaps new to the conversation. We imagine, however, that you will all discover you have a lot to learn and contribute. Please enjoy listening, considering new ideas, and sharing your experience with others.

This past year, the COVID-19 pandemic has affected all of Indiana, disrupting family and work routines, requiring daily adaptations to stay safe and well, and, in too many cases, taking the lives of friends and loved ones. In the United States, we have seen the virus take a disproportionate toll on Black, Brown, and Indigenous communities, highlighting our country's lasting racial inequities in the realms of public safety, employment, healthcare, food access, housing, and other vital resources. The harms of the pandemic and these inequities make clear the work we have to do, and begs the question of how we plan to not only get through this current set of challenges, but come back even stronger.

From the outset of the pandemic, the food system captured our collective attention. Grocery stores, delivery services, and other supply chain roles were designated essential services, and cashiers, store clerks, farmers, and delivery drivers found themselves working on the front lines. We learned that diet-related illnesses made some people more vulnerable to the virus. Restaurants going out of business left many farmers with no option other than to leave mountains of produce to rot in their fields. While weaknesses were revealed in our food system, we have also seen remarkable community responses to address these crises—neighbors offering to pick up groceries for the most vulnerable in their communities, people sewing masks to provide protective gear to frontline workers, friends sharing seeds as more people felt called to grow their own food, and little free pantries popping up in yards across towns.

It is our hope that this conference will draw on this spirit of community, bringing together the innovators and leaders interested in cultivating more resilient and equitable local food systems, and that you all leave the conference inspired and better connected. We also hope you might be prompted to reimagine what is possible in the realm of food system development, and that you think about these new possibilities in the context of your own communities. Please reach out to us as organizers or to any of the presenters and attendees you meet. There is a great wealth of collective experience and will-power attending this conference, so we encourage you to take advantage of the open invitation to connect and to keep engaging, now and in the future.

On behalf of the Center for Rural Engagement and Sustainable Food Systems Science, thank you.

Jodee Ellett
Community Engagement
IU Sustainable Food Systems
Science

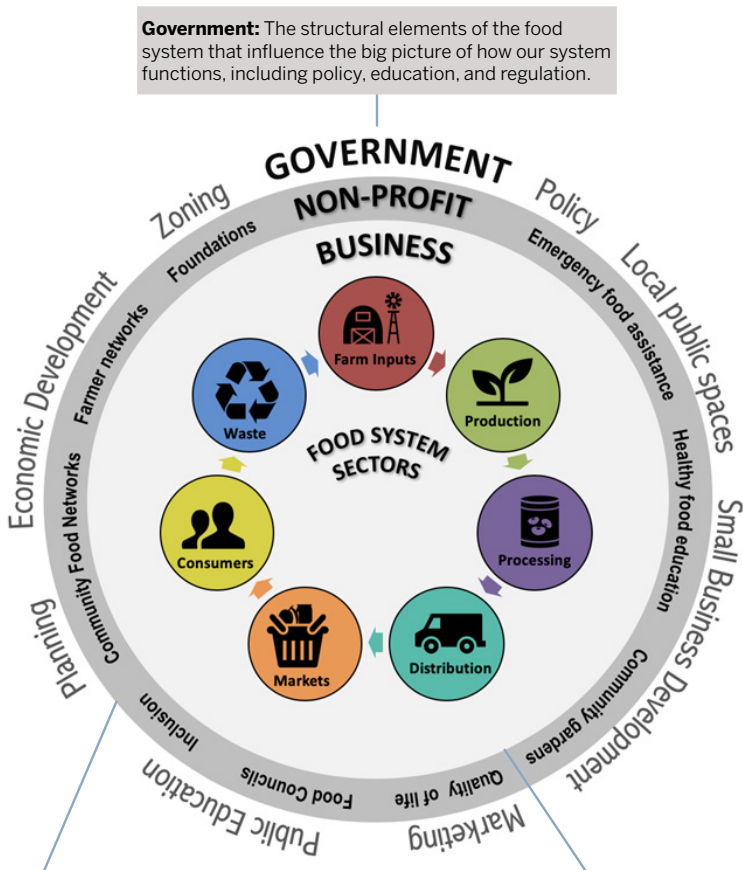
Claire Frohman
Regional Food Systems Assistant
IU Sustainable Food Systems
Science

Jacob Simpson
Resilient Communities Liaison
IU Center for Rural Engagement

We wish to acknowledge and honor the myaamiki, Lēnape, Bodwēwadmik, and saawanwa people (also known in the anglicized form as Miami, Delaware, Potawatomi, and Shawnee), on whose ancestral homelands and resources Indiana University Bloomington is built. For more information, visit <https://go.iu.edu/3ops>.

VISUALIZING FOOD SYSTEMS

A system is a set of practices that work together as part of a mechanism or network. Systems change addresses multiple parts of the system. The diagram below is a visualization of our food system in the interconnected spheres of business, non-profit, and government sectors where food systems change can occur.



Non-profit: The social aspects of a food system including food values, food assistance networks, community organizing, and public health.

Business: The functional aspects of the food system including food production, processing, distribution, markets, and waste.

Community development for food systems seeks to explore alternative options for production, aggregation, processing, and distribution, along with the political, social, and economic factors that influence community well-being.

These efforts can create the new networks of processes, actors, resources, and policies required to produce, process, distribute, access, consume, and dispose of food in a regional setting.

SESSIONS

OPENING SESSION

Planning for Emergence: Creative Adaptations for the Pandemic

Monday, January 25, 2021, 12–1:30 p.m.

Rosie Sill, Earth Song Farm; Joni Muchler and Keith Nance, West Washington County School Corporation; Lauren McCalister, The Plant Truck Project; Rachel Beyer, City of Bloomington

Hear from several food system leaders in the region about how they pivoted to address the challenges presented by Covid-19, what they learned through the process, and what new strategies they may be keeping for the long run. Suggested pre-reading: "Planning for Emergence" by Ken Meter.

WEEK ONE: COMMUNITY AND EDUCATIONAL GARDENS

Educational Gardens: Engaging Kids, Parents, and the Community at Large

Tuesday, January 26, 2021, 12–1 p.m.

M. Claus, Hilltop Gardens; Jamie Hooten, Lincoln Elementary

M. Claus from Hilltop Gardens will offer an introduction to the Junior Master Gardener (JMG) program and overview of the JMG curricula, with special emphasis on the Learn, Grow, Eat, and Go! curriculum. The Learn, Grow, Eat, and Go! curriculum was developed for and shaped by a five-year school garden, nutrition, and physical activity intervention study with students in 28 Title 1 elementary schools. Jamie Hooten will follow with a presentation on the Lincoln Green Thumbs Garden Project and the incredible engagement it has received from students, parents, and the community.

Planning, Funding, and Executing a Successful Community Garden Project

Wednesday, January 27, 2021, 12–1 p.m.

Bridget Anderson, Patronicity; Barry Jeskewich

Barry Jeskewich and Bridget Anderson talk about the different steps involved in dreaming, planning, funding, executing, and maintaining the Bedford Community Garden Project and how you might be able to realize similar dreams for your community.

How a Non-Profit Organization Can Help Grow Community Through a Network of Gardens

Thursday, January 28, 2021, 12–1 p.m.

Sara Stewart, Unity Gardens

Sara Stewart walks us through Unity Gardens' journey of the past 11 years. Learn how this uniquely dignified free food model has sprouted broad food security and welcoming green space throughout the community. With over 55 community gardens under their umbrella, Unity Gardens is an example of how non-profits can help support a network of programs that puts the unity in community.

Lunchtime Networking Open Chat

Friday, January 29, 2021, 12–1 p.m.

Discussion: Implementing community and school garden programs, led by Jacob Simpson.

WEEK TWO: IMPROVING FOOD ACCESS, FOOD LITERACY, AND HEALTH

Food as Medicine—Exploring Key Partnerships for Long-term Programs

Tuesday, February 2, 2021, 12–1 p.m.

Allison Finzel, Purdue Extension; Mark McNerney, Rush University

Join Allison Finzel, Purdue Extension, and Mark McNerney, Rush University, to learn more about the produce prescription program in Terre Haute and how a church garden, dietician students, extension, research faculty, and health care providers have assembled and worked to build a long-term program for food as medicine in their community. Alli and Mark will discuss their key partnerships in addition to curriculum, challenges, successes and future planned programming for an 8-county region.

Local Food Box and Nutrition Prescription Programs: Collaborating for Success in Orange County

Wednesday, February 3, 2021, 12–1 p.m.

Dr. Julia Valliant, Indiana University; Brandon Query Bey, Lost River Market and Deli

Join Julia DeBruicker Valliant and Brandon Query Bey as they present about efforts in Orange County, Indiana for food as medicine. Multiple partners, including the Southern Indiana Community Health Clinic, Lost River Market and Deli, and Indiana University Sustainable Food Systems joined together to conduct applied research to better understand if healthy food and a structured box program paired with cooking education can positively contribute to patients who have diabetes. Julia will describe the research and biometrics and consumer behavior data collection and preliminary results, and Brandon will present about the multiple box programs from Lost River and the Cooking Matters integration of programming.

Cooking Matters Toolkit: How to Bring Cooking Education Programs to Your Community

Thursday, February 4, 2021, 12–1 p.m.

Megan Songer and Claire Crosby, Indy Hunger Network

Watch a Cooking Matters demo video before the session to get a taste for the healthy, delicious, and affordable meals children, teens, and families learn through the Cooking Matters program. Then enjoy your lunch while Megan Songer and Claire Crosby of Indy Hunger Network walk you through their Cooking Matters Toolkit designed to help you understand whether Cooking Matters might be a good program for your organization or community.

Lunchtime Networking Open Chat

Friday, February 5, 2021, 12–1 p.m.

Discussion: Implementing food as medicine and cooking programming in your community, led by Claire Frohman.

WEEK THREE: CONNECTING THE VALUE CHAIN

Introduction to Food Value Chains: Connecting a Region of Suppliers and Buyers

Tuesday, February 9, 2021, 12–1 p.m.

Sarah Rocker, Penn State University

This session will introduce the framework of value chain coordination as a network oriented strategy for developing local and regional food systems. This session will define the roles of value chain coordination, types of actors who are coordinated and types of individuals and entities who perform the activities of coordination.

Roles and Market Channels of Coordinating Professionals

Wednesday, February 10, 2021, 12–1 p.m.

Sarah Rocker, Penn State University

This session will discuss the dimensions of prioritizing and focusing value chain coordination efforts, which include geography, market channels, product, values and stakeholders. This session includes an interactive exercise for participants to map their own work and strategies to identify partners to support their food systems coordinating efforts.

Value Chains and Me: An Exploration of Community Roles

Thursday, February 11, 2021, 12–1 p.m.

Jodee Ellett, Indiana University Sustainable Food Systems Science

Join us for a discussion of the Indiana Value Chain Network and how we are building a new way to support local and regional food system stakeholders in the private, public and nonprofit sectors. Our approach to support a diversity of value chains is ready for a vision for expansion. After learning about value chains in the prior sessions, come and join the discussion to brainstorm how you might join, participate, and enhance the work for Indiana.

SESSIONS

CLOSING SESSION

Chocolate [deconstructed]

Friday, February 12, 2021, 12–1:30 p.m.

Anya Royce, Indiana University; Jorge Rios Allier

In this final session of the conference, we will deconstruct the chocolate value chain, learn more about how chocolate is made and, with chocolate in hand, we will be led through a chocolate tasting by IU Professor Anya Royce!

Before the session, we invite you to watch a pre-recorded video from IU graduate student Jorge Rios Allier who will show us how to make chocolate from cocoa beans. Then, join us in the session to learn more about chocolate's value chain and history from Professor Anya Royce, who will enlighten us about how chocolate gets from beans to your home, and will lead us through a chocolate tasting together! We will wrap up with a poem about chocolate and will share a robust list of chocolate-themed movies, documentaries, and literature for you to enjoy over Valentine's Day weekend!



CHOCOLATE [DECONSTRUCTED]

If you registered for the conference in time, you will have received two kinds of chocolate in the mail along with this conference booklet. Please keep these for our closing session on February 12.

If you did not register in time to receive chocolates in the mail, you can find the same types of chocolate for sale at many local grocers. We will be sampling the Organic Very Dark 71% and the Organic Orange Dark Chocolate 65% from Equal Exchange, a company committed to working directly with small farmers to create empowering alternatives in an industry all too often associated with exploitation and forced labor.

To prepare for the chocolate tasting led by IU Professor Anya Royce, please avoid eating anything spicy, garlicky, or oniony in the few hours leading up to the presentation and have a glass of water present to cleanse your palate between tastings.

Registrants for this session will also be given access to a pre-recorded traditional Mexican chocolate making demonstration video led by IU doctoral student Jorge Rios Allier. We invite you to enjoy this activity any time before or after the session. To follow along with the demo video, you will need:

Utensils:

- Access to a stovetop
- A blender
- A pot
- 3 bowls
- Mixing utensils (i.e. spoons, spatulas, etc.)
- Optional: chocolate molds (can be cookie cutters, cupcake molds, ice cube trays, etc.)

Ingredients:

- 3-4 cups cacao nibs
- 2 cups almonds (toasted or raw)
- 4 cups white sugar (not confectioner or powdered sugar)
- 1 cup of cinnamon sticks or 250 grams of ground cinnamon
- Optional flavoring: salt, paprika, chili powder, powdered milk

We look forward to sharing this sweet experience with you!

SPEAKERS



Jorge Rios Allier, *Indiana University*

Jorge Rios Allier is pursuing his Ph.D. in the Archeology and Social Context program in the Department of Anthropology at Indiana University. He completed his doctoral research project on cultural heritage management in Oaxaca, Mexico, and he has studied the culture, history, processing and production of chocolate.



Bridget Anderson, *Patronicity*

Bridget Anderson is the Director at Patronicity, a crowdfunding platform designed to support creative placemaking projects around the country. It's powerful work that empowers hyperlocal community development and investment. She also hosts the Building Vibrant Communities Podcast and is the Lead Consultant and Community Advocate for Bench Consulting, and has over six years working with statewide and national non-profits including civil justice and educational organizations as well as six years serving elected officials and political campaigns. Anderson graduated from Indiana University with a degree in political science and is inspired by civic engagement as a means to improve lives.



Brandon Query Bey, *Lost River Market and Deli*

Brandon Query Bey is the Healthy Initiatives Coordinator at Lost River Market and Deli in Paoli, IN. He has been working at Lost River Market for almost four years. Before working at the market, he and his wife were brought to Orange County through an apprenticeship at Living Roots Farm and Sustainability Center and then went on to manage their own mini farm where they sold produce at a local farmers' market.



Rachel Beyer, *City of Bloomington*

Rachel Beyer is the Local Food Coordinator for the City of Bloomington, working on a USDA grant project to connect Indiana farmers with institutional buyers. Her background is in organic vegetable production and she has been a manager and educator on small farms around the Midwest for ten years, including most notably the Michigan State Student Organic Farm and the Purdue Student Farm. She and her husband operate a market garden, called Mavourneen Farm, on family land in rural Monroe County.



M. Claus, *Hilltop Garden and Nature Center*

M. Claus is a Purdue Master Gardener, Junior Master Gardener Program Leader, and certified Grow Organic Educator. She serves on the Executive Board of the Monroe County Master Gardener Association, Inc. and on the Board of Directors of the George E. Archer Foundation. Her focus is on small farms, home vegetable gardening, and youth gardening programs. Claus is the Garden Outreach Instructor at Hilltop Garden and Nature Center at Indiana University in Bloomington, IN.



Claire Crosby, *Indy Hunger Network*

Claire Crosby is the Nutrition Promotion Coordinator VISTA for the Indy Hunger Network. Claire was born and raised in south Louisiana and received her undergraduate degree from the University of Kentucky in human nutrition. After studying abroad in Ghana, West Africa, Claire became interested in the connection between nutrition and other social and economic conditions as drivers to health. She took her newfound perspective of nutrition and health and decided to work directly with University of Kentucky students to improve food access on campus. Claire volunteered her time with Campus Kitchen to process and cook nutritious meals for students, and implemented a meal swipe bank for students to receive meals when struggling to meet basic needs. After her year with Indy Hunger Network, Claire hopes to start an MD program to blend the roles of providing excellent care and improving aspects of communities that affect health.



Jodee Ellett, *Indiana University*

Jodee Ellett leads the Community Engagement element of IU Sustainable Food Systems Science working to enhance partnerships with communities as they address food system issues. Her asset-based community development approach involves communities in the exploration of ideas and opportunities in the food system and provides ongoing support in sustainable food systems science. Jodee steers the Indiana Food Council Network, supporting our grassroots community food system councils and is working with farmers and buyers to build an Indiana Value Chain Network. Jodee earned a BA in Botany from the University of Montana and an MS in Plant Biology from the University of California, Davis.



Allison Finzel, *Purdue Extension*

Allison Finzel is a Community Wellness Coordinator with Purdue Extension Nutrition Education Program (NEP) serving Vigo and Vermillion counties. NEP is funded by two federal funding streams: SNAP-Ed (Supplemental Nutrition Assistance Program – Education Division) and EFNEP (Expanded Food and Nutrition Education Program). Community Wellness Coordinators work to improve nutrition and health of audiences in limited-resource communities statewide by concentrating on NEP's five focus areas: diet quality, physical activity, food security, food safety and food resource management. Together with her community partners, Finzel works to make policy, systems, and environmental changes, with the goal to make the healthy choice the easy choice.



Claire Frohman, *Indiana University*

Claire Frohman serves as Regional Food Systems Assistant for the collaborative effort between Sustainable Food Systems Science and the Center for Rural Engagement to help strengthen the regional food system. Claire received her undergraduate degree from Vassar College in Sociology and Italian, and spent the years that followed exploring many avenues of food systems work, from sustainable farming to food service, permaculture design, food justice work, and youth gardening and cooking education. She now uses her diverse background to help navigate the multifaceted work of food systems development on campus and beyond.

SPEAKERS



Camryn Greer, *Patronicity*

Camryn Greer serves as the Community Programs Director at Patronicity, spending her days supporting creative placemaking projects around the country. She recently graduated from Indiana University Bloomington with a double master's degree in nonprofit management and arts administration where she spent her time studying the ways that arts, culture, and quality of place can feed into almost every aspect of human life. Her current work with Patronicity is primarily focused on helping communities across the state of Connecticut plan, implement, and fund more sustainable practices and infrastructure. When not working, she spends most of her time hiking, crafting, and pining for the Appalachian mountains.



Jamie Sterling Hooten, *Lincoln Elementary School*

Jamie Sterling Hooten is a third-grade teacher at Lincoln Elementary School in Bedford, Indiana. She has woven gardening into her science curriculum for years and, in 2016, she began a school-wide after-school garden club for all students. She has been a Land of Limestone Master Gardener since 2017.



Barry Jeskewich

While serving as Director of Parks and Recreation for the City of Bedford, Barry Jeskewich established a five-acre park centered around a public garden; complete with 74 plots, 12 raised beds, a 2k sq. ft. greenhouse, and extensive value-added sources to support the public's food system. Previously, Barry managed the first certified organic working orchard in the state of Utah and served as president of the Springdale Farmers Market at the same location.



Lauren McCallister, *Three Flock Farm*

Lauren McCallister is a farmer-owner of Three Flock Farm in Ellettsville, IN, a community activist, and founder of the Plant Truck Project, a BIPOC-led initiative making plants, seeds, medicine and healthy food accessible for those historically denied land and food sovereignty due to discrimination based on race, class, sexual orientation, gender identity and citizenship status.



Joni Muchler, *West Washington School Corporation*

Joni Muchler is a second year Nutrition Director at West Washington School Corporation. She has a master's in Health Administration with an undergraduate in Nutrition, and spent five years as a Health and Human Sciences Educator with Purdue Extension where she developed a passion for enhancing nutrition in the lives of others.



Keith Nance, *West Washington School Corporation*

Keith Nance is the Superintendent of West Washington School Corporation in Washington County.



Sarah Rocker, *Penn State University*

Sarah Rocker is an independent researcher and rural sociologist at Penn State University engaging with public and private agencies, businesses and organizations in research and evaluation of agriculture, food systems, and value chain coordination.



Anya Peterson Royce, *Indiana University*

Anya Peterson Royce is a Professor of Anthropology at Indiana University with a focus on local and global identities; anthropology of dance, performance, popular theater; ethnic identity, aesthetics and creative processes; indigenous peoples of Mesoamerica; death belief and ritual; anthropological writing; landscapes and identities.



Rosie Sill, *Earth Song Farm*

Rosie Sill, co-owner of Earth Song Farm in Greene County, is a year-round grower. Earth Song Farm's chemical free produce is available through a summer and fall CSA and can be found at farmers' markets through all four seasons.



Jacob Simpson, *Indiana University*

Jacob Simpson supports the work of Indiana University's Center for Rural Engagement by building relationships with community members who collaborate with IU faculty, students, and staff to foster a more resilient Indiana. Living in Iowa along the Mississippi River for most of his life, Jacob is excited to now call the Hoosier land home. Prior to joining IU, he collaborated with the University of Iowa Office of Sustainability and various university and community stakeholders to develop a plan for a garden and outdoor classroom on the main campus.



Megan Songer-Gendig, *Indy Hunger Network*

Megan Songer-Gendig is the Cooking Matters Program Manager for Indy Hunger Network. She graduated from IUPUI in 2016 with her B.S. in Public Health with an emphasis on Community Health. In her last year of college, she was a wellness intern at a camp for children from low-income families, where she realized how much Marion County struggles with food insecurity. Her favorite memory was having the children try smoothies; many of the children had never tried the fresh fruits and asked for more. That experience led her to join the Indy Hunger Network in April 2017 as an AmeriCorps VISTA for the Cooking Matters program, and she now oversees that program as a full-time staff member. Megan enjoys teaching others the importance of cooking a healthy, nutritious meal on a budget.



Sara Stewart, *Unity Gardens*

Sara Stewart serves as the Executive Director at Unity Gardens, actively working in administrative, labor, and development activities. Stewart has 16 plus years in business administration in the community health setting, specializing in third party health care reimbursement and Medicaid. Her recent role as a Professor of Community Health Nursing in conjunction with her research focus on the culture of poverty adds to her ability to connect with and serve all of the communities with which she works.



Julia Valiant, *Indiana University*

Julia Valiant is a public health researcher trained in the social determinants of health. Agriculture and food focus her work, as forces guiding a people's ability to be well in a place. This includes farm policy. Some particular interests include how the history of public health intersects with that of agriculture, and especially animal agriculture; participatory research methods; and multimedia translation.

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This event is a collaboration with Indiana University Center for Rural Engagement and Sustainable Food Systems Science.