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# Farm *to* table

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# WHAT IS THE FARM- TO- TABLE MOVEMENT

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This is a social movement that helps local farmers' food they produce be sold in restaurants, schools, and grocery stores. Local farmers grow their food like produce, meat, and wheat; all of these products can be used in restaurants and to be served for students at school. This movement can be accomplished by direct sale of the product, or a community-supported arrangement, farmers markets, local distributor or by the restaurant or school raising their own food for consumption. Although at restaurants they cannot always use only locally grown foods so they do deal with distributors as well. People have concerns with food safety when it comes to farm to table restaurants, they are afraid of the freshness of the food that is being served. People who are for the farm to table movement have said that the food that is processed and shipped to buyers has poor flavors, and a poor nutritional value of the food that is being shipped.



# WALNUT GROVE SCHOOL MONTH

The Westbrook High School in Walnut Grove has started a Farm to School program in their school. The school provides fruits and vegetables to the students during lunch and on small breaks from class, this has been very beneficial to the students. This is possible for the Westbrook School because they received a grant program, which helps to purchase the locally grown produce for the kids' enjoyment. MDA assistant commissioner Andrea Vaubel went to the school on October 24<sup>th</sup> to inspect how well the program is doing and what the benefits have been for the school. After the inspection the school received a huge sum of money from the grant program, which was used to buy a new oven/stove, a steamer and a warming oven. All of this helps them prepare more locally sourced foods. They get most of their food from a local farm in which two students live and work on. The kids said in the interview that is a lot of hard work during the summer to produce enough to give to the school for the rest of the year. This grant also requires them to provide a local match, which some of it is balance from awards that Blue Cross Blue Shield gives them. In the last 4 years they have been given \$1.5 million for 80 different projects.

### Cedarrock Park's



Every year they put on an event where 4<sup>th</sup> graders learn about locally grown and produced foods. It helps them understand the Farm to Table movement.

### People's Food Co-op



This is a grocery store that sells locally grown food sold in every department of their store. They have locations in Rochester, MN and La Crosse, WI.

### Birchwood Cafe



This is a restaurant in Minneapolis MN that grows it's own food that they sell to their customers. They have healthy options all day for everyone.

### New Scenic Cafe



They work with local producers to create great elegant take on comfort classics. They opened 15 years ago and now are one of the best places to eat in Duluth, MN. This place has beautiful food to go along with a beautiful view.

### Nosh



This restaurant is located in Lake City, MN right on the scenic Lake Pepin. They work with farmers in southeastern MN and western WI. They get all of their food at these farms within two hours of opening.



## Early History

The Farm to Table Movement has always been around, because back in the day that was the only way people ate. They would go hunt and fish for the food that their family was going to eat that day. But the start of the actual movement was 1914 during Woodrow Wilson's presidency. He was trying to find a way to transport food directly from the farm to the cities, trying to keep the food from spoiling. On March 25<sup>th</sup> 1914 they started testing this program in 12 different post offices, Albert Bursleson was the Postmaster General at the time and he explained the growth of movement was "marvelous." The movement was in play for less than 2 years and yet they had moved out of the experimental stages and moved on to a universal transportation agency. Some places did not have enough information on the movement to take advantage of it.

# Mid- History



Mid- History is the time period after the Second World War, so in 1945 and on. During the war the Farm to Table movement grew a lot in a short amount of time, it then turned into more and more convenience food products made for commercial and institutional meal service. By the 60's there were freezer meals that were just ready to eat once heated up. A little later in the 1970's these foods became controversial, as the movement grew bigger. Restaurants started to make themes and consumers and restaurant owners started rejecting factory food. An architecture critic voiced discontent and said, "The oversize restaurant menu was suggesting farm- fresh food and were getting delivered precooked food." Restaurants were buying fresh produce from local farmers that would then lead to a flourish of the movement into the 1980's into the 2000's.



# Current Movement

Farm- to- Table refers to more than just restaurants that buy food grown by local farmers, it can also refer to farmers markets, CSA's, school cafeterias, and grocery stores. In Seattle local food is very important, all across the city you can find many restaurants that have made locally grown food a guiding principle and a marketing tool. At one restaurant that uses this method for getting food has said that they use 50-70 local farmers to get the food that is sold. Buying all of there food locally in Seattle has made their economy grow exponentially, because they are buying locally all of the revenue goes back into Seattle's economy. But this is going on all over the United States; there are studies in Cleveland, and even Minnesota. This movement helps more than just the economy, it helps support local farmers, it is healthier, and people like it because they know exactly where their food is coming from

