

APPALACHIAN
sustainable
DEVELOPMENT

Healthy Families ~ Family Farms

April 4, 2012

Connecting Farmers and Food Pantries



Appalachian Harvest Packinghouse



Quality

Green Bell Peppers

- 4 different sizes – Jumbo, Large, Extra Large, Medium
- 4 lobes (some buyers will take 3)
- No bug bites, sun scald, scarring
- No red or yellow – must be dark green

Fresh, healthy veggies





The logo for Feeding America features the word "FEEDING" in orange and "AMERICA" in green. The letter "I" in "FEEDING" is replaced by a stylized orange stalk of wheat. A trademark symbol (TM) is located to the upper right of the word "FEEDING".

FEEDINGTM
AMERICA

FAITH IN ACTION

**STONE SOUP
FOOD PANTRY**

Call for **HELP** and to **VOLUNTEER**

276-628-4813



**FAITH
IN ACTION**



2011 HFFF Stats

- Raised \$19,000 from the community
- Purchased 70,000 pounds of produce
- Distributed to 10 counties in southwest VA: Lee, Scott, Wise, Smyth, Bland, Buchanan, Grayson, Russell, Tazewell and Washington Counties.

Fundraising

- Active, engaged committee
- Civic and church groups – aligns well with their missions
- Events



HFFF – Next Generation

- Food Preparation

Cooking Demonstration



Heirloom Tomatoes

Locally Grown by
Appalachian Harvest Farmers right here in
Southwest VA/Northeast TN



An heirloom is generally considered to be a variety that has been passed down, through several generations of a family because of its valued characteristics. Heirlooms can be classified into four categories:

Commercial Heirlooms: Open-pollinated varieties introduced before 1940, or tomato varieties more than 50 years in circulation.

Family Heirlooms: Seeds that have been passed down for several generations through a family.

Created Heirlooms: Crossing two known parents (either two heirlooms or an heirloom and a hybrid) and dehybridizing the resulting seeds for how ever many years/generations it takes to eliminate the undesirable characteristics and stabilize the desired characteristics, perhaps as many as 8 years or more.

Mystery Heirlooms: Varieties that are a product of natural cross-pollination of other heirloom varieties.

(Note: All heirloom varieties are open-pollinated but not all open-pollinated varieties are heirloom varieties.)

Heirloom Tomato Salad

Ingredients:

8 to 10 small tomatoes, a variety of colors if possible
2 cloves garlic, finely minced
1/4 cup diced sweet onion or purple onion
1 tablespoon fresh chopped parsley
1 tablespoon fresh chopped basil, or 1 teaspoon dried leaf basil
2 tablespoons red wine vinegar
3 tablespoons extra virgin olive oil
1/2 to 1 teaspoon salt, or to taste
1/4 teaspoon fresh ground black pepper

Preparation:

Cut cores from the tomatoes; slice each tomato into 8 to 10 wedges. Combine with remaining ingredients in a large bowl; toss to blend well. Cover and refrigerate for at least 1 hour before serving. Serve on salad greens, if desired.
Serves 6 to 8.

*The red, yellow, and
orange tomatoes make this
stunning salad extra
flavorful and beautiful.*

HFFF – Next Generation

- Food Preparation
- Nutrition knowledge and awareness

Here's To Your Health

Healthy Families • Family Farms

A Program of Appalachian Sustainable Development

Why is it healthy to eat
Zucchini, Tomatoes and Peppers?



Vitamin C is found in most vegetables .

Vitamin C helps maintain healthy gums, skin and blood.

Fiber is found in most vegetables

Fiber is also thought to help protect against some types of cancer, diabetes, and heart disease.



Lycopene is found in tomatoes and red peppers

Lycopene, is an antioxidant that can prevent certain types of cancer.

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Did You Know

The EBT Card can be used to purchase fresh local vegetables at the Farmers Market !



With your SNAP EBT card, \$5 gives you \$10 worth of fresh vegetables at the Farmers' Market!

Get More Food for Less when you shop at the



HFFF – Next Generation

- Food Preparation
- Nutrition knowledge and awareness
- Access

EBT





GROW APPALACHIA

Healthy Families ~ Family Farms

A Win For Everyone!